



1. Much of the stress and anxiety of human life come from uncertainties- transitions, decisions, surprises, and failures. Our spiritual lives may also be marked by uncertainty and doubt. How have you experienced this spiritual anxiety, whether as a Christian or a non-believer?
2. 1 John 5:13 says that Christians can know that we are saved. The Bible gives us three main ways of assuring Christians of our salvation and relationship with God: the promises of God, the witness of the Holy Spirit, and the transformation of our hearts and minds by the Spirit.

First, consider the promises of God, which are the primary means of Christian assurance. Read and discuss the following verses: Isaiah 55:1, John 6:37, Romans 10:13, and Revelation 22:17. Have you responded to the gracious invitation of God? What does it look like to be spiritually hungry and thirsty?

3. In addition to His promises, God also gives His Spirit to all Christians as a witness to our status in Christ. According to Romans 8:15-16, the Holy Spirit assures and comforts us in times of temptation and failure. How have you experienced this?
4. The New Testament teaches us that God assures Christians by transforming our hearts and minds by His Spirit (1 John 2:29). In *The Gospel for Real Life*, Jerry Bridges explains that the mark of a changed heart is not the achievement of holiness, but rather a new desire for holiness. And with “our sincere desire to obey God will be a heightened sensitivity to our indwelling sin” (142). What are some ways in which you desire to be free from sin and to be holy before God? How have you become more aware of your sin as you become more aware of God’s holiness?
5. 1 John also teaches that a new desire for holiness will be accompanied by a new love for other Christians (3:14). Do you desire to be patient, kind, gracious, and slow to anger with others (see 1 Corinthians 13:4-7)?

How might a Christian live more fully with a deep assurance of salvation? How can we respond to uncertainties and doubts with the truth of the gospel?

THE
GOSPEL
FOR REAL LIFE