### Lesson 9

#### The Friction of Conviction

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<td>Students will learn how the Holy Spirit brings conviction and will commit to take action in ways the Holy Spirit reveals to them.</td>
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<td><strong>Convict</strong>: to present or expose facts, to convince of the truth; to convince of error or sinfulness.</td>
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| Checklist          | 1. A PowerPoint is available for this lesson.  
2. Computer, projector or large screen T.V. to display the recommended video. (Hook)  
3. Counselors prepared to counsel those who respond to an invitation to trust Christ. (Decision)  
4. Several pieces of rough-cut 2x4’s. (Hook)  
5. Several sheets of sandpaper. (Hook)  
6. A pair of goggles and an electric orbital sander, if using that option. (Hook)  
7. Enough quartered sheets of sandpaper for each person in attendance. (Decision) |
I. The Friction Created for the **Unbeliever.** – John 16:8-11

Convict means “to present or expose facts, to convince of the truth; to convince of error or sinfulness.”

A. The Holy Spirit convicts the world of **sin.**
B. The Holy Spirit convicts the world of **righteousness.**
C. The Holy Spirit convicts the world of **judgment.**

How will you respond to the friction of conviction?

II. The Friction Created for the **Believer.** – Galatians 5:16-17

With the Holy Spirit inside you, a new type of friction begins: friction between God’s way of **thinking** and **living** and your old way (the flesh’s) of thinking and living.

How will you respond to the friction of conviction?

**Respond to the fiction of conviction.**
Do you know what is true about sandpaper? Sandpaper works as a result of friction. In order to remove the rough places on this piece of wood, friction was required. If this piece of wood had feelings and could talk, it would probably be screaming at me right now. While the friction is uncomfortable, it does a work that only the sandpaper can do.

How many of you like to have friction or tension in your life? I don’t mean that someone takes a piece of sandpaper and knocks off your rough edges, but what about when you are faced with an uncomfortable truth. How many of you like that type of situation? [Allow the students to respond.] Ask a hundred people that question, and it would be hard to find someone who would honestly say, “Yeah, I thrive on tension.” And you know why? It’s because tension is so closely related to conflict, and generally, people will do just about anything to avoid conflict.

There are, however, times when you can actually benefit from certain kinds of tension. Have you ever just had a “gut feeling” that something wasn’t right? Or what about a feeling that what you were about to do might not be good for someone else? It’s in cases like these you should actually pay attention to the tension that you feel. The tension you feel can remind you to pause long enough for you to get to the root issue and find out why you “just don’t feel right” about it.

But how can we trust that we’ve taken the right steps to respond to the world around us and the issues that create tension? The answer depends on the source of the tension. When you stop long enough to pay attention to the tension, you will have the time to ask God if the Holy Spirit of God is trying to get your attention.

In the first lesson of this study, we learned that the Holy Spirit is a person and that He wants to change us for the better. In the second lesson of this study, we discovered that the Holy Spirit indwells those who have trusted Jesus Christ as Savior. When that happens, real change is possible as we are filled with the Holy Spirit. That filling is displayed in our lives as we continually walk in the Spirit, yielding our lives to His control.
The tension that is brought about by the Holy Spirit is called “conviction.” The conviction of the Holy Spirit can cause friction in your life and create a tension between what you may want to do and what the Holy Spirit wants you to do. When you begin to feel that friction, the only right response is to respond to the friction of conviction.

As a believer, the Holy Spirit works within you to cause you to reconsider your actions when you’re about to step outside the boundaries of God’s will. Even unbelievers, as we’ll see through our study, can respond to the friction of conviction caused by the Holy Spirit. He is working in lives of unbelievers to show them the truth of God’s Word, and to draw them to Himself. So, as you will see, it’s never good to simply ignore the friction that is created by the Holy Spirit’s conviction. Holy Spirit conviction brings about a friction that is good for us. In this lesson, we want to pause long enough to take a look at this topic on a deeper level and explore how this happens.

Lesson Content

Accepting the Lord Jesus Christ as your Savior is the first step toward yielding yourself to the control of the Holy Spirit; and it is this yielding that leads to the strength you need to take action on your convictions. But even before that moment of your salvation, God was working in your life to bring you to the place where you could understand the good news of Jesus’ sacrificial death on the cross for you and for me.

I. The Friction Created for the Unbeliever. – John 16:8-11

More than any other writer, the Apostle John wrote extensively about the role and mission of the Holy Spirit in the lives of both unbelievers and believers. Turn in your Bible or open your Bible app to John 16:8. Listen for the three areas in which the Holy Spirit is at work in the world. [Ask a student to read John 16:8.]

The word “convict” here means “to present or expose facts, to convince of the truth; to convince of error or sinfulness.” The Holy Spirit works in the life of an unbeliever to expose things in their thinking and lives that need to change regarding their relationship with God. Let’s look at the three areas of conviction that can cause friction in the life of an unbeliever.

As you heard the verse as it was read, what is the thing that the Holy Spirit convicts the world of? [Answer: He will convict of sin.]

A. The Holy Spirit convicts the world of sin.

You don’t need to read the Bible to know that if someone calls you out about a sin in your life, it will cause some major friction. Does anyone here like it when someone tells you that you are sinning? Of course not!

The conviction of sin that the Holy Spirit brings upon the world is the sin of unbelief. It is unbelief that dooms a person to condemnation in hell (John 3:18) and it is the work of the Spirit to reveal the truth to the lost. The Holy Spirit creates a friction in the life of an unbeliever so he can pause long enough to respond to the friction of conviction in the area of sin.

We’re also told in John 16:8 that the Holy Spirit convicts the world of righteousness.
B. The Holy Spirit convicts the world of **righteousness**.

The friction created here is a result of the fact the Holy Spirit reminds the world that there is a standard for righteousness that is required by God and there is no wiggle room in His standard of righteousness. What God requires is perfect righteousness. Only Jesus Christ measures up to that standard.

The Holy Spirit convicts the world of the fact that they cannot live up to God’s standard of righteousness. He reminds them that all the good works they could ever do amount to nothing with God. This conviction rubs people the wrong way. As it does, it creates friction. Finally, we see that the Holy Spirit also convicts the world of judgment.

C. The Holy Spirit convicts the world of **judgment**.

The unbeliever, through the Holy Spirit’s influence, is able to grasp the truth that eternal condemnation is awaiting them if they die without putting their faith in Jesus. The Bible makes it very clear that all are under the “wrath” of God (John 3:36). When the Holy Spirit convicts them, He shows them the path they are on is leading to eternal damnation and separation from God. Although it might not be comfortable to deal with, **how will you respond to the friction of conviction?**

Maybe you have been feeling the conviction of the Holy Spirit in your life and understand that this conviction has been causing some friction. Somewhere deep inside you know that you are a sinner and that you don’t meet the standard of perfect righteousness. You know that someday you are going to be judged for that sin. Are you ignoring that friction? Why not respond to it?

God loves you so much that He is not willing to ignore the truth. As uncomfortable as it may be, He sent Jesus Christ to be the payment for your sin. Jesus alone met the standard of perfect righteousness and took the wrath of God on Himself. Now, the Holy Spirit is pointing out these uncomfortable truths about all of us and pointing us toward the solution found in Jesus Christ.

Here is what you need to know: the friction you are feeling is designed to help you pause long enough to see your need. God wants something great for you. He wants to have a relationship with you and the Holy Spirit has been creating that friction in your life to draw you to Himself. It is time for you to **respond to the friction of conviction.**

If you’ve never accepted God’s free gift of salvation through belief in Jesus Christ, why not respond and trust Christ today?

From John 16:8, it is clear that the conviction of the Holy Spirit creates friction for those who do not believe in Him, but the conviction of the Holy Spirit creates a friction for those who believe in Him as well.
II. The Friction Created for the Believer – Galatians 5:16-17

This is a different kind of friction. This friction is designed to grow the believer. Because the believer has already responded to the conviction of the Holy Spirit in relation to the need for a relationship with God, he is no longer under the wrath of God. With the Holy Spirit inside you, a new type of friction begins: friction between God’s way of thinking and living and your old way (the flesh’s) of thinking and living.

Because we all fail from time to time, the Holy Spirit comes along side of us and points out areas where we are not walking in the Spirit. When we are not filled with the Spirit, His conviction can create friction. Remember, to be filled with the Spirit means that you are controlled by the Spirit. If you choose to control your own life, you are not being controlled by the Holy Spirit. When there is a struggle for control, there is always friction.

Remember, conviction is defined this way: “to present or expose facts, to convince of the truth; to convince of error or sinfulness.” In this case the Holy Spirit is exposing facts and convincing the believer of things that will help them grow as a Christian. When we choose not to walk in the Spirit, the Holy Spirit begins to convict which causes friction in the life of a believer. When this happens, the believer must pause long enough to respond to the friction of conviction.

In Galatians 5, we are made aware of the healthy conflict that the Holy Spirit brings into our lives to help us to grow. [Ask a student to read Galatians 5:16-17.]

As we learned in the previous lesson, when we “walk in the Spirit” we will not fulfill the lust of the flesh. Since this is true, if we are fulfilling the lust of the flesh we know that we are not “walking in the Spirit,” not filled with the Spirit, or under His control. This causes friction with the Holy Spirit. In fact, listen again to Galatians 5:17. [Read Galatians 5:17.]

Notice the word “contrary” or “opposed.” It means “to confront or to be opposed to.” Anytime things are opposed to one another there is friction.

When you put your faith in Jesus to save you from your sin and the Holy Spirit came to dwell in you, all of a sudden things changed in your world. Things that you would not even have a second thought about now bother you. That “bothering” is the convicting work of the Holy Spirit causing friction in your life. Since the Holy Spirit is in you, it is difficult to sin without stirring up the friction of conviction, but this friction is good. If you let it, it will help you to pause and respond to the friction of conviction.

To sum it up as clearly as possible: one of the ministries of the Holy Spirit is conviction. For the unbeliever, He invites them to begin a new life in Christ. For the believer, He invites them to be filled with the Spirit by yielding their life to Him on a daily basis. When this conviction takes place and causes friction, both would do good to respond to the friction of conviction.
So, answer this question: “How is the Holy Spirit convicting you?”

Is the Holy Spirit drawing you into a relationship with God for the first time? If that is the case, the way you respond to that friction is to begin a relationship with Jesus Christ today. God’s standard is perfection. He knows that you will never live up to that standard so He provided the way for you to meet His standard. He sent Jesus Christ to die on the cross and make the payment for sin. After Jesus died, He rose again on the third day demonstrating His power over sin and death. Everything that was necessary for you to begin a relationship with God was done. When Jesus went back to heaven, He sent the Holy Spirit to earth to convict the world of sin, righteousness, and judgment. This friction of conviction that you are feeling is God’s way to draw you to Himself. Without the work of the Holy Spirit convicting you, you would have no hope of a relationship with God as a result of the work of Jesus Christ.

The best way you can respond to this friction is to trust Christ today. In just a few minutes, we are going to give you that opportunity to respond.

Is the Holy Spirit convicting you of certain behaviors or attitudes in your life that demonstrate that you are fulfilling the lust of the flesh? Remember, if you are walking in the Spirit, you will not fulfill the lust of the flesh. A sure sign that you are not walking in the Spirit is when you find yourself fulfilling the lust of the flesh.

Since the Holy Spirit is inside you, every time you choose your own way, you will feel that friction of conviction. Every time you feel that friction, the best way you can respond is to yield to the Holy Spirit. In just a minute we are going to give you an opportunity to respond.

No matter if you are a follower of Christ or are in a place in life where you want nothing to do with Christ, the Holy Spirit is always at work convicting of sin, righteousness, and judgment and this work causes a healthy friction. How will you respond to the friction of conviction?

Only you can make that decision. If you are not a believer in Jesus, will you say “Yes” to Jesus Christ right now? If you want to begin a relationship with Jesus Christ, will you talk with God right now?

Just talk to God right there in your seat and say something like, “God, I know I am a sinner. I know Your Holy Spirit has been convicting me of that truth. I deserve Your judgment for my sin, but I believe that Jesus died to pay for my sin and take that judgment for me. I believe that Jesus rose from the dead and that He is my only way to restore my relationship with You. Right now, I am turning from my sin and trusting Jesus Christ as my Savior. Thank you for saving me. Amen.”
If the friction that you have been feeling has to do with a certain action or attitude, will you respond to that friction right now? Just talk to God right there in your seat and say something like, “God, I know that this sin (name the sin) is causing me to feel the friction of conviction from the Holy Spirit. God, I am done with that sin. Right now, I yield that area of my life to You. Help me to walk in the Spirit in this area (name it again). Thank You for loving me enough to point out an area that I need to surrender so I will be more like You. Amen.”

**Teacher's Note:** As you close the message and dismiss to small groups, give everyone a quarter sheet of sandpaper as a reminder of the work of the Holy Spirit.

Before we go to small groups, I have a small piece of sandpaper that I want to give to you as a reminder of the conviction of the Holy Spirit. Take this piece of sandpaper and use it as a reminder of the Holy Spirit’s work in your life. You may want to write today’s date on it as a reminder of when you responded to the friction of conviction. Maybe you could write a phrase like, “He’s still working on me,” or even our sticky statement for tonight, “respond to the friction of conviction.” Every time you look at it, let it remind you of your decision tonight or of the fact that conviction’s friction demands a response.

**Sticky Statement**

**Respond to the friction of conviction.**

**Small Group Discussion Questions**

1. **In your opinion, what was the main point of the message? What part was most important for you?** *(If a student focuses on the conviction of the Holy Spirit in the area of trusting Christ as Savior, be sure to make this the focus of your small group time. If you have a student or leader who can lead someone to Christ, perhaps you could allow them to talk one-on-one and continue with your small group time.)*

2. **What kind of friction have you dealt with in the past?** *(Be sensitive to the fact that this might be an area that the students may not be comfortable sharing. It might be good to briefly share an area in your life where you have felt the conviction of the Holy Spirit. Be sure not to glorify sin or talk about inappropriate issues.)*

3. **What did you write on your piece of sandpaper? Will you make a commitment for the next seven days to respond to the friction of conviction immediately?** *(If the students have not written anything, give them a chance to write something and then discuss what they write. Be sure to gain permission from each student to ask them directly about choosing to respond to the conviction of the Holy Spirit they may face this week.)*