

Am I Really Saved?

A Biblical Assurance Reflection Guide

Focus Truth

Biblical assurance begins with Christ. We look to Him for the foundation of salvation, look at our lives for evidence of His work, and then look back to Christ for our confidence. Evidence can reassure us, but Jesus remains the foundation.

Before You Begin

This guide brings together the major questions from the Am I Really Saved? series. It is not a test to earn salvation or a scorecard for proving that you are good enough. Use it to examine what you are trusting, recognize signs of Christ's work, and rest your assurance where salvation rests: in Jesus Christ.

① Start With Christ

Read 1 John 5:11–13. John begins assurance with Jesus Christ, not with our feelings or performance. Eternal life is found in the Son. Before looking for evidence of change, begin by asking where your confidence for salvation actually rests.

What does 1 John 5:11–13 teach you about where eternal life is found?

When you question your salvation, what are you most tempted to trust besides Christ?

Finish the sentence: My assurance begins with Christ because...

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② Look for Signs of New Life

Christ does not only forgive; He gives new life. That new life does not make us instantly mature, but over time it begins to show. The evidence does not save us. It helps us recognize that the Savior we trust is also changing us.

Where do you see new desires that were weaker, absent, or less important before you began following Christ?

When sin is exposed in your life, what usually happens next? How are you learning to return to Christ?

Where can you see a changed direction in your choices, habits, relationships, or priorities?

When your faith is tested, where do you ultimately find yourself turning?

Finish the sentence: One sign of Christ's work in my life that I am grateful for is...

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③ Unfinished Does Not Mean Unchanged

A house under renovation may still have dust, exposed walls, and unfinished rooms, yet real work can already be visible. The Christian life is similar. Do not compare yourself with a finished version of maturity. Look honestly for ways Christ has changed you from where you began.

Signs of Christ's Work

- New desires: You increasingly want to know, please, and follow Christ.
- Repentance: Sin troubles you, and conviction keeps drawing you back toward God.
- Changed direction: Obedience matters more, even though wrong turns still happen.
- Perseverance: Under pressure, you keep finding your way back toward Christ.

Which sign of Christ's work above do you recognize most clearly in your life? Give one example.

What area of your life still feels unfinished but is no longer unchanged?

What change might someone who knows you well notice that you are tempted to overlook?

Finish the sentence: When I compare where I am with where Christ found me, I can see...

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④ Evidence, Not Payment

New desires, repentance, growing obedience, and perseverance can reassure us that Christ is at work, but they never become payment for salvation. Evidence points us to His work. It does not replace Jesus as the foundation of our confidence.

Better Questions for Biblical Assurance

Instead of Asking...	Ask...
Have I changed enough to be saved?	Am I trusting Christ, and is His work becoming visible?
Do I still sin?	When I sin, do I keep returning to Christ?
Am I as mature as other believers?	Has Christ changed me from where I began?
Did I handle that trial perfectly?	When pressure comes, where do I ultimately turn?
Can I prove my salvation today?	What evidence do I see across the longer story?

Which “better question” helps you most right now? Why?

Where are you most tempted to turn evidence of growth into a requirement for earning God's acceptance?

How does “evidence, not payment” protect you from both fear and becoming comfortable with sin?

Finish the sentence: Evidence of Christ's work can encourage me without becoming my foundation because...

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⑤ When Assurance Becomes a Scorecard

Honest self-examination has a place, but constant spiritual checking can pull our eyes away from Christ. Fruit is usually easier to recognize across a season than across one difficult day. The goal is to examine honestly without turning assurance into an endless scorecard.

Ways to Step Back From the Scorecard

- Look across seasons, not only at one good day or one bad day.
- Compare with where Christ found you, not with another Christian.
- Notice direction and return, not flawless performance.
- Let encouraging evidence send your eyes back to Christ.

Where do you tend to over-examine yourself or repeatedly question what God has already shown you?

What single failure, feeling, or difficult season are you most tempted to let define your entire spiritual life?

What would it look like for you to examine your life honestly without examining it obsessively?

Finish the sentence: One way I can practice healthier biblical assurance is...

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⑥ Look to Christ Again

At the beginning of this series, we imagined someone welcomed into a home who still kept a bag packed because they were never sure they truly belonged. Biblical assurance helps us put the pieces in the right order: look to Christ for the foundation, look at your life for evidence of His work, then look back to Christ for your confidence.

Which part of that three-step framework do you most need to remember right now? Why?

Where are you still living as though you need to keep your bag packed, even though your confidence should rest in Christ?

What truth about Christ helps you loosen your grip on fear and rest more securely in Him?

What do you need to bring honestly to Christ today as you think about your assurance?

One-Sentence Takeaway

Look to Christ for the foundation. Look at your life for evidence of His work.
Then look back to Christ for your confidence.

Closing Prayer

Father, thank You that eternal life is found in Your Son. Keep me from trusting my performance or living in constant fear. Help me take sin seriously, recognize the work You are doing in me, and remember that unfinished does not mean unchanged. When evidence encourages me, turn my eyes back to Christ. When doubt unsettles me, remind me where my salvation rests. Teach me to keep growing from the security of belonging to You. Amen.

Continue the Journey

Keep growing from a place of belonging, not trying to earn it

You do not have to stop here.

Interactive Bible Studies creates Bible studies, reflection guides, devotionals, and practical resources that help you know Christ, recognize His work, and keep growing from a secure foundation.

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The goal is not to become a finished Christian before you can rest.

The goal is to look to Christ, recognize His work, and keep growing from the security of belonging to Him.

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