

# SESSION 1: HOW DO I KNOW I AM SAVED?

**1 John 5:13 (NIV)** "I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life."

## I know that I am saved because...

### 1. I have decided to follow Jesus.

**Romans 10:9-10 (NIV)** "If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved."

**1 John 5:11-12 (NIV)** "And this is the testimony: God has given us eternal life, and this life is in His Son. Whoever has the Son has life; whoever does not have the Son of God does not have life."

### 2. The Holy Spirit enters my heart and makes me His heir.

**Romans 8:16-17 (NIV)** The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs--heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

### 3. God's unconditional promise.

**John 3:16 (NIV)** For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

### Why should I not sin?

- Sin isn't the best way to live your life

**Hebrews 12:5-8 (NIV)** And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says, "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son." Endure hardship as discipline; God is treating you as children. For what children are not disciplined by their father? If you are not disciplined--and everyone undergoes discipline--then you are not legitimate, not true sons and daughters at all.

Sin prevents us from living in the plans that God has for us.

**Romans 12:2 (NIV)** "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will."

### 4. Salvation is a free gift from God.

**EPHESIANS 2:8-9 (NIV)** "For it is by grace you have been saved, through faith-- and this is not from yourselves, it is the gift of God--not by works, so that no one can boast."

### DISCUSSION

1. If I do this, how will this affect my life?
2. In what ways will this be challenging?

### GROW WITH GOD

Memorize this scripture this week:

**Romans 10:13 (NIV)** "Everyone who calls on the name of the Lord will be saved."

### MY NEXT STEP

This week, find 5 minutes to thank God for your new life. In this time, use this chart below to compare what your old life was to what you want your new life to be.

OLD LIFE	NEW LIFE
Example: Full of Anger	Full of Joy

### Let's do this again!

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Place: \_\_\_\_\_