

Grieving the Holy Spirit

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Eph 4:29-32 *“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. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”*

INTRODUCTION

- Need to Look at background to understand message and current application
- Chapter 4 - importance of unity and maturity, speaking words that build up, kindness, compassion, forgiving (Christ showed grace & mercy in forgiving and accepting them), grieving not the Spirit

1 Who is Holy Spirit?

1. The Holy Spirit is the third person of the Holy Trinity, Co-equal with the Father and the Son,
2. The Holy Spirit is a personal being with intelligence, He has emotions, and a will. He has feelings can be sad angry be insulted and even blasphemed.
3. Paul says without the Spirit, one is not a Christian.

2. What does it mean to grieve the Holy Spirit?

Grief Greek translation in v30 “to cause to feel sorrow, pain, unhappiness, or distress.”

- Jesus Grieved **Mk 14:33&34** *“And He took with Him Peter and James and John and began to be very distressed and troubled. And He said to them, “My soul is deeply grieved to the point of death; remain here and keep watch.”*
- I recently grieved over the loss of our 7yr old grandson. The grief I felt was the most shattering experience ever in my whole life.

3. In this passage what grieves the Holy Spirit?

Unwholesome talk **v29**

1. Do not let any unwholesome talk come out of your mouths
 2. other translation *“let no corrupting talk come out of your mouths” “Don’t use foul or abusive language.”*
- It is so easy for us to be unkind and ungracious.

- We grieve the Holy Spirit because of our unkind words and inner ugliness which come from the heart. **Matt 12:34** *“Out of the abundance of the heart, the mouth speaks”*
 - Two of the Ten Commandments deal with speech. **Ex. 20:7** (ESV) *“You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes his name in vain”* **Ex 20:16**(ESV) *“You shall not bear false witness against your neighbour”*
 - Jesus Christ gave a stern warning regarding the unseemly language that sometimes proceeds from a person’s mouth. **Matt 12:36-37** (NLT) *“And I tell you this, you must give an account on judgment day for every idle word you speak. 37 The words you say will either acquit you or condemn you.”*
- ❖ bitterness, rage, anger, brawling, slander, along with every form of malice grieves the Holy Spirit (**Eph 4:31**) and **we should get rid of it, not just some but ALL OF IT!**

Why?

- a. these obstacles that will trip us
- b. get us into trouble
- c. GRIEVE THE HOLY SPIRIT.

What else causes us to grieve the Holy Spirit?

1. Offense

- One way of offending others is through our attitudes, how we speak and treat people especially if we are having a miserable day.
i.e. We get up for work , wifey hasn’t made breaky and forgets to pack your lunchbox, you complain and it erupts to a big fight you storm off in your car to work on the way an impatient driver cuts you off at roundabout and gives you middle finger salute you chase him but gets away by the time you arrive at work you at the end of your tether a works mates walks past and accidently spills coffee on you and you just unleash all your misery on him. **“YOU IDIOT! YOUR USELESS BONEHEAD WHY DON’T YOU WATCH WHERE YOU GOING WHERE IS YOUR BRAIN!!! YOU REALLY TELL HIM HOW IT IS.**
- The bible doesn’t give us permission to degrade, hurt, or treat someone as a total loser.

Col 4:6a *“Let your speech at all times be gracious and pleasant, seasoned with salt.”*

- We must season our counter or defence with salt and with Grace.
- Ok you might be right and what you are saying is the bitter truth, but bible instructs us to season our words WITH SALT. Ie My shirt is ruined but it was an accident nothing the washer can’t fix. I know you’ve messed up, but you are not a total mess. We can work on it.
- Every person has worth in Christ because He cares.

- Not what you say that gets us into trouble but how we say it.

2. Being Rude to People

- Being rude grieves the Holy Spirit.
- The Nature of Jesus is not rude. Jesus was kind meek and a humble person.

3. Anger

When my grandson was taken away my grief brought anger and bitterness into my life.
I felt angry at everybody!

1. at myself for not showing more love while I had the opportunity
2. the doctors for not keeping him alive.
3. at God for taking my little boy away.
 - Its ok to have emotions its ok to feel, that's what makes us a person,
 - but the bible says don't let anger make you sin. Don't stay angry all day.
 - When we allow hurt to stay in our lives too long that attracts the enemy to enter our lives.

Eph 4:26-27 *"In your anger do not sin" [a]: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.*

Personal Testimony - Theresa and I have been married for 37 years come 24th October. In the early days of our relationship before we met Jesus we had our fair share of fights and quarrels. Usually, I was the cause of it. There was no forgiveness by sundown. Theresa would say "our marriage is over," pack her bags, go off to her mums and leave me hanging till she had calmed down our I couldn't take any longer and beg her to come home.

4. Bitterness

- Bitterness is anger gone bad, and it is like a poison inside your heart and mind.
 - **Eph 4:31** *"get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice."*
 - **Acts 8: 22** (Peter warning Simon the sorcerer who was trying to buy the power of Holy Spirit for personal gain) *"Repent of this wickedness and pray to the Lord in the hope that he may forgive you for having such a thought in your heart. 23 For I see that you are full of bitterness and captive to sin."*
- Bitterness holds us captive to sin and this grieves the Holy Spirit.

Eph 4:13&14 *"You were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, 14 who is the guarantee of your inheritance until the redemption to those who belong to God."*

Eph 4:30 *"And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption."*

- ❖ Let's not bite the hand that's guiding our journey to the day of redemption. He is our guarantee to reach our destination.

CONCLUSION

1. Season words with salt - When we are offended and go on the defensive especially when we are in the right and want to give the offender a piece of our mind, let's season our words with salt and grace.
2. Don't be rude - Jesus wasn't rude and he had a kind meek and humble nature.
3. Be quick to forgive - In those frustrating situations where we may get angry let's not let that anger linger too long and be quick to forgive each other
4. Don't give the enemy a foothold - So, the anger won't germinate into bitterness and hold us captive to sin. Let's not give a foothold to the enemy.
5. Be filled with the Spirit - Let's be filled by our friend The Holy Spirit this morning. Let's ask the lord to fill our cup with thoughts that don't grieve the good spirit Paul says in

Phil 4:8 *"whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."* This will absolutely delight the Holy Spirit.