

# The Difference Between Guilt + Conviction

*Somer Phoebe*

**All quotes are from Somer Phoebe unless otherwise noted.**

## Understanding the Difference between Guilt + Conviction

- Conviction is from the HS; Guilt is from the enemy
  - Guilt is NEVER beneficial; it's from your flesh.
  - Your spirit + your flesh will fight forever.
- Conviction calls you out of the muck + the mire; Guilt calls you to go there.
- Conviction is for your good; guilt wants to destroy you.
- Conviction feels personal; guilt feels public.
- Conviction leads to repentance; guilt leads to more guilt.
- Guilt will keep you where you are and cause you to be stuck.
- We are all sinners. The good news is that Jesus came for us.
- Feelers tend to struggle with guilt more. But you're not off the hook because you're a feeler.
- When it becomes about you, it becomes guilt.
- When you are grieved for the sin in your life, it's conviction.
- Don't make sin in your life about you.
- Guilt happens when we make everything about us.
- Guilt often results from the comparison trap and makes us think we should be doing what someone else is doing. Conviction isn't based on what someone else is doing, but on what you're doing.
- At our core, we are all sinners + we all struggle against our flesh.
- When your sin is about grieving God, that's the Holy Spirit's work in your life. Don't make the sin in your life about you. Guilt happens more often when you make everything about you.

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## **Discerning the Difference between Guilt + Conviction**

- The Holy Spirit will be the voice we hear most often when we are walking with the Lord in an intimate way.
- If your time is invested in other places more than you are in the things of God, you're going to struggle to hear the Holy Spirit's voice.
- Check your walk with the Lord before you turn to discernment.
- If you take you take guilt and you assume it's conviction and you change things - essentially, that's you telling God what He should tell you to do.
- Ask yourself: Why do I not hear the Holy Spirit louder than anyone else?
- If you are a believer, you have access to the Holy Spirit.
- We are the ones who make this complicated because the Holy Spirit is within us for the purpose of guiding and directing us.
- Pray and ask Him for discernment...and then be quiet.
- **DEPEND** on the Holy Spirit.

## **What Is My Response?**

- Take moments to think about how big God is.
- In the moment of "mom guilt," take that thought captive immediately. Pray and confess your feelings to the Lord. Ask the Holy Spirit to guide you + speak truth to you. Live how He says.
- Go to God before you go to anyone else. Can you imagine what your life would be like if you went to God before you went to another human for advice? Be in community, but go to God first. The Holy Spirit doesn't belong on the bottom of the list.

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## **Guilt:**

- If you struggle with carrying around guilt, you're probably more dependent on the idols in your life than you are on God.
- Ongoing guilt reveals self-sufficiency.
- Repent for making it about you and not going to the Lord.
- You don't have to walk in guilt, so let go of it. Sit down with Jesus and let Him take it.

## **Conviction:**

- If you're someone who experiences conviction, that's a good sign, as long as repentance follows it.
- Conviction's purpose is to help us turn away from our sin. It's a good thing.
- Often, the reason why it doesn't "feel" right is because this world is not our home.
- "Therefore, bear fruit in keeping with repentance." - Matthew 3:8

**Bottom line: Guilty people count on themselves. Convicted people depend on God.**

## ***Bonus Recommended Resources:***

*Jesus Over Everything Podcast S2E15: Interview with Anne Graham Lotz*

*Jesus in Me by Anne Graham Lotz*