
BIBLE STUDY

HOW DO I KNOW I HAVE ETERNAL LIFE?

Assurance rests in Christ
and in God's written testimony

"These things I have written to you...
so that you may know that you have eternal life."

1 JOHN 5:13

Personalized for
RUPERTO BRAVO BENAVENTE (R.B.B.)

2026 EDITION

Editorial Note and Purpose

This book gathers the principal New Testament texts that explicitly declare eternal life and the passages that explain its foundation, reception, assurance, fruit, and hope. It does not replace reading the whole Bible or the responsible teaching of a local church.

Brief biblical wording is rendered into U.S. English from the editorial study of the Reina-Valera 1960 and Francisco Lacueva's Greek-Spanish Interlinear New Testament. These renderings are not attributed to a published English Bible version.

“Direct texts” explicitly mention eternal life or its possession. “Complementary texts” explain the gospel, justification, the Spirit's seal, security, fruit, and final fulfillment.

Central Thesis

I know I have eternal life because I have believed in Jesus Christ according to the gospel, and God states that life is in His Son. My assurance rests in His promise and work; the Spirit and a transformed life confirm that reality.

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Short Answer

You may know that you have eternal life because God has given an objective testimony concerning His Son: life is in Christ, and the person who receives the Son by faith has life. Christian assurance does not begin with always feeling strong. It begins by resting in the person and promise of Jesus Christ.

The governing passage is 1 John 5:11-13. John writes to believers so that they may know—not merely hope or guess—that they have eternal life. Three truths belong together: God gives, life is found in Christ, and faith receives the Son and God's testimony about Him.

In simple terms: hear the gospel, acknowledge your sin and inability, rest in Christ's death and resurrection, call upon the Lord, and believe His promise. The Holy Spirit then produces new life. That fruit confirms faith; it never purchases the gift.

In One Sentence

I have eternal life if I have the Son: if I have trusted Jesus Christ and His work, I rest in what God says rather than in changing feelings.

1. What Does “Eternal Life” Mean?

Eternal life means more than endless duration. In John 17:3 it is a real relationship: knowing the Father through Jesus Christ. It begins now, passes through physical death, and reaches its fullness in resurrection and unbroken fellowship with God.

The Greek expression *zōē aiōnios* describes life belonging to the age to come, coming from God, and possessed in Christ. In key passages the verb “have” is present tense. The future hope does not cancel present possession; it brings it to completion.

Scripture can therefore say both “has eternal life” and “waits for eternal life.” The believer already possesses it through union with Christ and still awaits bodily resurrection, freedom from sin, and the unveiled presence of God.

2. The Foundation: Christ and His Finished Work

Assurance does not begin by measuring how much the believer has improved. It begins with Christ: He died for our sins, was buried, and rose again according to the Scriptures (1 Corinthians 15:3-4). The gospel announces a completed work, not a religious ladder the sinner must climb.

Romans presents justification as God's act in favor of the one who believes. The debt is not paid by good works; Christ bore sin, and righteousness is credited to the believer. Hebrews adds that His sacrifice was offered once and that He lives to intercede.

The decisive question is not, "Am I good enough?" but, "Is Christ sufficient, and have I rested in Him?" The biblical answer directs our eyes away from self and toward the cross, the resurrection, the promise, and the faithfulness of the Savior.

3. How Is Eternal Life Received?

It is received by grace through faith. Believing is not merely agreeing with facts or trusting a prayer repeated mechanically. It is coming to Christ, abandoning every claim of personal merit, and trusting Him as Savior and Lord.

Repentance accompanies faith. It is a change of mind and direction before God—not an attempt to pay for sin through personal suffering. Faith and repentance describe the sinner's response to the one true gospel.

Romans 10:9-13 expresses this trust. The mouth confesses what the heart believes: Jesus is Lord, and God raised Him from the dead. No formula saves by itself; the true Christ saves the person who sincerely trusts Him.

4. The Threefold Witness of Assurance

First, the Word: God promises life to the believer. A divine promise is firmer than a changing emotion. Second, the work of the Son: His sacrifice and resurrection are sufficient. Third, the Spirit: He seals believers and bears witness to their adoption.

These witnesses do not compete. Scripture defines the gospel; Christ accomplishes salvation; the Spirit applies that work, awakens faith, and produces fruit. Assurance matures as the believer repeatedly returns to these foundations.

When conscience accuses and circumstances weaken joy, faith answers: “My hope is not in the perfection of my performance but in the perfection of Christ.” The believer then confesses sin, receives the Father’s forgiveness, and continues walking in the light.

5. The Seal of the Holy Spirit

Ephesians 1:13-14 gives a clear sequence: hear the word of truth, believe in Christ, and be sealed with the promised Holy Spirit. The seal marks ownership; the down payment anticipates the inheritance God will complete.

Ephesians 4:30 connects the seal with the day of redemption. Security does not make holiness irrelevant. Because we belong to the Lord, we are called not to grieve the Spirit and to live according to our new identity.

Romans 8 adds the witness of adoption. The Spirit leads the believer, enables the cry “Abba, Father,” and sustains hope. His presence is recognized in confession of Christ, conflict with sin, and the fruit He produces.

6. Security and Fruit: The Proper Order

Grace is the root; a transformed life is the fruit. Ephesians 2:8-10 preserves the order: salvation by grace, not by works, followed by creation in Christ for good works. Reversing the order creates legalism; separating root and fruit creates an empty profession.

First John gives signs of fellowship: true belief about Jesus Christ, love for fellow believers, the practice of righteousness, confession of sin, and perseverance in apostolic truth. It does not teach sinless perfection; it denies that new life can remain comfortably settled in rebellion.

Fruit provides subordinate confirmation, not an independent foundation. When fruit is weak, the remedy is to return to the gospel, seek the Lord, confess honestly, and walk with His people.

7. Difficult Passages and False Assurance

Matthew 7:21-23 warns against trusting religious activity, gifts, or words without knowing Christ. James 2 confronts a faith that only talks and never acts. Hebrews warns against deliberately turning from the only sacrifice. These passages expose unbelief and call people to persevere.

There is also unhealthy introspection: examining oneself while never looking to the Savior. Second Corinthians 13:5 calls for self-examination, but the Christian asks whether he is in the faith and whether Christ is in him—not whether he has reached moral perfection.

Biblical assurance avoids presumption without conversion and anxiety without the gospel. Scripture calls us to believe Christ and walk in the light.

8. When I Sin Again

A believer's sin is serious, but it does not surprise the Savior. First John 1:8-2:2 joins realism, confession, and advocacy: denying sin is self-deception; confessing meets God's faithfulness; Jesus Christ is our Advocate and atoning sacrifice.

Confession does not purchase salvation again. It agrees with God, abandons excuses, and restores fellowship. The Father's discipline may be painful, but Hebrews 12 presents it as evidence of sonship and an instrument of holiness.

If someone loves sin, rejects correction, and uses grace as permission to rebel, that person must heed Scripture's warnings. If someone hates sin, fights, falls, confesses, and returns to Christ, that struggle is different from spiritual indifference.

9. A Pastoral Guide to Self-Examination

Ask: What am I trusting for acceptance with God—Christ crucified and risen, or my morality, religion, and feelings? Do I confess Jesus as the Son of God and my Lord? Do I desire His truth even when it corrects me?

Ask also: Is there a new relationship with sin? The question is not whether I have stopped failing, but whether I can call good what God calls evil without conflict or repentance. Is there growing love for God's children? Does the Word attract and correct me? Is there some work of the Spirit, even if small?

Do not make this list a court higher than God's promise. Its purpose is honesty. If you see genuine faith and fruit, thank God. If you see confusion, return to Christ. If you see an empty profession, do not disguise it—believe the gospel.

10. An Answer for the Person Seeking Assurance

Read 1 John 5:11-13 slowly and place your confidence where God places it. Life is not in the intensity of your conviction but in the Son. The question is not whether your faith feels large, but whether Christ is its object.

You may speak to God plainly: acknowledge sin, thank Him that Christ died and rose, ask for mercy, and entrust yourself to Him. The prayer is not an automatic sacrament; it expresses a person's coming to the Savior.

Then continue in apostolic teaching, fellowship, the breaking of bread, and prayer. Seek a church faithful to the gospel. Assurance grows through the Word, worship, obedience, and fellowship, always with Christ at the center.

11. Conclusion: Christ Never Fails

Eternal life is the Father's gift, is found in the Son, and is applied by the Spirit. It is received by faith and displayed in a life that learns to follow Christ. Its completion will be resurrection and God's presence forever.

The believer may therefore say humbly: "I know I have eternal life, not because I never fail, but because God does not lie, Christ finished the work, and the Spirit sealed me." This assurance produces gratitude, holiness, love, and hope.

When doubt returns, remember Scripture's verbs: God gave; Christ saves; the believer has; the Spirit seals; the Lord will keep; the dead in Christ will rise. Your weakness does not have the final word. Jesus Christ's faithfulness does.

Catalog of Direct Texts

The following passages explicitly mention eternal life or directly describe its possession. Each entry provides a concise summary so the reader may consult a broad set of references without replacing the complete biblical text.

John 3:15-16 — Eternal life is received by believing in the Son whom God gave in love; the promised outcome is not to perish.

John 3:36 — The one who believes in the Son has eternal life; refusing the Son leaves a person under judgment.

John 4:14 — Christ gives water that becomes an inner spring rising into eternal life.

John 4:36 — The mission gathers fruit for eternal life, bringing joy to both sower and reaper.

John 5:24 — The one who hears and believes has eternal life, does not come into condemnation, and has passed from death to life.

John 5:39-40 — Scripture points to Christ; life is not found in study isolated from coming to Him.

John 6:27 — Jesus directs people to seek the food that endures to eternal life, which the Son of Man gives.

John 6:40, 47 — The Father's will joins present faith, present eternal life, and future resurrection.

John 6:50-51, 54, 58 — Eating and drinking portray receiving Christ and His sacrifice by faith; He promises life and resurrection.

John 6:68 — Peter recognizes that Christ alone has the words of eternal life.

John 10:10, 27-30 — Christ gives abundant eternal life; His sheep hear, follow, and are secure in the hands of the Son and the Father.

John 12:25, 50 — The Father's command leads to eternal life; following Christ reorders love for present life.

John 17:2-3 — Eternal life is knowing the only true God and Jesus Christ whom He sent.

Acts 13:46, 48 — The gospel goes to the nations, and believers receive the word of eternal life with joy.

Romans 5:21 — Grace reigns through righteousness to eternal life through Jesus Christ.

Romans 6:22-23 — The outcome of sanctification is eternal life; it is God's gift in Christ, not human wages.

Galatians 6:8 — Sowing to the Spirit yields a harvest of eternal life.

1 Timothy 1:16 — Mercy shown to Paul provides an example for those who will believe for eternal life.

1 Timothy 6:12, 19 — Eternal life is to be taken hold of in the fight of faith and expressed through generosity.

Titus 1:2; 3:7 — Hope of eternal life rests on the promise of the God who cannot lie and on justification by grace.

1 John 1:2 — Eternal life is not merely an idea; it was manifested in the Son.

1 John 2:17, 25 — The one who does God's will abides; the apostolic promise is eternal life.

1 John 3:15 — Persistent hatred contradicts eternal life abiding within.

1 John 5:11-13 — God gave eternal life in His Son; whoever has the Son has life and may know it from the written testimony.

1 John 5:20 — Jesus Christ is presented as the true God and eternal life.

Jude 21 — Believers wait for the mercy of Jesus Christ that leads to eternal life.

Complementary Texts

These passages reveal the foundation and consequences of eternal life and preserve the balance between grace, security, holiness, and hope.

Entrance by Faith

John 1:12-13; 3:3-8; Acts 16:30-31; Romans 3:21-28; 4:4-5; 10:9-13; Galatians 2:16; Ephesians 2:8-10.

The Gospel That Saves

Romans 1:16-17; 1 Corinthians 15:1-4; 2 Corinthians 5:21; Galatians 1:6-9; Ephesians 1:13.

Justification and Peace

Romans 5:1-11; 8:1; 1 Corinthians 6:11; Titus 3:4-7.

Union and New Life

2 Corinthians 5:17; Galatians 2:20; Colossians 2:12-14; 3:1-4; 1 John 3:14.

Seal and Witness of the Spirit

Romans 8:14-17; 2 Corinthians 1:21-22; Ephesians 1:13-14; 4:30; 1 John 4:13.

Security in God's Work

John 10:27-30; Romans 8:28-39; Philippians 1:6; 2 Timothy 1:12; 1 Peter 1:3-5.

Sufficient Sacrifice and Intercession

Hebrews 7:25; 9:12; 10:10-14, 19-23; 1 John 2:1-2.

Resurrection and Glorification

John 6:40; Romans 8:18-25, 30; 1 Corinthians 15:20-58; Philippians 3:20-21; 1 Thessalonians 4:13-18.

Fruit of Living Faith

John 13:34-35; 15:1-11; Galatians 5:22-25; Ephesians 2:10; James 2:14-26; 1 John 2:3-6.

Final Hope

1 Thessalonians 5:9-10, 23-24; Titus 2:11-14; Revelation 21:1-7; 22:1-5.

Warnings Against False Assurance

Matthew 7:21-23; Luke 8:4-15; John 8:30-32; 15:1-11; Acts 8:9-24; 1 Corinthians 10:1-12; 2 Corinthians 13:5; Hebrews 3:7-14; 6:4-12; 10:19-39; James 2:14-26; 2 Peter 1:5-11; 1 John 2:18-27.

How to Read the Warnings

They do not cancel Christ's promises. They prevent people from using those promises to justify persistent unbelief, apostasy, or a merely verbal profession.

Seven-Day Reading and Prayer Guide

- 20. **Day 1:** John 3 and 5: believe and pass from death to life.
- 21. **Day 2:** John 6 and 10: Christ feeds and keeps.
- 22. **Day 3:** Romans 3-6: justification, grace, and new life.
- 23. **Day 4:** Romans 8: Spirit, adoption, and security.
- 24. **Day 5:** Ephesians 1-2: seal, inheritance, and salvation by grace.
- 25. **Day 6:** Hebrews 7, 9, and 10: sufficient sacrifice and intercession.
- 26. **Day 7:** All of 1 John: assurance, fellowship, and fruit.

Prayer of Trust

Lord God, I acknowledge that I have sinned and cannot give myself life. I believe that Jesus Christ died for my sins and rose again. I turn from trusting my own merit and entrust myself to Your Son. Thank You for Your promise of eternal life. Teach me to walk in Your truth by the power of the Holy Spirit. Amen.

Note: this prayer does not save by its form. It expresses faith in Jesus Christ, who saves everyone who comes to Him.

Didactic Map: How Do I Know?

1. God Promises

Eternal life is in His Son — 1 John 5:11.

2. I Believe

The one who believes in Christ has eternal life — John 6:47.

3. Christ Keeps

No one snatches His sheep from His hand — John 10:28.

4. The Spirit Seals

The pledge guarantees the inheritance — Ephesians 1:13-14.

5. Life Bears Fruit

Love, obedience, and confession accompany faith — 1 John.

6. Hope Is Fulfilled

Resurrection and presence with the Lord — 1 Thessalonians 4:13-18.

APPENDIX: Didactic Bible Comic

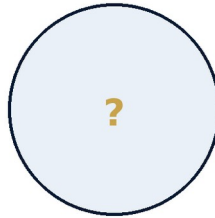
The following eight panels present the doctrinal path visually: the question, the written testimony, the gospel, the response of faith, the fruit, the struggle, the Spirit's seal, and the final hope.

Purpose of the Appendix

To support understanding, family teaching, and free distribution of the central message: eternal life is in Jesus Christ.

HOW DO I KNOW I HAVE ETERNAL LIFE?

1. THE QUESTION

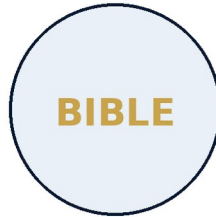


A man sees his failures and asks: "How can I know that I have eternal life?"

Assurance does not begin with the strength of our emotions.

HOW DO I KNOW I HAVE ETERNAL LIFE?

2. THE TESTIMONY

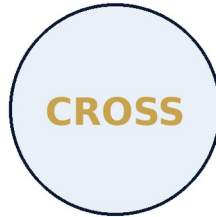


An open Bible directs his eyes to 1 John 5:11-13.

God gave eternal life, and this life is in His Son.

HOW DO I KNOW I HAVE ETERNAL LIFE?

3. THE GOSPEL

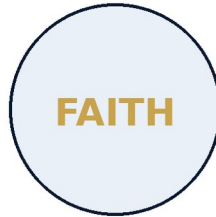


The empty cross and open tomb announce the finished work.

**Christ died for our sins and rose again — 1
Corinthians 15:3-4.**

HOW DO I KNOW I HAVE ETERNAL LIFE?

4. THE RESPONSE

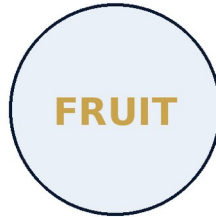


The man leaves his merits at the cross and trusts Jesus.

The one who believes has eternal life — John 6:47.

HOW DO I KNOW I HAVE ETERNAL LIFE?

5. THE CHANGE



He now walks with a Bible and with other believers.

**Grace saves and then produces good works —
Ephesians 2:8-10.**

HOW DO I KNOW I HAVE ETERNAL LIFE?

6. THE STRUGGLE

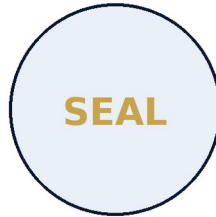


He falls, confesses his sin, and looks again to Christ.

**We have an Advocate with the Father — 1 John
1:9-2:2.**

HOW DO I KNOW I HAVE ETERNAL LIFE?

7. THE SEAL



Light represents the presence and pledge of the Holy Spirit.

**Sealed for the day of redemption — Ephesians
1:13-14; 4:30.**

HOW DO I KNOW I HAVE ETERNAL LIFE?

8. THE HOPE



Christ receives His own; the story ends in resurrection and glory.

**The Lord will keep and raise His people — John 10:28;
1 Thessalonians 4:13-18.**

Compiler's Profile



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Editorial note: only professional information relevant to a public publication is included; sensitive personal data, identity documents, addresses, and other private information are omitted.

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Editorial criterion: “all texts” means a broad collection of directly relevant canonical passages organized by topic. Concordances may vary depending on whether the search targets an exact phrase or the related theological concept.