Quick Quiet Times

Live It or Lose It

The power of building spiritual convictions

Time:
10-15 minutes

Focus:
Spiritual Depth
Strength
Jesus

Scriptures

1 Thessalonians 1:5
Hebrews 11:1
2 Corinthians 5:14
Hebrews 12:2
Acts 20:22
2 Corinthians 5:7
Hebrews 3:14
Romans 6:9
Ezekiel 3:10-11
Hebrews 10:38
Colossians 4:12
1 Corinthians 1:10
2 Timothy 3:16-17
Isaiah 33:15
Matthew 6:33
Acts 3:19
Luke 19:10
Hebrews 4:12-13
1 Corinthians 13:13

Parking lot

Write down distracting thoughts here:

← Scan QR code

🧘 Settle in

Take a deep breath. Turn off notifications on your phone. Ask God to help you build strong convictions that last.

💭 Thought starter

1 Thessalonians 1:5 NET

... our gospel did not come to you merely in words, but in power and in the Holy Spirit and with deep conviction (surely you recall the character we displayed when we came among you to help you).

Hebrews 11:1 ASV

Now faith is assurance of things hoped for, a conviction of things not seen.

Conviction means having a deep, unwavering confidence in the truth of the gospel, demonstrated not merely by our words but through the power of the Holy Spirit and the way we live.



Conviction is motivated by Jesus's love, empowered by the Holy Spirit, and anchored in faith even when we cannot see the whole picture.

Conviction must be exercised through daily choices and obedience. Otherwise, it can become neglected, weakened, and ineffective—much like an atrophied muscle that has not been exercised. Spiritual conviction, like a muscle, must be put into practice to remain strong.

Here's what we'll learn in this Quick Quiet Time:

- Jesus is the source of our conviction.
- Conviction is living out what we believe.
- Conviction keeps us standing firm even when life gets shaky.

Notes:

✝️ Jesus is the source of conviction.

2 Corinthians 5:14 AMPC

For the love of Christ controls and urges and impels us, because we are of the opinion and conviction that [if] One died for all, then all died...

Hebrews 12:2 GW

We must focus on Jesus, the source and goal of our faith.

➡️ **The point:** **First and foremost, our conviction must be rooted in Christ. He is the way to the Father, for no one comes to the Father except through him (John 14:6).**

Sometimes we try hard to act right because we fear rejection or are striving for God's approval. But living by conviction is not something we do to earn God's love. It's something we do *because we have already received his love*. Christ's love is the motivation. Our obedience is simply our response.

Holding on to our convictions means staying focused on Jesus from start to finish. It's allowing his truth to guide our choices, our mindset, and our direction. When our convictions are rooted in him and continually put into practice, our faith can grow stronger, our commitment can deepen, and our lives can increasingly reflect what we believe. We strengthen our convictions as we continually trust Christ, obey his Word, and walk out our faith.

🥶 The metaphor:

Having conviction in Christ is like having a fire in the cold. If we guard the fire, it warms our whole life, but if we neglect it, the chill of doubt creeps in and tries to freeze our faith.

🙏 Conviction is not a feeling; it's the way we live.

Acts 20:22 AMP

And now, compelled by the Spirit and obligated by my convictions, I am going to Jerusalem, not knowing what will happen to me there...

Notes:

2 Corinthians 5:7 AMP

for we walk by faith, not by sight [living our lives in a manner consistent with our confident belief in God's promises]...

➡️ **The point:** **Conviction of faith means being deeply sure—deep in our hearts—that Jesus is who God says he is. It is trusting him completely and living out that trust.**

Conviction isn't just a feeling; it's a steady, God-powered confidence that shapes how we live. It isn't just what we *say* we believe about Jesus. It's what we live out *because* we believe in him.

🔦 **The metaphor:**

Living out conviction is like moving forward with a flashlight. We don't see the whole road, just the next step, and that's enough.

🪨 Conviction means standing firm.

Hebrews 3:14 NIV

We have come to share in Christ, if indeed we hold our original conviction firmly to the very end.

Romans 6:9 VOICE

So we stand firm in the conviction that death holds no power over God's Anointed...

Ezekiel 3:10-11 NLT

Then he added, "Son of man, let all my words sink deep into your own heart first. Listen to them carefully for yourself. [11] Then go to your people in exile and say to them, 'This is what the Sovereign LORD says!' Do this whether they listen to you or not."

Notes:

Hebrews 10:38 AMPC

But the just shall live by faith [My righteous servant shall live by his conviction respecting man's relationship to God and divine things ...

Colossians 4:12 AMPC

...[He is] always striving for you earnestly in his prayers, [pleading] that you may [as persons of ripe character and clear conviction] stand firm and mature ...

➡️ **The point:** **God wants us to hold our convictions firm, and not be swayed by hard times, other people, or our own fear.**

🧗 The metaphor:

Wholehearted conviction is like having solid footing on a rocky trail. Life may shake us, but when God is our foundation, we can stand firm and faithfully live out what we believe.

Standing strong in conviction is like staying balanced when life feels like a shaky skateboard—we stay steady because God is the grip tape under our feet.

🤝 One mission, one conviction

1 Corinthians 1:10 CSB

Now I urge you, brothers and sisters... that you be united with the same understanding and the same conviction.

2 Timothy 3:16-17 AMP

All Scripture is God-breathed [given by divine inspiration] and is profitable for instruction, for conviction [of sin], for correction [of error and restoration to obedience], for training in righteousness [learning to live in conformity to God's will, both publicly and privately—behaving honorably with personal integrity and moral courage]; [17] so that the man of God may be complete and proficient, outfitted and thoroughly equipped for every good work.

Notes:

Isaiah 33:15 VOICE

...the one who goes through life with integrity and speaks truth with conviction...

➡️ **The point:** **Shared conviction unites believers like teammates on the same court. We have different roles but the same goal, moving together because Christ is the playbook. We help each other do this by following the Bible and speaking the truth to each other with conviction.**

🕯️ **The metaphor:**

Truth spoken with conviction is like a lighthouse on a dark coast—its beam cuts through confusion and guides others safely toward righteousness.

🤔 **Reflection questions**

1. Where in my life do I need to stop saying "I believe" and start actually living like Jesus is real, present, and leading me?
2. Do you believe 100% in God, Jesus and the Bible? Is your faith strong enough to stand firm through life's challenges?
3. What convictions do I hold that stay strong when life gets hard—and which ones fade because they're not rooted deeply in God's truth?
4. How is God calling me to strengthen my convictions so they shape my choices, my friendships, my integrity, and the way I show Jesus in my life?
5. How does spending time in God's Word shape what I believe, strengthen my convictions, and help me stay grounded when life gets confusing or challenging?

Notes:

🚶 Five key convictions that shape a real walk with God

1. Conviction about putting God first in my life

Matthew 6:33 ESV

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Putting God first isn't just a slogan—it's a daily choice to prioritize his kingdom over our comfort, plans, and distractions. Conviction calls us to seek God before anything else, trusting that when he is first, everything else falls into its right place.

Quick reflections:

- What areas of my life compete with God for first place — time, relationships, goals, comfort?
- Do my daily choices show that God is truly first, or just important?
- How would my priorities shift if I genuinely sought God before everything else?

2. Conviction about repentance

Acts 3:19 AMP

So repent [change your inner self—your old way of thinking, regret past sins] and return [to God—seek His purpose for your life], so that your sins may be wiped away [blotted out, completely erased], so that times of refreshing may come from the presence of the Lord [restoring you like a cool wind on a hot day];

Real repentance isn't just feeling bad — it's choosing a new direction. Conviction pushes us to turn from sin quickly, honestly, and with visible change. It's about letting the Holy Spirit lead us, not our emotions.

Quick reflections:

- Do I repent immediately when God's Word convicts me?
- What real changes show my repentance is genuine?

Notes:

3. Conviction about our mission

Luke 19:10 CSB

“For the Son of Man has come to seek and to save the lost."

Jesus’s mission becomes our mission when conviction hits our hearts. We start seeing people as souls, not background noise. Conviction moves us to pray, reach out, and step out of comfort so other people can know about Jesus.

Quick reflections:

- Do I see people as souls Jesus died for?
- Does my conviction move me to actually reach out?
- What comfort or fear do I need to surrender for the gospel?

4. Conviction about truth

Hebrews 4:12-13 NLT

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. [13] Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable.

Conviction doesn’t just believe in the truth of the Bible; it gets real and specific about the truth in our own lives. It means we expose deceit, pride, impurity, and any area where you lower God’s standard. It calls you to honesty, humility, purity, and consistency — both publicly and privately.

Quick reflections:

- Where am I tempted to hide or live a double life? How honest am I in my core relationships?
- How do I respond when corrected — humbly or defensively?
- What private habits or thoughts need to come under God’s Word?

Notes:

5. Conviction in relationships

1 Corinthians 13:13 AMPC

And so faith, hope, love abide [faith-conviction and belief respecting man's relation to God and divine things; hope-joyful and confident expectation of eternal salvation; love-true affection for God and man, growing out of God's love for and in us], these three; but the greatest of these is love.

Conviction shapes how you love people. It pushes you toward vulnerability, forgiveness, unity, and real discipleship. Conviction refuses to let conflict, anger, isolation, or fake spirituality block friendships.

Quick reflections:

- Am I honest about my struggles, or do I hide behind a mask?
- When hurt, do I resolve things biblically or hold onto resentment?
- Does my love reflect Jesus or just my comfort level?

🏃 Wrap-up: Don't be a benchwarmer — exercise your conviction!

These scriptures show that real conviction comes from Christ's love pushing you forward, the Holy Spirit giving you power, and God's Word anchoring your faith even when life gets confusing.

When you choose to believe wholeheartedly, walk it out daily, stand firm when things get shaky, stay united with other believers, and speak truth with courage, your convictions become strong, steady, and real. Conviction grows when you protect it, feed it, and keep returning to God's Word—because that's where your confidence, clarity, and direction come from.

💪 Train your conviction

Conviction is like a muscle. You can't just sit on the bench, say you believe in Jesus, and expect your faith to stay strong. A muscle that never gets used grows weak—and a conviction that never gets practiced can lose its influence over how you live. Don't just hold the belief. Exercise it!

Notes:

❤️ Check your engine

We don't live a life of conviction out of fear or to earn a gold star from God. We do it because Jesus already gave everything for us on the cross. His love is the engine that drives us—not fear, not guilt, and not trying to fit in with a church crowd. We obey because we love him and because he first loved us.

🔥 Make your faith real

Conviction isn't just a vibe you feel on Sunday morning. It's what you do when your phone screen goes dark, how quickly you apologize when you mess up, and who you choose to be when nobody's watching. Real conviction shows up in real life.

🎯 The challenge

Don't just talk about it—stand on business for God! Stop saying you believe it and start walking it out.

Ask yourself: If someone looked at my choices this week, would they see what I say I believe?

No benchwarmers. No empty words. Put your conviction into action. Live what you believe!