

# GRIEVING THE HOLY SPIRIT

**Ephesians 4:29** 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. **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.

To "grieve" means to make sad or sorrowful. It means to cause sorrow, pain, or distress.

But what is it that makes the Holy Spirit grieved?

1. Corrupt Communication makes the Holy Spirit sad.
  - † bad, rotten, decayed; unwholesome

Verse 29 says, "Don't use foul or abusive language." The word used here speaks of something that is "rotten." This includes profanity, vulgarity, etc.

Do you know what? You shouldn't speak this way, privately or publicly.

2. Bitterness makes the Holy Spirit sad and sorrowful.
  - † angry, hurt, or resentful because of one's bad experiences or a sense of unjust treatment

The definition of "bitterness" is "an embittered and resentful spirit that refuses to be reconciled."

Bitter people don't usually want to keep it to themselves. Instead, they spread it around. The Bible speaks of "a root of bitterness defiling many" (see Hebrews 12:15).

There is a better way for you – forgive.

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We need to "T.H.I.N.K." before we say something.

T- Is it Truthful?

H- Is it Helpful?

I- Is it Inspiring?

N-Is it Necessary?

K- Is it Kind?

Instead of speaking evil of someone, we are to "be kind to each other, tenderhearted, forgiving one another,"

You might say, "But they don't deserve that!" True, but neither do you or I, and God still forgave us.

Paul concludes this passage by saying, "Just as God through Christ has forgiven you." Forgiven people should be forgiving people. Otherwise, we are grieving the Spirit.

Jesus forgives completely and unconditionally.