

Asking for a Friend:  
How Do I Know That I Am Saved?  
Ephesians 2:1-10

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**What is Salvation?**

**Marks of Salvation:**

ABC (Romans 10:9)

Assurance (Romans 8:16)

Power Over Sin (Romans 6:6-7, 12, 14)

Fruit and Gifts (Romans 7:4; 12:6-8)

**What if I no longer feel like I'm saved?  
(Romans 8:1)**

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Resources about dealing with Salvation:

Andrew Dragos, “John Wesley on Assurance: Can You Know You Are Saved?”

[www.seedbed.com/john-wesley-on-assurance-can-you-know-youre-saved/](http://www.seedbed.com/john-wesley-on-assurance-can-you-know-youre-saved/)

Scott Kisker and Kevin Watson, “The Band Meeting” (Chapter 3: Salvation in the Wesleyan Tradition)

J.D. Walt, Daily Text, April 29, 2015.

[www.seedbed.com/saved-sure-know/](http://www.seedbed.com/saved-sure-know/)

J.D. Walt, Daily Text, July 22, 2019.

[www.seedbed.com/internal-insecurity-doctrine-eternal-security-divine-assurance-excellent-way/](http://www.seedbed.com/internal-insecurity-doctrine-eternal-security-divine-assurance-excellent-way/)

The following sermons from John Wesley are found at <https://johnwesleysermons.com/>.

- “The Scripture Way of Salvation”
- “The Marks of the New Birth”
- “The First Fruits of the Spirit”

**Prayer from “The Marks of the New Birth”, using modern language.**

“May every one who prepares their heart yet again to seek Your face, receive again that Spirit of adoption, and cry out, ‘Abba, Father!’ Let them now again have power so to believe in Your name as to become a child of God. As to know and feel they have ‘redemption in your blood, even the forgiveness of sins.’ And that they ‘cannot commit sin, because they are born of God.’ Let them be ‘begotten again unto a living hope,’ so as to ‘purify themselves as You are pure;’ And ‘because they are a son,’ let the Spirit of love and of glory rest upon them, cleansing them ‘from all filthiness of flesh and spirit,’ and teaching them to ‘perfect holiness in the fear of God.!’ Amen.”

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