

*Is that feeling
conviction or condemnation?*

CONVICTION



**Comes from the
Holy Spirit**

Leads to repentance

Offers forgiveness

**Runs to Jesus
for grace**

**Brings joy, peace and
freedom**

CONDEMNATION



**Comes from the
Enemy**

Leads to self hatred

Offers guilt

**Runs from God
in shame**

**Brings more sin and
regret**

