

Wednesday Night BIBLE STUDY

Wednesday, September 10, 2025 – First Baptist Church Buda
Midweek Prayer Meeting & Bible Study

T H E B O O K O F

EPHESIANS

How to live the Christian life

EPHESIANS: HOW TO LIVE THE CHRISTIAN LIFE – PART 30

“Grieving the Spirit” / “How We Grieve the Holy Spirit”

Ephesians 4:25-32

“²⁵ Therefore, putting away lying, “Let each one of you speak truth with his neighbor,” for we are members of one another. ²⁶ “Be angry, and do not sin”: do not let the sun go down on your wrath, ²⁷ nor give place to the devil. ²⁸ Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. ²⁹ Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. ³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. ³² And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.” -Ephesians 4:25-32 (NKJV)

KEY BACKGROUND INFORMATION FOR EPHESIANS

To gain a better understanding of the Book of Ephesians, consider the following background information:

1. **Authorship: The Apostle Paul** - Traditionally attributed to the Apostle Paul.
2. **Date of Writing: A.D. 60-63** - Likely written around A.D. 60-63 during Paul's Roman imprisonment.
3. **Place of writing: Rome** – Paul wrote the book/letter of Ephesians from a Roman prison
4. **Audience: Ephesian Christians at Ephesus and surrounding area** Addressed to the Christian community in Ephesus, a major city in Asia Minor. Ephesians is considered a

“circular letter” meant to be circulated to church in the area of Ephesus... possibly the same 7 churches

5. **Purpose: How to live the Christian life** To strengthen the faith of believers and address issues of unity and spiritual maturity.
 6. **Themes: Grace, the church, and holy living** - Key themes include grace, the church as the body of Christ, and the importance of living a holy life.
 7. **Structure: Ephesus is divided into two main sections** - Divided into two main sections: doctrinal teachings (chapters 1-3) and practical applications (chapters 4-6).
 8. **Cultural Context: Ephesus was center of commerce and religion** - Ephesus was a center of commerce and religion, known for the Temple of Artemis.
 9. **Significance: Mystery of the gospel and inclusion of Gentiles** - Emphasizes the mystery of the Gospel and the inclusion of Gentiles in God's plan.
 10. **Spiritual Warfare: Ephesians’ emphasis on the spiritual battle** - Concludes with a call to spiritual readiness and the armor of God (chapter 6).
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Application Questions

1. **Do you think of the Holy Spirit as a person or more as a “force”? Why is the latter detrimental? How can you change your thinking on this?**
2. **How can a Christian gain a greater sense of the Spirit’s presence? Is this a feeling or something we “take by faith”?**
3. **Should we give assurance of salvation to a person who says that he is a Christian, but who isn’t repentant of his sin? Why/ why not? Cite biblical support.**
4. **How can we know whether our trials are due to some sin in our lives or not? If we sin and repent, can we avert the discipline? How can we know what lessons the Lord is teaching us?**

“³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.” – Ephesians 4:30

5 Things We Are Told About the Holy Spirit:

- (1) **The Holy Spirit is God -**
- (2) **The Holy Spirit can be grieved –**
- (3) **The Holy Spirit is in every Christian -**
- (4) **The Holy Spirit seals or guarantees that we are saved -**
- (5) **The Holy Spirit never leaves you but is always with you – “day of redemption”**

A big question that must be answered is, “What grieved the Holy Spirit, that in every Christian, that never leaves us or forsakes us, that seals and guarantees that we are saved?” and “Why does it matter?”

The Greek word translated as “grieve” in Ephesians 4:30 means “to cause to feel sorrow, pain, unhappiness, or distress.” Remember that the Holy Spirit is God that indwells every genuine believers. Given thought and that definition and understanding of the word “grieve” give some thought to these prompted questions.

Definition Prompted Questions:

(1) How does a Christian cause the Holy Spirit of God to “feel sorrow”? _____

(2) How does a Christian cause the Holy Spirit of God to “feel pain”? _____

(3) How does a Christian cause the Holy Spirit of God to “feel unhappiness”? _____

(4) How does a Christian cause the Holy Spirit of God to “feel distress”? _____

As the third Person of the Trinity, the Holy Spirit has a personality and the ability to feel emotions. Here are a few mentioned in Scripture...

What emotions does the Bible tell us that the Holy Spirit feels? (Name the emotion indicated by the quoted Scripture)

(1) Luke 10:21, “²¹ In that hour Jesus rejoiced in the Spirit and said, “I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and prudent and revealed them to babes. Even so, Father, for so it seemed good in Your sight.” - joy

(2) Hebrews 10:29, “²⁹ Of how much worse punishment, do you suppose, will he be thought worthy who has trampled the Son of God underfoot, counted the blood of the covenant by which he was sanctified a common thing, and insulted the Spirit of grace?” - insulted

(3) Ephesians 4:30, “³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.” - grieved

How does the Bible tell us that we may negatively impact the Holy Spirit and make Him feel? (Name the stated negative impact we may make the Holy Spirit feel from each quoted verses)

(1) Acts 7:51, “⁵¹ You stiff-necked and uncircumcised in heart and ears! You always resist the Holy Spirit; as your fathers did, so do you.” - resisted

- (2) 1 Thessalonians 5:19, **“Do not quench the Spirit.”** - quenched
 (To quench means to suppress, hinder, or stifle the Holy Spirit)
- (3) Ephesians 4:30, **“³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.”** - grieved
- (4) Isaiah 63:9-10, **“⁹ In all their affliction He was afflicted, and the Angel of His Presence saved them; in His love and in His pity He redeemed them; and He bore them and carried them all the days of old. ¹⁰ But they rebelled and grieved His Holy Spirit; so He turned Himself against them as an enemy, and He fought against them.”** - rebelled & grieved (rebellion against the Holy Spirit is a serious sin that can lead to spiritual decay and separation from God... it is often associated with the disobedience and idolatry, as well as resistance to the Holy Spirit’s guidance)
- (5) Psalm 106:33, **“Because they rebelled against His Spirit, so that he spoke rashly with his lips.”** - rebelled

“Do not grieve the Spirit” appears to complement Paul’s opening exhortation in the first few verses of Ephesians 4... look at it. Paul writes in verses 1-6, **“¹I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, ²with all lowliness and gentleness, with longsuffering, bearing with one another in love, ³endeavoring to keep the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit, just as you were called in one hope of your calling; ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is above all, and through all, and in you all.”**

Believers grieve the Spirit when they do not maintain peace and harmony in the body of Christ. What grieves the Holy Spirit, according to Paul in our passage is nothing short of “sin.” It’s all sin! Whatever we do to grieve the Holy Spirit of God is sin and must be confessed and repented of.

Charles H. Spurgeon relates a conversation that he had with a Wesleyan man who believed that he could attain spiritual perfection on this earth. The man had invited Spurgeon to his home, but Spurgeon told him that there probably would not be room for him, because the house would be so full of angels. After Spurgeon made a few more playful remarks, the man flew into a rage. When Spurgeon asked him if perfect men get angry, the man denied that he was angry, although Spurgeon says that he had a peculiar redness about his cheeks and a fiery flash in his eyes. Spurgeon says he thinks that he rather spoiled the man’s perfection!

Then Spurgeon writes, “My own experience is a daily struggle with the evil within. I wish I could find in myself something friendly to grace, but, hitherto, I have searched my nature through, and have found everything in rebellion against God.” He then mentions his struggles with sloth, anger, pride, and distrust in God (*C. H. Spurgeon Autobiography* [Banner of Truth], 1:229).

- Listen, It would be wonderful if we could reach a place in the Christian life where sin was no longer so tempting!
- **Augustine of Hippo** is attributed with the words, **“I’m not sinless, but I want to sin less!”** Augustine, who emphasized the struggle between sin and Christian theology. He believed that while humans are capable of sinning, they can also strive to live a life of greater moral integrity and avoid it (sin) as much as possible. Augustine’s teachings encouraged believers to continually seek forgiveness and strive for a life free of sin, reflecting the sentiment of wanting to reduce one’s sinful behavior.
- It would be nice if the longer you were a Christian, the more immunity to sin you built up, so that it just glanced off you.
- But the fact is, a man after God’s heart such as David, after years of walking with God and writing many inspired Psalms, succumbed to the temptation of adultery, deception, and murder.
- The wisest man on the earth, Solomon, who had several personal encounters with God, fell into the sin of idolatry.
- If you think that you’ve arrived at a point where certain sins no longer tempt you, remember Paul’s warning in **1 Corinthians 10:12**, **“¹² Therefore let him who thinks he stands take heed lest he fall.”**

Why we can’t find sinless perfection on this side of heaven?

- (1) **While we are in the flesh, we will always struggle with a sin nature** - As human beings we are bound under Adam’s nature in this world. No matter how hard we try not to, we will still sin against God. This holds true for everyone.
- (2) **The struggle with sin is constant, even for the most mature Christian** – We’ve already mentioned David and Solomon. Then there is the apostle Paul rebuked Peter for showing favoritism (Galatians 2:11–13). Late in his ministry, Paul calls himself the chief of sinners (1 Timothy 1:15). Peter, James, John, and Paul all admitted that they were imperfect. How could you or I claim anything different?
- (3) **The only person described as sinless is Jesus Christ** – The Bible is clear. Jesus lived a sinless life. Hebrews describe Jesus this way in **Hebrews 4:14-16**, **“¹⁴ Seeing then that we have a great High Priest (Jesus Christ) who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. ¹⁵ For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. ¹⁶ Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”**
- (4) **True spiritual maturity involves being cognizant of the subtle sins in one’s life and striving for greater victor over sin** – Here is Paul’s warning again in **1 Corinthians 10:12**, **“¹² Therefore let him who thinks he stands take heed lest he fall.”**
- (5) **True perfection will not come until the rapture of the church, when we rise to meet Jesus in the air (1 Thessalonians 4:17) - At that time the dead in Christ will be resurrected, and the bodies of the living will be changed (Philippians 3:20, 21; 1**

Corinthians 15:54). We will stand before the Judgment Seat of Christ (2 Corinthians 5:10) where our works will be judged and rewards will be given (1 Corinthians 3:9–15). Our redemption will be complete, and our sin will be gone forever. We will live and reign with Christ in sinless perfection forever.

Because sin appeals to us with such powerful force and since sin, according to Paul in Ephesians 4:25-32, grieves the Holy Spirit of God that indwells us so deeply... we need a motivation for holy living that is stronger than our sin. Since sin often brings immediate pleasure and fulfillment, and causes such consternation with our Holy Lord we need to think through the biblical answer to the question, “*Why not sin?*” The Bible gives us many good reasons not to sin.

Why Not Sin:

- (1) **Sin hurts you** - For one thing, *sin hurts you*. God designed His commandments for our blessing and protection. There are built-in consequences when we violate His holy standards. It’s like the traffic laws. You can drive fast, run red lights, and drive on the wrong side of the road in order to get where you’re going faster. For a while, it may work. You may think, “This is great! I don’t have to obey those restrictive laws!” But, sooner or later you’re going to get hit by a semi-truck and it won’t be fun any more! In the same way, God warns us that whatever we sow, we will reap. If we sow to the flesh, we will from the flesh reap corruption (Gal. 6:7-8). So even if sin gives us pleasure for a while, the Bible clearly warns that eventually it leads to death (Rom. 6:23).
- (2) **Sin hurts others** - Another reason not to sin is, *sin hurts others*. This is obvious with many sins, such as murder, rape, stealing, hatred, gossip, etc. But, it’s also true of sins that we may commit in the privacy of our own thoughts. As Paul said (4:25), we are members of one another. If my heart decides that it has a right to do as it pleases and it stops functioning, my entire body suffers. If, as a member of the body of Christ, I indulge in sin, even if they are secret sins that you cannot detect, I have damaged you because we are both members of the one body of Christ. My sin will hurt my wife and children, because it weakens me as their shepherd and example. So you should not sin because sin hurts you and it hurts others.
- (3) **God will judge sinners that do not repent** - Another reason not to sin is, *God will judge sinners that do not repent*. It often looks as if sinners get away with their evil ways. Hugh Hefner, the founder of the evil Playboy empire, has lived in luxury and sensuality with the sexiest women that any man could desire. Recently on his eightieth birthday he said something to the effect that he had enjoyed a good life and had no regrets. But all of that will change soon, when he dies and stands before God and faces eternal punishment in hell! The Bible gives abundant warning that no unrepentant sinner will escape God’s judgment. So that is a good reason to repent and turn from sin!
- (4) **We should not sin because our sin grieves the Holy Spirit** - We could probably come up with more reasons not to sin. But we still haven’t come to the *best* reason not to sin, which Paul gives us in Ephesians 4:30, “*And do not grieve the Holy Spirit of God, by*

whom you were sealed for the day of redemption.” He is saying, *We should not sin because our sin grieves the Holy Spirit, who has sealed us for the day of redemption.* In the context, Paul has been showing what it means to live as a Christian in a pagan world. We are not to live as the rest of the world lives (4:17-19). Rather, as those now created anew in righteousness and holiness of the truth, we are to put off the old life, be renewed in the spirit of our minds, and put on the new life in Christ (4:20-24). Specifically, this means laying aside falsehood and speaking the truth (4:25); being righteously angry and yet avoiding unrighteous anger (4:26-27); not stealing, but rather working hard and giving to those in need (4:28); and, not using speech that tears down others, but using our words to build up others (4:29). Paul will go on to say (4:31-32) that as Christians, we must put off all bitterness and anger, and instead be kind, tenderhearted, and forgiving towards one another, just as God in Christ has forgiven us. But right in the middle of giving all these specific behavioral changes, Paul gives us the supreme motivation for why we should not sin, namely, that our sin grieves the Holy Spirit, who has sealed us for the day of redemption. It’s an astounding thought, because God is immutable (unchangeable) and He is in no way dependent on His creation for His happiness. He is the eternally blessed God (1 Tim. 6:15)! So there’s a mystery here that we cannot fully understand. In some sense, God’s being grieved at our sin is an anthropathism, which means, attributing human emotions to God so that we can understand. It’s similar to an anthropomorphism, such as when the Bible speaks of God’s right hand or His mighty arm. We are not to understand it literally, but the Bible is stooping to our level, so that we can get a handle on the meaning. Let’s explore Paul’s thought:

Here is the key thought for Paul’s words as he closes out chapter for of Ephesians in Ephesians 4:25-32...

KEY THOUGHT: We should not sin because our sin grieves the Holy Spirit, who has sealed us for the day of redemption, dwells within us every day, and helps us live the Christian life

4 Reasons Our Sin Grieves the Holy Spirit According to Ephesians 4:25-32:

- (1) Your sin grieves the Holy Spirit because He loves you**
- (2) Your sin grieves the Holy Spirit because He loves others**
- (3) Your sin grieves the Holy Spirit because He is holy**
- (4) If you grieve the Holy Spirit by sinning, you will suffer certain consequences**

“²⁵ Therefore, putting away lying, “Let each one of you speak truth with his neighbor,” for we are members of one another. ²⁶ “Be angry, and do not sin”: do not let the sun go down on your wrath, ²⁷ nor give place to the devil. ²⁸ Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. ²⁹ Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. ³⁰ And do not grieve the

Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ *Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.* ³² *And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.* ” - *Ephesians 4:25-32 (NKJV)*

YOUR SIN GRIEVES THE HOLY SPIRIT BECAUSE HE LOVES YOU

“³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.” – *Ephesians 4:30*

This passage and especially verse 30, is one of many that clearly prove that the Holy Spirit is a person, not just an influence. Cults, such as the Jehovah’s Witnesses, that deny the Trinity, say that the Spirit of God is simply His power or force at work in the world. But you can’t grieve a force or a power. You can only grieve a person.

You especially can grieve a person that loves you. You can tolerate unkind remarks from a stranger, because he doesn’t love you and you don’t love him. But when someone that loves you makes an unkind remark, it hurts. The deeper the love, the deeper the grief when sin hurts the relationship.

Martyn Lloyd-Jones (*Darkness and Light* [Baker], pp. 265-266) points out that, “This verse distinguishes Christian ethics from every other ethical system. Other religions have ethical standards, but none of them command their followers not to sin because their sin grieves God. And, Paul is not appealing to his readers to adhere to a certain moral standard simply because it is the right thing to do. He is not even appealing to them to obey these moral commands because it will benefit them, although it will, as we have seen. Rather, he appeals to them on the basis of their *personal relationship* with a loving God.”

Sin grieves the Holy Spirit! Through faith in Christ, you enter into a personal relationship with the Triune God. His Spirit now dwells within you. Your body is His temple. On the basis of these facts, Paul exhorts you to glorify God in your body (1 Cor. 6:19-20). Sin strains the personal relationship that you are now to enjoy with the loving, indwelling Spirit of God.

We may think about the love of God and the love of Jesus Christ, but most of us don’t think often of the love of the Holy Spirit. But we know that as a member of the Godhead, the Spirit is love because God is love (1 John 4:7; see also, Rom. 15:30). Also, we probably think about fellowship with God and with Jesus, but the Bible also talks about the fellowship of the Holy Spirit (2 Cor. 13:14). This may refer to the fellowship that the Spirit produces between believers or to our fellowship with the Holy Spirit. But the point I’m making is, the Holy Spirit is a divine *person*, not merely a divine force. Because He loves us and because He desires fellowship with us, our sin grieves Him.

To illustrate, suppose that a father warned his teenage son, “I love you very much and I want the best for you. I want us to have a close relationship. For these reasons, I don’t want you ever to use illicit drugs.”

But, the boy is out with the wrong crowd and everyone is using drugs. His friends say, “Come on, it feels really good. Try it just this once!” The boy yields and is high on drugs when the police raid the party. The boy’s parents are deeply grieved that their son would do such a thing. If all that the boy says to his parents is, “I’m sorry that I used drugs,” he has missed an important aspect of his sin. He should realize that while he was wrong to use the drugs, his greater wrong was grieving his father and mother who loved him so much. He has strained a close, loving relationship by his sin.

Many people today are scared of the Holy They fear the excess we sometimes see from those claiming to be filled with the Holy Spirit. Or the radical expressions they see attributed to the Holy Spirit. They fear that they’ve done the unpardonable sin and are forever enemies of the this third person of the Godhead. Of course, this is actually a lie and deception from the enemy. The Holy Spirit is God and to say that God loves us is to say the Holy Spirit loves us... intimately, completely, unconditionally and everlastingly. The Holy Spirit cares for us and loves us dearly. We are precious to Him, and there are many scriptures to give us an insight into the

9 Proofs of the Holy Spirit’s Love for the Believers (You):

- (1) **The Holy Spirit wanted to make us in God’s image** - Let’s start at the beginning. When God made man in His image, they (the Father, Son and Holy Spirit) said, *“Let us make man in our image!”* The Holy Spirit (along with the Father and Son) wanted to make you and I in His image and give us dominion over all other creation here on earth! You’ll find this passage in the first chapter of Genesis... Genesis 1:26, *“And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.”*
- (2) **It was the Holy Spirit who sent Jesus to heal and restore us!** - If you turn to Luke chapter 4, you’ll find that it was the precious Holy Spirit who sent Jesus forth to minister healing, deliverance and restoration to us. Let’s look at this passage in the Bible: *Luke 4:18-19, “The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, To preach the acceptable year of the Lord.”* Those wonderful things listed in the verse above were the desire of the Holy Spirit for us, and He sent us Jesus to minister that healing, freedom and restoration unto us. It was the Holy Spirit who empowered Jesus to go about healing all who were oppressed of the devil, raise the dead, and heal the sick. It is that same Holy Spirit who empowers us today to go forth and do the same! *Acts 10:38, “How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went*

about doing good, and healing all that were oppressed of the devil; for God was with him."

- (3) **The Holy Spirit is our advocate and intercedes for us** - Jesus referred to the Holy Spirit as our comforter. Look at this passage in the Bible: *John 14:26*, "*But the Comforter, which is the Holy Ghost...*" The word Comforter in this verse comes out of the Greek word parakletos which means, "An intercessor, consoler: – advocate, comforter." The Holy Spirit is not only our comforter, but also an intercessor, consoler and advocate. Let's take a brief look at each one of these properties:

An intercessor is somebody who intercedes on our behalf. Take a look at this passage in your Bible: *Romans 8:26-28*, "*Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God. And we know that all things work together for good to them that love God, to them who are the called according to his purpose.*"

A consoler is somebody who is there to talk to and share your burden with. Merriam-Webster tells us that to console somebody means to help soothe their grief or to comfort them. The Holy Spirit is concerned about what is going on in our lives and wants to help us make it through the difficult times. He is there as a shoulder that we can cry upon and understands us.

An advocate is somebody who pleads our case before the Father. Just as Abraham pleaded with God not to destroy the city of Sodom, so also the Holy Spirit pleads on our behalf before the Father.

A comforter is somebody who understands our struggles and is here to comfort and help us. The Holy Spirit understands what you and I are going through, and is here to help us in our weaknesses and our times of need.

The Holy Spirit is working on our behalf behind the scenes in the spirit realm!

The Holy Spirit wants us to know what has been given to us

The Holy Spirit wants to tell us all about the good things that God has given us. He wants to make known these things unto us, so that we can take advantage of them.

1 Corinthians 2:9-12, "*But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God. For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the*

Spirit of God. Now we have received, not the spirit of the world, but the Spirit which is of God; that we might know the things that are freely given to us of God.”

The Holy Spirit wants to show us the things which have been given unto us by Christ, so that we can reach out in faith and receive them. The Holy Spirit wants us to take advantage of what Christ has done for us and take hold of the many blessings (healing, deliverance, peace, joy, spiritual authority, etc.) that have been given to us!

(4) The Holy Spirit is key in our adoption into God forever family- The Holy Spirit loved us long before we came to Christ, and desired to adopt us as children into the family of God. He testifies with our spirits, telling us that we are children of God. *Romans 8:15-16, “For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. The Spirit itself beareth witness with our spirit, that we are the children of God.”* The Holy Spirit is a Spirit of compassion and love for those in need.

(5) The Holy Spirit wants to make known unto us the things of God - The Holy Spirit is here to teach us about the good things of God and lead us into all truth. *John 14:26, “But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.”*

John 16:13-15, “Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will show you things to come. He shall glorify me: for he shall receive of mine, and shall show (meaning, to reveal) it unto you. All things that the Father hath are mine: therefore said I, that he shall take of mine, and shall show it unto you.”

(6) The Holy Spirit chose to make us His dwelling place - The Holy Spirit has chosen to make our bodies His indwelling temple or habitation. Take a look at these passages in 1 Corinthians: *1 Corinthians 3:16, “Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?”*

1 Corinthians 6:19, “What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?”

(7) The Holy Spirit wants to sanctify us - The Holy Spirit is here to take us higher in our walk with God and bring us closer in our relationship with Him. He is here to help us become more Christ-like and be sanctified, that is made pure and holy in our walk with God. *2 Thessalonians 2:13-14, “But we are bound to give thanks always to God for you, brethren beloved of the Lord, because God hath from the beginning chosen you to salvation through sanctification of the Spirit and belief of the truth. Whereunto he called you by our gospel, to the obtaining of the glory of our Lord Jesus Christ.”*

(8) Where the Spirit is, there is freedom! - The Bible tells us that where the Spirit of the Lord is, there is freedom! *2 Corinthians 3:17-18*, “Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty. But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.” He has come to set us free from the law of sin and death.

Romans 8:2, “For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.”

(9) It is the Holy Spirit who calls us to eternal life - It is the Holy Spirit who leads us to Christ. It is the Holy Spirit who calls people into the kingdom of God! *Revelation 22:17*, “And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely.” Holy Spirit is the one who woos us to the love of Jesus, and makes the love of Christ real to us... He gives us revelation, understanding and wisdom and teaches us as a personal tutor would.

Paul is saying, “Don’t sin, because your sin grieves the loving Holy Spirit of God, who dwells within you!”

YOUR SIN GRIEVES THE HOLY SPIRIT BECAUSE HE LOVES OTHERS

SOMETHING TO THINK ABOUT: _____

How does our/your sin hurt others?

- (1) Your sin may lead others into sin**
- (2) Your sin could possibly harm others physically, mentally, emotionally**
- (3) Your sin may turn others off to Christ**
- (4) Your sin may destroy your witness to others**
- (5) Your sin could keep others from salvation**

“³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.” – Ephesians 4:30

Because (as we saw) our sin always hurts others and because the Spirit loves others, our sin grieves Him. In the context, Paul has especially been referring to sins that disrupt the unity of the body. Notice our full passage again in Ephesians 4:25-32... notice as we read it again the sin mentioned and especially its relation to others...

“²⁵ Therefore, putting away lying, ‘Let each one of you speak truth with his neighbor,’ for we are members of one another. ²⁶ ‘Be angry, and do not sin’: do not let the sun go down on your wrath, ²⁷ nor give place to the devil. ²⁸ Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. ²⁹ Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. ³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. ³² And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.” -Ephesians 4:25-32 (NKJV)

Verse 30 (in the Greek text) begins with, “and,” connecting it to verse 29. In that verse, rotten speech implicitly tears down others, whereas gracious speech builds up others. The same may be said of lying (4:25), of sinful anger (4:26, 31), and of stealing (4:28). All of these sins hurt others. Since God loves these other people, your sin grieves Him.

It’s like a father who sees one of his children hurting one of his other children. He loves them both and he wants them to get along, so it grieves him to see the one hurting the other. Even so, the Spirit of God who produces unity in the body of Christ (Eph. 4:3) is grieved when we sin against one another.

YOUR SIN GRIEVES THE HOLY SPIRIT BECAUSE HE IS HOLY

The Greek construction of **verse 30** is literally, *“And do not grieve the Spirit, the Holy One of God....”* It puts an emphasis on His holiness...

God’s holiness means... *God is absolutely apart from and opposed to all sin and evil*

3 Passages that Speak to His Holiness: *(How does each tell you God is holy? What word or words denote His holiness?)*

- (1) **1 John 1:5,** *“⁵ This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all.”*
- (2) **1 Timothy 6:15-16** *“He who is the blessed and only Potentate, the King of kings and Lord of lords, ¹⁶ who alone has immortality, dwelling in unapproachable light, whom no man has seen or can see, to whom be honor and everlasting power. Amen.”*
- (3) **Isaiah 6:1-6,7** *“¹In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lifted up, and the train of His robe filled the temple. ² Above it stood seraphim; each one had six wings: with two he covered his face, with two he covered his feet, and with two he flew. ³ And one cried to another and said: ‘Holy, holy, holy is the Lord of hosts; The whole earth is full of His glory!’ ⁴ And the posts of the door were shaken by the voice of him who cried out, and the house was filled with smoke. ⁵ So I said: ‘Woe is me, for I am undone! Because I am a man of unclean lips,*

and I dwell in the midst of a people of unclean lips; for my eyes have seen the King, the Lord of hosts.’⁶ Then one of the seraphim flew to me, having in his hand a live coal which he had taken with the tongs from the altar.⁷ And he touched my mouth with it, and said: ‘Behold, this has touched your lips; your iniquity is taken away, and your sin purged.’”

There is a popular misunderstanding that God’s grace means that He tolerates a certain amount of sin in His children, much as a doting father sees his toddler disobey and chuckles, “He’s just a chip off the old block!”

- *But the Holy Spirit never chuckles at our sin.*
- *He is holy, which means that all sin, especially the sin of His redeemed children, grieves Him.*
- *It was God’s absolute holiness that sent His Son to the cross to pay the penalty for our sins.*
- *If He were not holy, He could have just dismissed our sins.*
- *But His holiness demands that the penalty be paid.*

If our trust is in Christ, then we do not need to fear God’s future judgment for our sins. But, because He is holy and because He loves us, the Holy Spirit is grieved at all our sin. He knows that we will only share His eternal joy when we share His holiness. Thus (as we’ll see in a moment), He applies loving discipline to purify us from our sins (Heb. 12:10).

Thus, your sin grieves the Holy Spirit because He loves you and sin hurts you and strains your relationship with Him. Your sin grieves the Holy Spirit because He loves others and your sin hurts others. Your sin grieves the Holy Spirit because He is holy and hates all sin.

IF YOU GRIEVE THE HOLY SPIRIT BY SINNING, YOU WILL SUFFER CERTAIN CONSEQUENCES

Again, it is vital to remember that these consequences always stem from the Spirit’s love, not because He is mean or He wants to take away your fun. Quite the contrary, true, lasting joy is only found in true, lasting holiness. Sin brings temporary pleasure (Heb. 11:25), but long-term pain. Holiness is often more difficult in the short-term, but it brings lasting peace, joy, and pleasure (Heb. 12:11; Ps. 16:11). First, we will consider some consequences that you *will* suffer if you grieve the Holy Spirit. Then we will look at some consequences that you *will not* suffer, contrary to what some teach. (For the following points, I am relying on Charles Spurgeon, “Grieve Not the Holy Spirit,” *Metropolitan Tabernacle Pulpit* [Pilgrim Publications], 13:129-130; and on Lloyd-Jones, pp. 274-275.)

Some consequences that you will suffer if you grieve the Holy Spirit:

(1) You will suffer the Spirit’s loving discipline - All of the other consequences that I will mention are variations of the Spirit’s discipline. Hebrews 12:5-11 makes it clear that

because God loves us as His children, He disciplines us so that we will share His holiness. There is not always a direct link between some known sin on our part and our trials, but sometimes there is. In other words, sometimes the trials that God sends into our lives are for the purpose of positive training in righteousness, to mature us in our faith. At other times, there is a direct link between some known sin and God's discipline. When David sinned with Bathsheba, God took their child in death and He used ensuing family problems to chasten David (2 Sam. 12:10-14). But all of our trials are from God's loving hand and we are exhorted not to regard them lightly or to faint under them. If we are aware of some sin that has led to the trial, we should confess it to the Lord and learn from it to avoid that sin in the future. I can only comment briefly on the rest of these consequences:

- (2) **You will lose the sense of the Spirit's presence** - Since the Day of Pentecost, the Spirit permanently indwells believers (John 14:16-17). David had to pray after his sin, "*do not take Your Holy Spirit from me*" (Ps. 51:11). But now the Spirit permanently indwells every believer (1 Cor. 6:19; 12:13). But, if we sin, we will lose the sense of His presence with us.
- (3) **You will lose the sense of God's love** - God does not stop loving you, but you will not experience His love as long as you remain in your sin.
- (4) **You will lose the joy of your salvation** - After David repented of his sin, he prayed that God would restore the joy of his salvation (Ps. 51:12).
- (5) **You will lose the assurance of your salvation** - The Epistle of 1 John gives us many ways that we can be assured of our salvation. It is clear that if we are grieving the Spirit through our sin, we cannot enjoy that assurance.
- (6) **You will lose God's comfort in your trials** - You cannot draw near to the throne of grace to receive mercy in your trials at the same time you are grieving the Holy Spirit.
- (7) **You will lose the assurance of answered prayer** - "*If I regard iniquity in my heart, the Lord will not hear*" (Ps. 66:18). He will hear a prayer of repentance, but we cannot ask God to bless us with answers to prayer while we are in sin.
- (8) **You will lose the ability to bear fruit and gain rewards in your service for Christ** - If your heart is not in fellowship with the Spirit, you cannot rely on Him to produce lasting fruit for Christ.
- (9) **You will lose the joy of fellowship with other believers** - Sin not only creates distance between you and God, but also between you and other believers who are walking with God. If you are grieving the Spirit through sin, you will hate being around godly Christians because they will convict you of your sin.

I could list more consequences, but briefly, let's consider...

Some consequences that you will *not* suffer if you grieve the Holy Spirit:

- (1) **You will not lose the indwelling of the Spirit if you grieve Him** - I already commented on this, but emphasize it again. You will lose *the sense* of His presence, but He permanently indwells every true Christian.
- (2) **You will not lose your salvation if you grieve the Spirit** - I recently had an email from a woman I do not know, who was concerned that she had blasphemed against the Holy Spirit and lost her salvation because she had not followed His prompting years ago. But Paul's point here and a major part of the motivation that he gives for why we should not grieve the Spirit is that He has sealed us for the day of redemption. (We saw this truth in 1:13-14, so I refer you to that message.)

“³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.” – Ephesians 4:30 Notice that the Holy Spirit is a “seal” on the life of a believer that he or she is a Christian and belongs to Lord. The Holy Spirit Himself is the seal, given to us at the moment of salvation. He keeps us until the day of redemption, which is the day of Christ's second coming, when He will claim us completely as His own. The Holy Spirit is God's pledge or down payment, given until the day when Christ takes us to be with Him and redeems us from not only the penalty of our sins, but also from the presence of all our sins.

A seal had three primary functions

- (1) **A seal made something secure** - When the guards put the Roman seal on the tomb of Jesus, it was secured from anyone tampering with it. A seal on a bottle of medicine tells you that it is secure from anyone contaminating it.
- (2) **A seal identified the owner** - We still have this practice in branding cattle. The mark shows who owns it. The Spirit's presence shows that we belong to God for eternity.
- (3) **A seal authenticated the object sealed as genuine** - When a king took his signet ring and pressed it into the wax on a letter, the recipient knew that it was authentic. We follow the same practice when a notary public puts his seal on a document. The Spirit authenticates that we are God's true children.

So, when you sin, God will discipline you, sometimes severely, because He loves you and He knows that sin will destroy you. But He promises never to leave you. If He has saved you by His grace, He will keep you by His grace. Don't grieve His Holy Spirit, who is the seal that guarantees your salvation until the day of redemption.

CONCLUSION

I have used this personal story before, but it illustrates the point of our text. I was reared in the church and I had made several “decisions” for Christ and I was baptized at age 6. But when I was in jr. high school, I was convicted that I was not truly saved... that I had never truly accepted the Lord as My Savior and committed my life to Him. Often I would be

convicted that I wasn't saved and that something was wrong. I would at times fall under deep conviction and weep heavily.

Paul is saying, "God loves you far more than any earthly parent could. He has sent His Holy Spirit to live in you as His temple. Don't grieve Him by sinning!" That is the main reason *not* to sin.