

Vital Signs of the Christian Life

Are you sure you possess new life?

Some of you may have grown up in a church or Sunday school where you heard the Gospel often. You may have even prayed a sinner's prayer where you asked Jesus to forgive you of your sins and give you a new clean heart. If you truly did repent of your sin and believe that Jesus died for your sins, then you can be assured that He kept His promise to give you a new life (John 3:36).

Many times as you grow into your teens, you can have doubts about your earlier decision. Maybe you can't remember praying (your parents tell you that you did). Or, since your understanding has grown so much over the years, maybe you don't know how much you understood about Christ and this important decision. Or, maybe you are weak in one or more of the vital signs we have discussed tonight. Whatever the reason, if you have any doubts about your salvation, ***make sure tonight!*** (John 3:18)



Admitt your sin

Write some of your sins on this dark heart, admitting that you are indeed a sinner before God.



Believe on Jesus Christ

Believe in your heart that when Jesus was nailed to the cross, He took your sin upon Himself and paid the full price.



Call upon the Lord

Ask Him to save you from your sins and the punishment you deserve for them.

If you believe in Jesus, you will not be condemned for your sins because Jesus took your condemnation on the cross. If you refuse to do this, then you will have to experience God's judgment for your sins.

Check Your Spiritual Life's Vital Signs

The Apostle John was used by the Holy Spirit to give us several different signs of a vital Christian life. Think about each of these signs and write down practical ways these can be seen in your life.

Problems in any of these areas should alarm you and motivate you to get immediate spiritual help!

Take this checkup regularly.

Where are places that you can hear God's Word taught well? _____

Do I really listen to the teaching/preaching or wander in my thoughts? _____

How often do I read from God's Word? _____

How much can I read each day? _____

Does my Bible show signs of use? _____

What meetings or studies can I commit to in order to learn more? _____

What would help me read or listen to the Bible more? _____

Other:



1 John 4:6
Desire to listen
to God's Word

Do I think about what I hear or read from God's Word until I know at least one way to apply it? _____

Do I think about how to apply what I learn in various areas of my life (home, school, work, with friends, church)? _____

What are some benefits I will receive from obeying/applying God's Word?

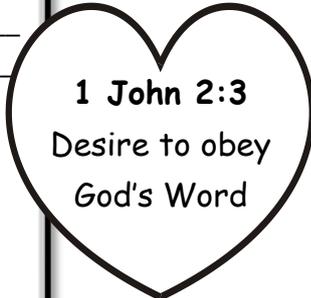
1 John 3:22 _____

James 1:25 _____

Psalms 119:98-100 _____

1 Timothy 1:5 _____

Other:



1 John 2:3
Desire to obey
God's Word

Since the root meaning of **holy** is separation, what sources of temptation and sin do I need to separate from? _____

What are some practical benefits of striving for holiness?

James 4:8 _____

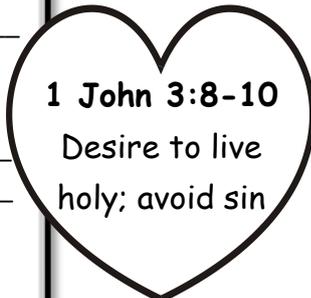
Hebrews 5:14 _____

1 Peter 3:12 _____

1 John 1:7 _____

What else may be the result of living a holy life (2 Timothy 3:12)? _____

Other:



1 John 3:8-10
Desire to live
holy; avoid sin

Read the following verses to see why you should love fellow Believers:

John 13:34 _____

John 13:35 _____

Read these verses to see how you are to love Believers:

1 Peter 2:22 _____

1 John 3:17 _____

1 John 3:18 _____

List different ways you can show God's sacrificial and unconditional love to others (such as a new student at school, a neighbor, an elderly person, a teacher, a brother or sister, a friend, a parent, or an enemy):

How can you, as a Believer, show love to others even if they are not easy to love or even if you don't feel like it?

Romans 5:5 _____

Galatians 5:22 _____



To confess that Jesus is the Son of God is to openly agree that Jesus Christ is who He said He was. This kind of confession is necessary for someone to be saved.

Romans 10:9 *If you will _____ with your mouth Jesus as Lord, and _____ in your heart that God raised Him from the dead, you will be _____.*

What will Jesus do for those who confess Him publically?

Matthew 10:32 _____

If you are a Believer in Christ, write out how you could give your testimony of how you came to accept Jesus as your Savior. Use the back of this paper to do this.

Write down some names of people you could share your testimony of salvation with: _____

According to Philippians 2:10-11, who will ultimately confess Jesus as Lord?

(Unfortunately, when this happens it will be too late for many people.)



As Galatians 5:17 says, the old nature you were born with will always be at war with the new nature you received at salvation. Read the following verses to see how you can gain victory over sin in your life.

1 Thessalonians 5:22 _____

James 4:7 _____

(Discuss how you can resist this enemy)

1 Peter 2:11 _____

Give examples of what to abstain from : _____

Matthew 6:13 _____

