

Battling Condemnation – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

We can often feel condemned about something years after it happened. There is nothing more we can do to make it right. Write about something you have really felt condemned for in the past, or maybe something you still feel condemnation about. What was the situation? Have you asked God to forgive you? Is there something He wants you to do that can make it right? When these thoughts come up, do they produce motivation to do what is right, or a desire to give up? What kind of things do you think God wants you to be motivated to do? What kinds of things does the devil want you to be motivated to do?

Day 2

Think back on a time in your life when you were living in sin or had a sin in your life that you didn't want to let go of. Was God convicting you of it? What did it feel like? Did it feel like you were condemned, or that you just needed to stop doing a certain thing? What did it lead to? What was the end result of this conviction? How was it different from a feeling of condemnation that you might feel over something you had done in the past? Spend some time writing about how that felt and what it felt like when you obeyed God in that area. If you didn't obey God in that area, how did it turn out?

Day 3

Memorize

ROMANS 8:1 (NIV)

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

Day 4

It is easy to look at our lives and justify them when our motives are actually selfish. One of the things God reveals to us is not just who He is, but who we really are. It is often very unpleasant when we come to the realization that we are much worse than we previously thought. An important question God wants you to answer is “are you committed to living for Him and dying to the old sinful way of living? Are you committed to walk according to your old sinful way of living or the Holy Spirit? How badly do you still want your own way? Are you thinking you know what is best for you, or are you willing to acknowledge that God knows better than you do what is best for your life?” Write out your thoughts on where you are at with this, and be honest.

Day 5

God doesn't put thoughts of condemnation in your mind. Condemnation does not accomplish any of His purposes. The only one who stands to benefit from you feeling condemned and worthless is the devil. God wants you to feel loved and supported so you can focus on doing what He has for you to do now. It is easy to allow condemnation to paralyze you into inaction. Spend some time in prayer asking God to reveal His mercy to you and asking Him to show you if there are areas in your life that you still need to be changing to walk in the Spirit. Have a pen and paper ready in case He speaks something to you that you will need to remember.