

Vital Signs

1 John 5:1-5

“I know I’m saved, but why do I have these thoughts?”

“I’ve been a faithful church member for years. Christ is my Savior—but heaven? I hope so...”

“No one can be absolutely sure he’s saved. Didn’t Jesus say himself that he’s going to tell a lot of so-called believers, ‘away from me—I never knew you’?”

These are more than merely hypothetical questions to use as conversation starters at lunch. They are all too real, and ones that many people ask today. Is there any way to be absolutely certain of our salvation? As John pens the final chapter of his first letter, he focuses on this question.¹

What are the Vital Signs that help us know if we have been “Born Again”?

Belief (1a)

The road to love is paved with faith

Love (1b)

Love is expressed by doing what God says and doing it with a good attitude

Obedience (2-3)

Faith enables us to break free of the downward pull of the world

Victory (4)

Victory is defined as a love for God through faith that joyfully embraces God’s commands

Belief (5)

❖ **Check your vital signs**

- What do you believe about Jesus?
- How do you treat others?
- What is your attitude towards God’s instructions?
- Are you gaining victory over sin?

¹ Adapted from *How to be a Christian without being perfect*, by Fritz Ridenour. Ventura, CA: Regal Books, 1986, p. 190.