

**Critical Differences between Conviction and Condemnation**

Conviction comes from God, the lover of your soul, through the work of the Holy Spirit.  
Condemnation is from Satan, the enemy of your soul.

Conviction is healthy.  
Condemnation is dangerously unhealthy.

Conviction leads to humility.  
Condemnation leads to pride, as one seeks to defend himself/herself.

Conviction beckons us to draw near to God and the support of other believers.  
Condemnation makes us want to hide from God and isolate from other believers.

Conviction produces genuine repentance and reconciliation with God.  
Condemnation produces guilt, shame, hopelessness.

Conviction ultimately leads to peace and positive personal growth and maturity.  
Condemnation ultimately leads to self-hate, and destructive behaviors.

Conviction causes one to take ownership of their sin, mistakes, and failings.  
Condemnation seeks someone else to blame.

Conviction produces a heart inclined toward restitution, with a genuine desire to right the wrong.  
Condemnation disregards the consequences of others.

Conviction is the first step to reconciliation with those we have wronged.  
Condemnation further separates us from the people and activities we love.

Conviction addresses a specific sin/behavior/issue rather than a generalization or an attack on one's identity.  
Condemnation often starts with a specific failure but quickly leads to broad generalizations and an assault on one's identity. (i.e. "I shouldn't have said that." leads to "I'm so stupid." Or "I'm such a loser.")

**Scriptures to Memorize**

- "So now there is no condemnation for those who belong to Christ Jesus." (Romans 8:1)
- "For God did not send his Son into the world to condemn the world, but to save the world through Him." (John 3:17 NIV)
- "because our gospel came to you not only in word, but also in power and in the Holy Spirit and with full conviction." (1 Thessalonians 1:5 ESV)
- "And when he [The Holy Spirit] comes, he will convict the world of its sin, and of God's righteousness, and of the coming judgment." (John 16:8)

# Conviction vs. Condemnation

## Biblical Examples of Godly Conviction

- The Conviction of Zaccheus in Luke 19:1-10
- The Conviction and Repentance of David in 2 Samuel 12 and Psalm 51
- Peter's Conviction in Matthew 26:75

## Remember

### Conviction:

- Is from GOD
- Addresses a specific issue
- Produces repentance and reconciliation with God

### Condemnation:

- Is from Satan
- Attacks one's identity
- Leads to isolation, hopelessness & self-destruction

Conviction is a gentle nudge from the Holy Spirit intended to remind you that God loves you too much to let unrighteous thoughts or behaviors go unaddressed. He has something better, something higher for you. He is calling you to come close to Himself and to receive his loving correction.

Condemnation, on the other hand, is NEVER from God. Scripture is clear that Jesus does not condemn, yet our accuser, Satan is always seeking to condemn us.

## How to Respond to Conviction

1. Recognize that conviction is a loving correction from your gentle Heavenly Father.
2. Go to God in prayer, ask Him to show you your errors.
3. Honestly and from your heart confess your errors, agree with Him and thank Him for loving you enough to bring this to your attention. Then repent by turning away from that sin and commit to not do it again. Ask the Holy Spirit to help you.
4. Move forward in the knowledge that if you are in Christ, your sins are forgiven, and you and you are free from carrying any shame or guilt about this correction.

## How to Respond to Condemnation

1. Recognize that condemnation does not come from God.
2. In Jesus' name, bind the thought and the spirit of condemnation coming against you. (Say, "In the name of the Lord Jesus Christ, I bind the spirit of condemnation and the thought that \_\_\_\_\_. The Lord rebuke you.")
3. Declare, "I will not partner with you any longer. In Jesus' name I command you to leave me and not return."
4. Then, if you feel any conviction about a sin, see the section above. If not, or if you have already done the section above, then turn to praising God and don't let your mind dwell on that subject.