

Lesson 6: Conviction

The Wheel of Faith

Big Idea

Once a person has come to Christ then the obvious next step is that Jesus shows up and begins the work of Conviction which is the Holy Spirit's loving work of revealing truth so that people can have true repentance that leads to real salvation and restoration with God.

Why This Study Matters

Many believers associate conviction with embarrassment, pressure, or "getting exposed." That confusion produces one of two results:

- **Resistance** (defensiveness, blame, hardening), or
- **Despair** (hopelessness, hiding, quitting).

This study reframes conviction biblically: **conviction exposes sin *and* reveals righteousness**, so that repentance becomes possible without condemnation.

Conviction Comes From Christ Lifted Up

Introduction:

Conviction is not something we can manufacture in ourselves or produce in others. Jesus said the Spirit would convict (John 16:8), and Jesus also said that when He is lifted up, He will draw all men to himself (John 12:32). So our role is not to shame people into change, but to reveal Christ clearly enough that truth becomes visible and hearts become honest.

Read: John 16:8

Group Question:

- What three things does the Holy Spirit convict us of?
- What do these things mean?

Theological Guardrail:

Conviction is *revelation* (light), not *accusation* (attack). The Spirit's goal is restoration. Once we come to Christ then the Holy Spirit begins his work of conviction.

1. Conviction Is the Spirit's Work—Not Ours

Read: John 16:14

Key Truths:

- Conviction is divine initiative, not self-generated guilt.
- The Spirit convicts of **sin and righteousness**—need and provision. By taking the life of Jesus then making us aware of that, and in this way we become convicted.

Group Questions:

- How does condemnation differ from conviction?
 - Which one draws you closer to Christ?
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2. Conviction vs. Condemnation—Learn the Difference

Read: Romans 8:1

Key Truths:

- Condemnation pushes away through shame and hopelessness.
- Conviction draws near through clarity and hope.
- Condemnation says, “You are hopeless.” Conviction says, “You need a Savior—and He is near.”

Group Questions:

- What happens when we ignore conviction? Hebrews 3:15
- When conviction comes the bible says that we are to acknowledge rather than ignore read Psalm 51:3. Discuss how you feel about this, and would you be willing to start acknowledging sin?
- What does it practically look like to “turn toward Christ” when conviction comes?

Theological Guardrail:

Conviction produces **honesty + hope**. Condemnation produces **hiding + despair**.

3. God’s Goodness Creates Safe Honesty

Read: Romans 2:4

Key Truths:

- Repentance grows best in an atmosphere of grace.
- Fear may force behavior, but it does not heal the heart.
- Goodness leads to repentance because it makes honesty safe.

Group Questions:

- How does seeing God's goodness make honesty safer?
- Why does fear fail to produce lasting repentance?

Theological guardrail:

The cross is God's "kindness made visible." The clearer Christ is, the safer confession becomes.

4. Conviction Prepares the Way for Repentance and Assurance

Read: 2 Corinthians 7:10; 1 John 1:9

Key Truths:

- Godly sorrow is not despair; it is reality recognized in the presence of grace.
- Confession is agreement with God—without self-defense.
- Conviction is a pathway into cleansing and peace.

Group Questions:

- Why must repentance begin with conviction?
- How does confession bring relief rather than shame?
- Could a person ever have real conviction and repentance if it were left up to us to self-evaluate? Read Jeremiah 17:9 discuss

Theological guardrail: If conviction depended on our ability to evaluate our own behavior, it would never happen because the human heart is incapable of seeing itself accurately. True conviction must come from outside of us—through the Holy Spirit.

5. Christ-Centered Reflection — Conviction as Love, Not Threat

Companion Reading: Steps to Christ

"The sinner may resist this love, may refuse to be drawn to Christ; but if he does not resist he will be drawn to Jesus; a knowledge of the plan of salvation will lead him to the foot of the cross in repentance for his sins, which have caused the sufferings of God's dear Son."

Group Questions:

- What does this teach about conviction as an invitation?
- How does conviction continually invite us to come to Christ?

Theological Guardrail:

- Are you hearing “God is mad” or “God is near”?
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Personal Response

Conviction is the Spirit’s loving light. When it comes, we do not argue, hide, or perform. We turn to Christ—confess simply—and rest in God’s promise to forgive and cleanse.

Experiential Reality — Conviction

A 7-Day Journey of Honest Awakening

Conviction is not something we manufacture by examining ourselves. It is something we **receive** as we behold Christ.

The Holy Spirit brings conviction gently, clearly, and purposefully—not to paralyze the soul with guilt, but to lead it into truth, repentance, and freedom. This seven-day journey is designed to help us recognize conviction when it comes, respond to it correctly, and allow it to lead us to Christ rather than inward toward self-condemnation.

Day 1 — Allow the Spirit to Speak

- **Scripture:** John 16:8
- **Reflection:**
Am I willing to let God reveal truth on His terms, rather than controlling the process?

Prayer Time: Begin the day with a simple prayer: *“Holy Spirit, show me what You want me to see today.”*

Do not search for sin. Do not analyze yourself. Simply remain open.

Day 2 — Notice Where Christ’s Life Creates Contrast

- **Scripture:** John 13:1–5
- **Practice:**
Read the passage slowly. Observe Christ’s humility and self-forgetfulness. Do not compare to others—only notice the contrast between Christ’s spirit and your own.
- **Reflection:**
What does this contrast reveal—not to shame me, but to show my need for Christ?

Prayer Time: pray for spiritual eye salve to see, tell God today you know that you have a deceitful heart and ypu cannot see things without his spirit.

Day 3 — Distinguish Conviction from Condemnation

- **Scripture:** Romans 8:1
- **Practice:**
When uncomfortable thoughts arise, ask:
Does this thought draw me toward Christ—or push me away from Him?
- **Reflection:**
How do I typically respond when truth makes me uncomfortable—do I withdraw, defend, or turn to Christ?

Prayer Time: ask God to make you uncomfortable, but give you strength to face his revelations about you.

Day 4 — Let God's Goodness Lead You

- **Scripture:** Romans 2:4
- **Practice:**
Reflect on a specific expression of God's kindness in your life.
Notice how gratitude softens resistance.
- **Reflection:**
How does seeing God's goodness make honesty safer?

Prayer Time: give God thanks today for something specific

Day 5 — Respond with Confession, Not Explanation

- **Scripture:** 1 John 1:9
- **Practice:**
If conviction has surfaced this week, respond simply.
No justification. No self-defense. Just honest confession.
- **Reflection:**
What happens when I stop explaining myself and simply trust God's faithfulness?

Prayer Time: simply begin the process of confession to God as things have surfaced this week.

Day 6 — Let Conviction Lead to Dependence

- **Scripture:** John 15:5

- **Practice:**
Identify where conviction has revealed weakness or inability.
Instead of resolving to “do better,” consciously lean into Christ.
- **Reflection:**
How does dependence feel different from determination?

Prayer Time: ask God today to help you with the things conviction might have revealed.

Day 7 — Rest in Forgiveness and Cleansing

- **Scripture:** Psalm 32:1–2
- **Practice:**
Rest. Do not review failures. Do not measure progress.
Thank God for forgiveness and cleansing already given.
- **Reflection:**
How does resting in grace reshape my understanding of obedience and growth?

Prayer time: Tell God today that you trust him with anything he will reveal whether it be a positive to begin doing or do or a negative that you need to cease.

Experiential Summary Statement

Conviction is not the end of the gospel—it is the doorway into it. When received with humility and trust, conviction leads not to fear, but to freedom; not to despair, but to deeper dependence on Christ.