



Session # 6:
“Don’t Grieve (Turn Away From) the Holy Spirit!”
Tuesday, December 7, 2021

In Ephesians 4:25-29 Paul lists 5 ways we change from quenching to walking with the Spirit.

1) Be done with lies and speak truth.

Verse 25, *“Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.”*

2) Find healthy ways to deal with anger.

Verse 26, *“In your anger do not sin. Do not let the sun go down while you are still angry.”*

3) Leave no ‘footholds’- no openings for the devil.

Verse 27, *“and do not give the devil a foothold.”*

4) Replace stealing and laziness with useful work.

Verse 28, *“Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need”*

5) Replace degrading, unwholesome, coarse, and foolish talk with helpful, encouraging, uplifting, and wise talk.

Verse 29, *“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”*

What does it mean to grieve the Holy Spirit?

Ephesians 4:30-32 *“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”*

1) Anytime we hold on to bitterness, rage, anger, brawling, slander, or any form of malice, these actions grieve the Spirit.

2) God the Holy Spirit truly grieves when we ignore and disobey Him.

The greatest grieving of the Holy Spirit occurs when one completely rejects the Holy Spirit. This is the “unforgivable sin.”

1) Jesus taught about the unforgivable sin in Matthew 12:31-32 *“And so I tell you, every kind of sin and slander can be forgiven, but blasphemy against the Spirit will not be forgiven. Anyone who speaks a word against the Son of Man will be forgiven, but anyone who speaks against the Holy Spirit will not be forgiven, either in this age or in the age to come.”*

2) This teaching on the unforgivable sin is also found in Hebrews 6:4-6 *“It is impossible for those who have once been enlightened, who have tasted the heavenly gift, who have shared in the Holy Spirit, who have tasted the goodness of the Word of God and the powers of the coming age and who have fallen away, to be brought back to repentance. To their loss they are crucifying the Son of God all over again and subjecting Him to public disgrace.”*

3) Hebrews 10:26-29 (NIV) warns about this, *“If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left, but only a fearful expectation of judgment and of raging fire that will consume the enemies of God. Anyone who rejected the law of Moses died without mercy on the testimony of two or three witnesses. How much more severely do you think someone deserves to be punished who has trampled the Son of God underfoot, who has treated as an unholy thing the blood of the covenant that sanctified them, and who has insulted the Spirit of grace?”*

Questions:

- In what areas of your life have you discovered the greater freedom that Jesus brings from wrong ways to healthy behaviors?
- In what situations are you often tempted to speak lies over truth?
- How have you learned to deal with your anger in beneficial ways by the Holy Spirit?
- Give examples of how others have built you up by their words and how you are trying to do that too.
- How would you define the “unforgivable sin” that Mike talked about today?

Pray for each other about what you have shared together to end your time.