

# How You can be Sure You are a Christian



## STEP 1

The New Birth

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Intellectual  
Commitment

•

Emotional  
Commitment

•

Commitment of the  
Will

•

The Basis of Your  
Relationship with  
Christ

•

Our Confidence  
in Christ

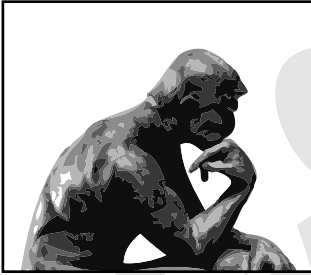
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God's Promise to  
All Christians

## The New Birth

**Receiving Jesus Christ as Savior means experiencing a new, spiritual birth. Read John 3:1-8 and write a description of this new birth.**

**Our relationship with Christ involves three areas of commitment: intellect, emotion, and will. Which area creates the most problems for you?**



## Intellectual Commitment

Christianity is not a “blind” leap of faith, but a personal relationship with God through Jesus Christ.

Read John 10:30-33 and 14:6-9. How does Jesus’ claim to be one with the Father ensure His ability to forgive sins?

What did each of the following people think about Jesus?

1. The apostle John (John 1:1, 14)
2. Thomas (John 20:25-28)
3. Jesus’ enemies (John 5:18)

According to Romans 1:3-4, what is the ultimate proof of Christ’s claim to be God? How does this verse affect your life (verses 5-6; 16-17)?

The life that Jesus led, the miracles He performed, the words He spoke, His death on the cross, His resurrection, and His ascent to heaven all point to the fact that He was more than a mere man. What do the following verses tell us about who Jesus is and what He did for us?

1. Why did Jesus have to come to earth? (Romans 3:23)

2. Why did Jesus die for us? (1 Peter 3:18)

3. What has Jesus Christ done for our sins that no one else can do? (1 Peter 2:24-25)

4. Why is Christ’s resurrection from the dead significant to us?

## Emotional Commitment

Seeking an emotional experience contradicts Hebrews 6:11. Faith is another word for trust. This trust must be placed in God and His Word rather than in what we feel. In what situations do you tend to trust in feelings rather than in God’s Word?

1. What kind of experience did Paul have when he first met Jesus? (Acts 22:6-10)

2. What was Timothy’s experience? (2 Timothy 1:5)

This diagram shows how we should let faith control our lives. How can you let your faith control these situations? List specific ways you plan to do this.



# Commitment of the Will

**A commitment to Christ involves an act of the will. Although both mind and feelings are valid, you are not a Christian until, as an act of your will, you make a decision to receive Christ as your Savior and Lord. Have you taken this step? When?**

**The following are facts in which you can place your faith:**

1. Christ came into your life. (Revelation 3:20)

>> What does the door refer to?

>> What does Christ promise?

>> What is our part?

>> What is His part?

>> According to this verse, if you by faith open the door of your heart and invite Jesus Christ to come into your life to be your Savior and Lord, will He come in?

2. Your sins were forgiven. (Colossians 1:14)

>> How many of your sins were forgiven?

>> If God has forgiven your sins, why are there times when you are haunted by guilty feelings?  
(1 John 1: 8-9)

>> What can be done about unconfessed sin?

3. You became a child of God. (John 1:12-13)

>> Who has been spiritually born into God's family?

>> When you received Christ, what did you become?

>> According to this passage, who is the only One who can give us eternal life?

**Verse 13 says, "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." According to Hebrew 13:5, if you have eternal life now, will it ever be taken away from you?**



STEP 1

## The Basis of Your Relationship with Christ

>> What is the message of the gospel?  
(1 Corinthians 15:1-4)

>> Why did Christ have to die?  
(1 Corinthians 15:3; Hebrews 9:22)

>> What happens when a person responds to the gospel and receives Christ into his life? (John 1:12)

## Our Confidence in Christ

**If our relationship with God were dependent on our own good works, we could never have assurance of salvation. Read Ephesians 2:8-9 and answer these questions:**

>> What is grace?

>> In what are we to have our faith?  
(See Galatians 3:22, 26)

>> On what basis did you obtain it?

>> How do good works relate to your salvation?

>> Why is boasting not acceptable?

**Rewrite Ephesians 2:8-9 and Galatians 3:22-26 in words you would use to explain to a friend.**

John 10:27-29

John 5:24

>> Which promise is most meaningful to you? Why?

>> How can you apply these verses to strengthen your faith?

## God's Promise to All Christians

**What do these verses promise you as a result of your decision to trust in Christ?**

Revelation 3:20

1 John 5:11-13

### **action point**

**This coming week, explain to a friend why you are sure you are a Christian.**

# How You Can Experience God's Love & Forgiveness



## STEP 2

The Problem of Sin



The Basis of our Forgiveness



The Power of Sin



Three Types of People



Spiritual Breathing



Handling Guilt

## The Problem of Sin

1. Who has sinned (Romans 3:23)

2. How did the sin of Adam, the father of the human race, affect you? (Romans 5:12)

3. What is the difference between temptation and sin?

>> Who is the tempter? (Matthew 4:1)

>> What causes you to be drawn into temptation? (James 1:13–15)

>> How does sin differ from temptation?

# What Is the Basis for Our Forgiveness?

1. According to John 1:29, what is Jesus called and what does He do?

**Read Hebrews 10:1–18.**

2. What did Jesus do for our sins?

**Was this acceptable to God?**

3. What did the sacrifice of Jesus accomplish for us?

4. How many of your sins did Christ forgive?

## The Power of Sin

**According to Romans 6:1–18, Christ not only died for our sin and forgave it, He also delivered us from sin's power.**

1. What does God's Word tell you happened to your old sin nature when you became a Christian?

2. According to verse 11, what must you do?

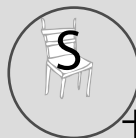
3. According to verses 16 and 17, what choice faces you continuously?

4. What limit does God place on the temptations you face? (1 Corinthians 10:13)

5. What does God promise to provide you with when you are tempted?

## Three Types of People

The Bible describes three types of people in 1 Corinthians, chapters 2 and 3. Underline the characteristics of each. Determine which type of life you are living.



### Self-Directed

**S**—Self is in control  
**+**—Christ does not indwell the unbeliever

### **The natural person**

(1 Corinthians 2:14) is not a Christian. He depends on his own resources and lives in his own strength. Spiritually, he is dead to God—separated from God by sin.



### Christ-Directed

**+**—Christ has been placed in control  
**S**—Self is yielding to Christ's direction

### **The spiritual person**

(1 Corinthians 2:15, 16) is a Christian who is controlled and empowered by the Holy Spirit. He draws upon the unlimited resources of God's love and power and lives in the strength of the living Christ. He is alive to God because the Son of God is living in and through him. He brings glory to God because of his fruitful life and witness.



### Self-Directed

**S**—Self is still in control  
**+**—Christ indwells the believer, but is not allowed to direct the life

### **The worldly person**

(1 Corinthians 3:1–3) is a believer trying to live the Christian life in his own strength. He is a defeated, fruitless Christian, who depends on his own abilities instead of drawing upon the inexhaustible resources of the Holy Spirit. He lives in frustration and slavery to sin (Romans 7:14–20).

I am living the life of the \_\_\_\_\_ person.

**Read Psalm 32:1–5.**



## Handling Guilt

When you feel guilty, compare your feelings to the criteria in this checklist, then circle the correct responses. Follow the directions you have circled.

STEP 2

1. What was King David's experience when he refused to confess his sins?
2. What happened when he acknowledged his sin?

## Spiritual Breathing

A spiritual man lives by faith in God. Faith is trusting that God will do what He says He will do. When we place our faith in God and His Word, we can experience His love and power.

How can we get off the emotional, roller-coaster existence of a worldly life? By practicing "Spiritual Breathing," which is exhaling the impure (confessing our sins) and inhaling the pure (appropriating the power of the Holy Spirit as an act of our will by faith), 1 John 1:9; Ephesians 5:18.

### Checklist for Finding the Source of Guilt

#### When the Holy Spirit convicts me of sin:

- He will point out a specific sin, and
- God will forgive the sin and restore my fellowship with Him as soon as I confess it. The guilt is immediately lifted.

#### I am feeling false guilt if:

- My feelings of guilt are vague and unspecific, or
- I feel guilty over a sin that I previously and sincerely confessed to God.

**Circle one:** My feelings of guilt are (real) (false) so I will (exhale—confess it to God) (thank God that His forgiveness is immediate and complete).

## action points

To exhale, follow these steps:

1. Ask the Lord to reveal any unconfessed sins. Write them on a piece of paper.
2. Confess these sins (agree with God that they are wrong).
3. Write 1 John 1:9 across the top. Destroy the list.
4. Make plans for restitution where you have wronged someone.