
Six Steps to Spiritual Freedom – 6 Part Series

Series overview

Have you ever felt worse after reading the Bible? If so, maybe you have been reading it wrong! The message of the Gospel is that Christ died to set us free: to be ourselves, to make mistakes, to learn and to grow. In this six-part series, Dr. Cloud and Dr. Townsend look at some of the traditional disciplines, and show you how to relate them to your own life in practical ways that will make life better. Say goodbye to guilt and bondage, and embrace the truths that will set you free!

Conviction

Conviction is often associated with guilt, shame, and feeling bad about ourselves—but it is basically just God letting us know when we are wrong. It may not be a pleasant experience, but it has nothing to do with the emotion of guilt; *guilt is not from God*. Understanding that God uses conviction to point out areas you need to look at brings freedom; when you acknowledge your part in a problem, you realize that you are therefore in control of fixing it. Dr. Townsend explains three aspects of conviction, and helps us to see the big picture. Shining a light on the areas you need to work on is a good thing!

Small group discussion questions:

- 1) What do you think of when you hear the word ‘conviction’?

- 2) Are there areas in your life in which you are currently feeling convicted?

- 3) Are you blaming others for issues that you need to take responsibility for? How can you take ownership of your problems, and do something differently to change the situation?