

DAY 6 - CONVICTION

MAKE ROOM FOR GOD'S HEART

How do I recognize conviction without confusing it with condemnation?

THE CENTRAL THREAD

Conviction is truth revealed for the purpose of repentance, restoration, and formation. Across today's passages, the movement is consistent: the Spirit reveals truth; godly sorrow responds to truth; discipline trains us in righteousness; and God's correction does not mean His rejection.

John 16 begins with the Spirit of truth. Jesus describes the Spirit as the One who exposes what is wrong and guides into truth. Second Corinthians then asks us to look at the fruit of sorrow: does it produce repentance and changed action? Hebrews describes discipline as the training of beloved children, and Psalm 94 joins discipline with teaching while explicitly affirming that the Lord does not forsake His people.

Correction, then, is not the opposite of closeness. In these texts, loving correction happens inside relationship with God.

WORD STUDY LENS

The following language notes use Chaim Bentorah's devotional word-study interpretations as a reflection lens. They are helpful for meditation, but individual etymological and Aramaic/Hebrew claims should not be treated as the only possible scholarly reading of a passage.

1. PARAQ - separating / distinguishing

In his study of John 16, Bentorah connects the Aramaic *paraq* with separation or distinction. His devotional picture is of the Holy Spirit helping a person distinguish right from wrong so that sin can be recognized, confessed, and released. That gives conviction a purpose beyond guilt: **truth becomes clear enough to respond to it.**

2. GODLY SORROW IS NOT THE DESTINATION

Second Corinthians 7:10 says godly sorrow *brings* repentance. The sorrow itself is not the completed work. Bentorah's study on grief emphasizes *nacham* as a complex picture containing grief, compassion, comfort, and hope. Whatever linguistic nuance we adopt, Paul's own test is practical: godly sorrow produces repentance and visible fruit.

Reflection: If sorrow leaves me only ashamed and immobilized, I should not automatically call that transformation. Biblical repentance moves somewhere.

3. TELA - THE LITTLE CHILD / WOUNDED LAMB IMAGE

Bentorah uses an Aramaic-Hebrew wordplay around the 'little child' to picture genuine repentance as a sorrowful child returning to the safety of a parent's arms. His emphasis is especially useful beside Hebrews 12: the child is corrected, but the correction does not cancel belonging. **The response to conviction is not to hide from the Father, but to return to Him.**

4. DISCIPLINE AS TRAINING

Hebrews 12 repeatedly frames discipline as something given to children who belong to the Father. Verse 11 identifies its eventual fruit as a harvest of righteousness and peace for those who have been *trained* by it. The goal is not pain. The goal is formation.

5. SUSTAINED WHILE BEING FORMED

Bentorah's 'Sustain' study reflects on God knowing the limits of human endurance and sustaining faith through testing. Read carefully beside Hebrews, this offers a useful devotional question: **Can I trust that the God who trains me is also the God who sustains me while I learn?**

CONVICTION VS. CONDEMNATION

Conviction	Condemnation / destructive shame
Names or exposes something that needs to change.	Turns the failure into a verdict about the whole person.
Moves toward truth.	Moves toward hiding, distortion, or hopelessness.
Can produce sorrow, but sorrow leads toward repentance.	Produces pain without a constructive path forward.
Invites confession, change, and restored alignment.	Keeps replaying guilt even when repentance and forgiveness have been addressed.
Can be specific: <i>this attitude, choice, pattern, or action</i> .	Is often global: <i>I am hopeless; I can never get this right</i> .
Exists within God's teaching and fatherly care.	Feels like rejection, abandonment, or permanent disqualification.

Important: Conviction can be uncomfortable. Hebrews explicitly says discipline does not feel pleasant in the moment. Discomfort alone therefore does not tell me whether something is conviction or condemnation. I look at its truthfulness, specificity, direction, and fruit.

THE MOVEMENT OF CONVICTION

REVEAL -> SORROW -> REPENT -> TRAIN -> FRUIT

REVEAL: Spirit of truth - What is actually true?

SORROW: Godly sorrow - What does seeing this truth awaken in me?

REPENT: Turn/respond - What needs to change?

TRAIN: Discipline - What new way must be practiced?

FRUIT: Righteousness and peace - What is this correction producing over time?

STUDY QUESTIONS

1. What is the difference between being shown that something is wrong and being told that I am irredeemably wrong?

2. In John 16:13, the Spirit is called the Spirit of truth. What does that tell me about the nature of genuine conviction?

3. According to 2 Corinthians 7:11, what evidence showed that the Corinthians' sorrow had become repentance?

4. Where have I confused feeling terrible with actually changing?

5. Hebrews 12 says discipline is connected to belonging. How would I respond differently to correction if I truly believed I was being taught rather than rejected?

6. What does 'a harvest of righteousness and peace' suggest about the long-term purpose of discipline?

7. Psalm 94 places discipline beside teaching. What might God be teaching me rather than merely stopping me from doing?

8. Does the conviction I am experiencing identify something specific I can bring to God, or does it collapse into vague shame?

9. When I become aware of sin or misalignment, is my instinct to move toward God's presence or hide from Him? Why?

10. What would repentance look like as a concrete next step rather than simply an emotion?

HEART WORK

Sit with the passages again without trying to manufacture a dramatic revelation. Conviction is the Spirit's work; your job is willingness.

Lord, what are You showing me that is true?

Is there sorrow here? What is the sorrow actually about?

What would repentance - a genuine change of direction - look like?

What might You be training in me through this?

What truth about Your character keeps correction from becoming rejection?

DISCERNMENT CHECK

Before accepting an accusing thought as God's conviction, ask:

1. **Is it true?** Does it agree with Scripture and the character of God?
2. **Is it specific?** Can I identify what needs repentance or change?
3. **Does it lead somewhere?** Is there a faithful response available?
4. **What fruit does it produce?** Repentance, earnestness, righteousness, peace - or only despair and self-hatred?
5. **Does it call me toward God?** Correction may humble me, but I do not need to flee the Father in order to obey the Father.

DAY 6 TAKEAWAY

Conviction is not God proving that I am unworthy of His presence. It is the Spirit of truth refusing to leave me comfortably aligned with what harms relationship, holiness, or love. Godly sorrow does not exist to crush me; it awakens repentance. Discipline does not mean I have been disowned; Scripture places it within the language of belonging. And the intended harvest is not endless guilt. It is **righteousness and peace**.

I do not have to fear the truth when the One showing it to me loves me.

SOURCES USED FOR THIS STUDY

Scripture: John 16:7-13; 2 Corinthians 7:8-11; Hebrews 12:5-11; Psalm 94:12-15 (NIV passage set supplied for Day 6).

Devotional word-study material supplied by the user from Chaim Bentorah, including: 'Convicting Spirit,' 'Grieved to the Heart,' 'Little Child,' and 'Sustain,' along with the additional linked studies selected for the Day 6 research set. Interpretive word-study claims are presented as Bentorah's devotional lens rather than as uncontested lexical conclusions.