

that is not accidental—that is evidence of life.

Read: 1 John 1:3. Notice a word, phrase, or feeling that rises to the surface. Where do you see signs of shared life—with God and others—in your own journey?

Pray: Father, draw me deeper into Your life and into the life of Your people. Amen.

THURSDAY

The Light that Tells the Truth

“God is light, and in Him is no darkness at all.”

Reflect: To be saved is to be brought into the light. And the light tells the truth—not to shame you, but to heal you. The light reveals what is real so that it can be cleansed. Walking in the light means you are no longer hiding.

Read: 1 John 1:5-7. Notice a word, phrase, or feeling that rises to the surface. What does the light reveal about God? What does it reveal about you?

Pray: God of light, help me live honestly before You. Amen.

FRIDAY

Transformation as Avidence

“If we confess our sins...”

Reflect: You are not saved because you confess—you confess because you are being saved. Over time, something changes: you become quicker to admit, quicker to turn, quicker to tell the truth. You may not be perfect—but you are no longer the same. That change is evidence that God is at work in you.

Read: 1 John 1:8–9. Notice a word, phrase, or feeling that rises to the surface. Where do you see even small signs of change in your life?

Pray: Jesus, thank You that You are changing me. Keep me in the light. Amen. ♦

SABBATH FLOW

A Weekly Study and Devotional Guide

Keyed to “*How Do I Know I’m Saved?*” sermon, March 28, 2026, Auburn SDA Church. For March 29–April 3. Sermon and guide by Pastor Mel Baga, D.Min.

GROUP STUDY GUIDE

Pray: Lord Jesus, when our hearts are restless and uncertain, bring us back to what is true. Fix our eyes on You, draw us into Your life, and lead us into the light where we can be honest and free. Give us assurance that rests not in ourselves, but in You. Amen.

Open: When you think about your relationship with God, where do you tend to look first—at Jesus, or at yourself? What usually shapes your sense of assurance?

Read: Read 1 John 1:1-9 aloud. Then focus on 3 movements: 1) vs 1-3, what John is saying about Jesus; 2) v 3b, what John says about fellowship, 3) vs 5-9, what John says about light.

Discuss: Pick as many as time allows.

1. Why does John begin assurance not with our feelings, but with what was “heard,” “seen,” and “touched”?
2. What is the difference between the objective work of Christ and our subjective experience of salvation? Why does the order matter?
3. John says salvation brings us into fellowship. How is that different from simply being forgiven?
4. In what ways have you experienced “shared life” with God or with others as part of your faith?
5. Why is it important that fellowship has upward

(God), backward (apostolic witness), and outward (others) dimensions?

6. John says “God is light.” What does that reveal about the kind of life we are brought into?

7. Why does John confront false assurance before offering true assurance?

8. What is the difference between walking in the light and being morally perfect?

9. How does confession function—not as a way to earn salvation—but as evidence of it?

10. Where do you currently see signs of transformation in your life that may be evidence of God’s work in you?

Reflect: Assurance does not begin by examining ourselves, but by looking to Jesus. Before we ever believed or responded, God had already acted in Christ to do everything necessary to save us. That salvation is not merely a status, but a shared life with the Father, the Son, and one another. And that shared life happens in the light, where God tells the truth so that we can be healed. Over time, we begin to see that we are no longer hiding as we once did. We are becoming more honest, more open, and more responsive to God. That change does not create salvation. It reveals it. ♦

DAILY DEVOTIONAL GUIDE

MONDAY

The Objective Foundation

“From the beginning... we have heard... we have seen...”

Reflect: Assurance begins outside of you. Before you ever believed, God had already acted in Jesus Christ to do everything necessary to save you. Your feelings rise and fall, but Christ’s work is finished and unchanging. Today is an invitation to shift your focus—from yourself to Him.

Read: 1 John 1:1-3a. Notice a word, phrase, or feeling that rises to the surface. What stands out about how real and tangible Jesus is in this passage?

Pray: Jesus, anchor me in what is true about you, not what fluctuates in me. Amen.

Pray: Jesus, anchor me in what is true about you, not what fluctuates in me. Amen.

TUESDAY

From Feelings to Christ

“That which we have seen and heard we proclaim...”

Reflect: The apostles saw and touched Jesus, but their testimony becomes your bridge to Him. You were not there physically, but through their witness, you are connected to the real, historical Christ. Assurance grows when you trust that this testimony is for you.

Read: 1 John 1:3. Notice a word, phrase, or feeling that rises to the surface. What does it mean that their experience becomes your certainty?

Pray: Lord, help me trust the witness that points me to You. Amen.

WEDNESDAY

The Fellowship of Salvation

“Our fellowship is with the Father and with His Son...”

Reflect: Salvation is not just forgiveness—it is participation. You are brought into shared life with God. And that life flows outward into relationship with others. If you sense yourself being drawn toward God and toward His people,