

Do Not Grieve the Holy Spirit

Ephesians 4:24-32

As Christians we have two natures & we live in two worlds. One nature is after the flesh w/ soulish fleshly desires (**let us eat, drink be merry for tomorrow we die**) the other is after the Spirit desiring the things of God—a supernatural work that happens when we are born again—Nicodemus you must be born again **Jn3**.

The two worlds we live in—one is the earthly dimension w/ the five senses—Taste, touch, sight, smell & hearing—where our body appetites seek satisfaction. The other world is the heavenly dimension where our spirit seeks after & craves fellowship w/ God—***As the deer pants after the water brook so my soul-spiritual self pants for Thee oh God 2 My soul thirsts for God, for the living God; Then he asks When shall I come & appear before God? Ps 42:1,2***

Paul has, for the first three chapters, explained to us the riches that are ours, in Christ Jesus & the glory awaiting us in heaven. Now he tells us how we are to respond to these glorious benefits & how we are to walk in this new life w/ heaven as our final destiny & living our life on earth for the Glory of God. We are to put off the old & put on the new. Two persons in one body the old man & new man **Rom 6**

24 and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth. 25 Therefore, laying aside falsehood, SPEAK TRUTH, EACH ONE of you, WITH HIS NEIGHBOR, for we are members of one another.

How to walk—***An estimated 82% of people struggle with imposter syndrome, and 85% have low self-esteem. Imposter syndrome is the feeling that you're a fraud & don't deserve the things you've achieved. Low self-esteem is a negative self-perception that makes you judge yourself harshly.***

Here's how--***put on--invest in new set of clothing***—fresh, unused, original--new self created after Christ Jesus in ***righteousness*** & ***holiness*** of the truth.

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Created, formed, fabricated in/of divine likeness, *in truth* the ideal, real, sincere not false, illusion or fake but in *righteousness*-26 x's—what God looks, sees & deems acceptable, just, right in His eyes, *right-wise-ness* & *holiness*-God approved, endorsed—defined by God—heavens will worked out on earth in the life of the Believer.

Laying aside or putting off, **once for all**, the old for the new-giving up, renouncing *falsehood* which is lying--consciously & intentionally—Now speaking truth-**moral & divine**—*Is 59:15 Truth is lacking, And one who turns aside from evil makes himself a prey. Now the LORD saw, And it was displeasing in His sight that there was no justice.*

We are *members*, part of the body of Christ, we don't lie to one another—A person who lies to himself is delusional- **Depersonalization-derealization disorder, feeling detached from yourself & disconnected from your surroundings.**

26 BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, 27 and do not give the devil an opportunity. 28 Let him who steals steal no longer; but rather let him labor, performing with his own hands what is good, in order that he may have something to share with him who has need.

Be angry at the right things--righteous indignation *but do not sin*-not at the wrong things—sinful anger – *thumos* a passionate anger, flares then dies-*orge* habitual, residing anger--bad temper, irritable when things don't go their way—*when you get up in the morning do you wake up grumpy? No I just let him sleep.* Jesus w/ Pharisees-man w/ withered hand **Mk 3:5 And after looking around at them with anger, grieved at their hardness of heart, He said to the man, “Stretch out your hand.” And he stretched it out, and his hand was restored.** Jn 2 Turned tables money changers—drove out whip of cords sellers—Fathers house den of thieves-Zeal consumes Him. I get angry at rude people, injustice, bullies—There is a selfish anger & Godly anger.

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The longer we delay in mending relationships, **broken by anger**, the less likely we will ever mend them—that unhealed relationship gives opportunity for devil to ruin your Christian life. *Diabolos*-devil, slanderer. *Luther* ‘*Give the slanderer no place in your life*’ ‘*Alas they had been friends in youth but whispering tongues poisoned truth*’

Not steal but work and give to others--a little thief as a kid 7-8 yr old-aunts

Acts 20:35...remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive. Phil 2:4....do not merely look out for your own personal interests, but also for the interests of others.

29 Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, that it may give grace to those who hear.

Unwholesome-no rotten, putrid words-*words that injure*; worthless (*worth less than words that edify*)—foul mouth, potty mouth, gutter mouth--*trench mouth Tom*--but only-*make it a habit*-for edification (*building up*) --effects grace (*undeserved favor*)—

30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

Do not grieve the Holy Spirit – deep pain, intense sorrow--our best friend why would we want to hurt or ignore Him--take Him for granted **Ps 27:10** even if my mother & father forsake me the Lord will take me up & care for me...be there for me, *I will never leave you or forsake you....I will be w/ you always even until the end Matt 28:20*

Things that grieve Him---*Bitterness*, resentful & harsh—*wrath*, Outbursts, rage, boil over, breathing violently *anger* seethe inside settled disposition of resentment. *Clamor* yelling & screaming out against a person.

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Slander Abusive language, reluctant to say nice things so switches to evil speaking, disapproval. *Malice* Vicious disposition of spite & wickedness, trouble maker. These are things that injure coming out of the mouth of the old nature we are to put off. **ESV Pr 6:16** *There are six things that the LORD hates, seven that are an abomination to him: 17 haughty eyes, a lying tongue, and hands that shed innocent blood, 18 a heart that devises wicked plans, feet that make haste to run to evil, 19 a false witness who breathes out lies, and one who sows discord among brothers.* Last verse--what new life is to put on in it's place

32 *And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.*

Put on kindness—pleasant, useful, beneficial to others-**useful servant**, *tender-hearted* compassionate, merciful (not get what deserve) empathy, gut level sympathy & pity.

Forgive as God forgave you- Unforgiveness grieves Holy Spirit-**Matt 18:21-35**

Torturers—mind ill at ease, no peace, no rest, no joy in Lord-unforgiveness at the root of the torment until cry out to the Lord.

:26 Anger in the heart-1-nine negative affects it has on a person who is angry 2-three things that cause anger 3-9 keys to overcoming anger 4 three Blessing that follow for those who overcome.