

What Am I Trusting?

A Biblical Assurance Reflection Guide for Believers

Focus Truth

The strength of your salvation does not depend on the strength of your spiritual performance. Eternal life is found in Jesus Christ, and genuine assurance begins by resting in what He has done.

Before You Begin

This worksheet is not asking you to ignore your spiritual life or pretend that sin does not matter. Scripture calls believers to grow, repent, obey, and examine themselves honestly. But those things must remain in the right place. Your obedience is not the Savior. Your Bible reading is not the Savior. Your church attendance is not the Savior. Jesus is. Move slowly. Be honest about what causes your confidence to rise and fall, and let Scripture bring your assurance back to Christ.

① Check Your Grip

Imagine yourself on the suspension bridge from the article. The bridge is strong enough to carry you, but once it begins to sway, you stop thinking about the bridge and begin thinking about your hands. Christians can do the same thing spiritually. Instead of looking first at Christ, we begin measuring the strength of our prayer life, obedience, emotions, or faith.

When do I feel most confident that I am saved?

Think about what is usually happening spiritually when your confidence is high.

When am I most likely to question my salvation?

Finish the sentence: I am most tempted to judge whether God accepts me by looking at...

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② Identify the Foundation

Read 1 John 5:11–12 slowly. John does not merely tell us that eternal life exists. He tells us where it is found.

According to verse 11, what has God given, and where is eternal life found?

According to verse 12, what determines whether someone has life?

Which of these things sometimes becomes part of the foundation of my assurance?

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| ☐ How consistently I pray | ☐ How often I read the Bible |
| ☐ How well I resist temptation | ☐ How close I feel to God |
| ☐ How much I have changed | ☐ How faithfully I attend church |
| ☐ How emotional worship feels | ☐ How good my last week was |
| ☐ What Jesus Christ has done | ☐ Evidence that Christ is changing me |

Which of these may be meaningful evidence of growth but cannot actually save me?

Finish the sentence: According to 1 John 5:11–12, the foundation of my salvation is...

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③ Compare Your Good Week and Bad Week

Most Christians would never say, “I saved myself.” But our confidence can sometimes behave as though we did. Think honestly about how your assurance changes when your spiritual performance changes.

A Good Spiritual Week

You prayed consistently and spent time in Scripture. You resisted temptation. You responded patiently. You worshiped. You felt close to God.

How do you usually feel about your relationship with God after a week like that?

A Difficult Spiritual Week

Prayer became inconsistent. You neglected Scripture. You lost your temper. An old temptation returned. You disappointed yourself. God felt distant.

How does your view of your salvation change after a week like that?

Between those two weeks, which of these changed?

- ☐ Jesus Christ
- ☐ The cross
- ☐ The resurrection
- ☐ God's promise
- ☐ My performance
- ☐ My feelings

What does my answer reveal about where I tend to place my confidence?

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④ Look at the Shepherd's Hand

Read John 10:27–29. Jesus gives us a different picture of security. Instead of describing a believer desperately trying to hold on to Him, Jesus describes His sheep as held in His hand.

What does Jesus say His sheep do in verse 27?

What does Jesus say He gives them in verse 28?

What does Jesus say about their future?

What does Jesus say no one can do?

In this picture, where is the emphasis: on the strength of the sheep or on the strength of the Shepherd? Explain.

What fear becomes easier to bring to Christ when you picture yourself held in His hand?

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⑤ Weak Faith and a Strong Savior

Imagine two people crossing the same suspension bridge. One walks confidently and enjoys the view. The other moves slowly, grips the railing with both hands, and is frightened with every step. Their confidence is very different. The bridge beneath them is not.

That difference matters because the strength of your salvation does not depend on how confident your faith feels. It depends on the strength of the Savior on whom your faith rests.

When my faith feels weak, what do I usually assume that weakness means?

Have I ever treated strong feelings of faith as though they made Christ more dependable? Explain.

Have I ever treated weak feelings of faith as though they made Christ less dependable? Explain.

What is the difference between confidence in the strength of my faith and confidence in the strength of Christ?

Finish the sentence: Even when my hands tremble, I can look to Christ because...

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⑥ Put Performance in Its Proper Place

Trusting Christ does not mean obedience stops mattering. Prayer matters, repentance matters, and spiritual growth matters. But none of those things should be asked to do the job that belongs only to Jesus. They are not the foundation of salvation. They are part of the evidence of the new life Christ produces.

Why is it dangerous to make my obedience the foundation of my salvation?

Why is it also dangerous to say that obedience does not matter at all?

When I fail, which response sounds most like me?

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| ☐ I confess the sin and return to Christ. | ☐ I excuse the sin because salvation is by grace. |
| ☐ I promise myself I will try harder so God will accept me again. | ☐ I am not sure how I normally respond. |
| ☐ I immediately question whether I have ever been saved. | |

What would it look like for my failures to send me back to Christ instead of back to trying to save myself?

If God asked, “Why should I receive you?” what would your answer ultimately be?

One-Sentence Takeaway

Genuine assurance does not ultimately rest in the strength of my grip on Christ.
It rests in the strength of the Savior who holds me.

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Closing Prayer

Father, I confess how easily I begin measuring Your faithfulness by my performance. When I have a good week, I can become confident in myself. When I fail, I can become afraid that everything has changed. Teach me to look first to Jesus. Thank You that eternal life is found in Your Son and not in my ability to perform perfectly. Help me take sin seriously without making my failures stronger in my mind than my Savior. When my faith feels weak, remind me that Christ has not become weak. When my hands tremble, teach me to trust the One who is holding me.

Show me where I have quietly moved my confidence from what Jesus has done to what I have done. Keep changing my life, teaching me obedience, and leading me into repentance. But never let me confuse the evidence of Your work with the foundation of my salvation. Help me rest more fully in Christ. Amen.

A Truth to Carry With You

Your faith may feel strong one day and weak the next. Christ does not become a different Savior when your feelings change. Look first to what He has done, then let your growing life become evidence of His work.

The Next Question

If Christ has truly given us new life, should anything inside us begin to change? The next post in the Am I Really Saved? series looks at the new desires that begin to appear when Christ makes us new.

Next in the series: Am I Really Saved? Look for New Desires

Continue the Journey

Keep looking to Christ, keep examining honestly, and keep growing in grace

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