



the BEAUTIFUL LIFE

THE HOLY SPIRIT AND CHRISTIAN VIRTUE

Grieve Not, Quench Not

09.27.26

Ephesians 4:30; 1 Thessalonians 5:19 (*Pew Bible p.1,172 & 1,184*)

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Notes

1) Grieve Not the Spirit (Ephesians 4:30)

A) The Problem — Sin

B) The Solution — Confession

2) Quench Not the Spirit (1 Thessalonians 5:19)

A) The Problem — Resistance

B) The Solution — Yieldedness

3) Weekday Application Questions

a) **EQUIP** — What does it mean to grieve the Holy Spirit, and how does confession address that problem? What does it mean to quench the Holy Spirit, and how does yielding ourselves to God address that problem? Be able to explain these truths in your own words.

b) **ENGAGE** — With whom could you share how God's grace helps you acknowledge your sins honestly—and why your confidence rests in Christ?

c) **EXALT** — How does knowing that the Spirit seals you unto the day of redemption deepen your gratitude and desire for holiness? What does Christ's sacrifice reveal about the seriousness of your sin and the greatness of God's forgiveness?

d) **Here is your "One Thing" for this week:** Confess the sin you are defending; Yield to the will of God you are resisting.