

# Quenching the Spirit

1 Thessalonians 5:19-22  
*Halifax: 3 December, 10:30 AM*

## Introduction

Ever since we got to 1 Thessalonians 4, we have been looking at this section where we are urged to abound more and more in our walk with the Lord.

- It is wonderful to think that sinners, like us, and like the Thessalonians (some of them having just come out of idol worship) are not only able to walk with God, but to abound in walking in ways that please Him!
  - We have this glorious privilege in Christ Jesus.
  - In Him, we have complete forgiveness of sin, and in Him we have the power and grace to live a new life in which we please God more and more.

You will remember how chapter 4 opens this whole portion of Thessalonians with a call to do all of these things *in Christ Jesus*.

- It is because we are in Him that we are able to please God.
- How delighted we should be to do this!

Just lately, we have been looking at how in Christ we are able to walk in harmony within the church... with the elders (5:12-13), with each other (5:14-15), and with God (5:16-18)...

- And today we are going to look at what it is to live in harmony with the Holy Spirit.
- Our reading is from 1 Thessalonians 5:19-22.

Please listen as I read this passage to you—again, it is 1 Thessalonians 5:19-22.

- This is the Word of God.

**1 Thess 5:19-22: Do not quench the Spirit. Do not despise prophecies. Test all things; hold fast what is good. Abstain from every form of evil.**

- May the Lord bless to us the reading of His holy and infallible Word.

You will notice that the overall call is that we not quench the Spirit.

- We will look at what that is first...
- And then we will look at three ways of quenching Him that we are to avoid.
  - All of three of them have to do with how we receive the Word of God.

### **I. See how we are told not to quench the Spirit.**

A. This, of course, refers to the Holy Spirit which God has given to us.

1. The Holy Spirit is the third person of the Trinity, and He is given to us in a special way under the New Covenant.
  - a. In the opening of Acts, Luke quotes Jesus just before He ascended as referring to the coming of the Holy Spirit as *the promise of the Father*.
    - That is quite a thing to say—
      - It is not just *a* promise of the Father, but *the promise*.
  - b. And it is not just here that the giving of the Spirit is emphasised.
    - When John the Baptist first began to preach the good news of the kingdom, he was announcing that the kingdom of God was at hand.

- And in speaking of Christ, he referred to Him as the one who would baptise with the Holy Spirit.
  - He said, as Matthew tells us in Matt 3:11: **I indeed baptize you with water unto repentance, but He who is coming after me is mightier than I, whose sandals I am not worthy to carry. He will baptize you with the Holy Spirit and fire.**
- c. This great coming of the Holy Spirit is the subject of many prophecies as well.
  - John's association with the coming of the Spirit with baptism is seen in Ezekiel's great prophecy in chapter 36, where God promises to baptise His people with clean water and says in connection with that sign:
    - **Ezek 36:27: I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them.**
  - Similar prophecies are found in Isaiah and Jeremiah as well,
    - And in Joel, there is the great prophecy about the coming of the Spirit that is fulfilled in Acts 2 when Jesus pours out His Spirit upon the church after He ascends into heaven.
- 2. What is this coming of the Holy Spirit all about?
  - a. Didn't the people have the Holy Spirit in the Old Testament?
    - Yes they did—but they did not have the Spirit given in as full an extent as He is given in the New Testament.
      - Because of the anticipation of this fuller outpouring, the Bible sometimes sounds like the Holy Spirit was not given at all until Jesus came...
        - But that is because we are not as familiar as we should be with the way the Bible speaks about things in a comparative way.
      - Take, for example, the way it speaks about kingdom of God.
        - Clearly, the kingdom of God was established by the time David came to the throne if not before...
          - The promise to David was that Christ would sit on his throne.
        - But then when the New Testament promised the kingdom, and when John and Jesus announce that it has now come,
          - it sounds as if it had not yet come at all, but it is meant is that it had not come in the way it was promised to come when the Son of David came!
        - But then, if we go on, we find that in the New Testament, the kingdom of God is spoken of as something that has not yet come...
          - Jesus, who speaks parables and things about it as if it has come, also tells us to pray that it will come...
          - And He tells us that in the future we will see Him coming in His kingdom...
  - So you see how the Bible when speaking of a greater fulfillment sometimes speaks as if the thing has not happened yet at all.
    - So it is not that the Holy Spirit did not come at all...
      - but that His coming was so much fuller in the New Testament that it is spoken of as something that had not been done at all.

- b. But in what did the fuller giving of the Holy Spirit consist?
- 1) First of all, that He was not given as widely in the Old Testament as He was in the New Testament.
    - For the most part, the nations remained in darkness with hardened hearts, serving idols until Jesus came.
    - The Spirit was only given to Israel and to a few from the nations who were called and came to join their nation.
      - Now He is poured out on the nations so that they have responded to the gospel, as God promised would happen when Jesus came.
  - 2) Secondly, the Spirit was not given as powerfully in the Old Testament.
    - In the Old Testament, they were given promises about Christ, but not Him...He had not yet come in the flesh to do His work...
      - Because He hadn't, they were held to Him as the one promised through carnal ceremonies that pertain to their bodies—things like ceremonial washings, priestly sacrifices of animals in a temple made with human hands, and various rules and regulations.
    - Now that Jesus has come, we are set free from these ceremonies and called to a greater maturity in our walk with God.
      - We have a Saviour now revealed who was crucified for our sins, and when we come to Him, we are given the Holy Spirit...
        - And by the Spirit's power, we are able live for God without having to be kept under ceremonial regulations.
      - Instead of ceremonies, we are called to fuller exercise of love and sacrificial service to one another.
        - We have a crucified Saviour, and we are called to love one another as He has loved us.
        - This requires a much greater and more powerful working of the Holy Spirit than was required in the Old Testament.
        - It grows out of our union with Christ Himself.
- c. And so it was that when the Holy Spirit was poured out initially in the special time in the New Testament, there was a great show of His coming.
- Jesus told Nicodemus that usually the Spirit is like the wind—you can't see the wind, but you can see the effects of it as the trees blow.
    - But at Pentecost, when the Spirit was first given, God made the coming of the Spirit something that could be seen and heard—
      - there was the sound a mighty rushing wind, there were tongues of fire that visibly descended on them.
  - There were also a particular miraculous signs that the Spirit had come, and one sign that showed how Christ was for all nations...
    - In particular, that those receiving the Holy Spirit were enabled to speak in the languages of the nations so that people who spoke those languages could understand them.
      - It is sad to see some churches try to copy tongues today—they mean well, but they always claim to speak in angel languages that nobody can understand...

- The whole point of tongues was that it was a sign, not that the gospel was going to the angels, but to the nations...
  - And it was a miraculous sign for unbelievers that they could not deny—they heard people speak in their own languages.
  - This special sign is mentioned at Pentecost, and then again at Samaria, confirming that the Samaritans received the Spirit...something some of the Jews might have been surprised about...
    - And then at the house of Cornelius, showing that even uncircumcised Gentiles could also receive the Holy Spirit—a thing that definitely needed proof!
  - There were many other miraculous signs as well that continued through the ministry of the apostles...
    - These gifts were not only needed to show that they were apostles, but also to help the newly formed churches before they had the New Testament scriptures.
    - One of the most important gifts (that was even more important than tongues) was the gift of prophecy which we will be looking at more in just a moment.
      - But the most important gift of the Holy Spirit—
        - the one that remains forever, is the gift of love, that is, the ability to love like Jesus loved us.
- d. And perhaps I should mention here that the whole matter of prophecy and the delivery of God's Word to us is one work of the Spirit that is common to both the Old and the New Testaments.
- He is the one by whom the prophets of the Old Testament as well as the prophets of the New Testament were enabled to speak God's truth.
  - The transmission of God's word from God to us is a work that is especially dear to Him as we shall see as we proceed today.
- B. But you see that here that the Thessalonians are told not to quench the Holy Spirit.
- Of course they shouldn't!
1. To quench the Spirit is do what you do with a fire that you don't want!
    - a. You put it out!
      - The Spirit sets us on fire for the Lord and gives those who speak for God a burning passion to speak His truth and those who live for a God a burning passion to live for Him...
      - And this gracious work is not to be suppressed by God's people!
    - b. Sometimes this is done because of guilt or envy...
      - Perhaps we quench Him because we do not want to repent of some sin...
      - Or maybe we quench Him in another person because they are zealously following God and it makes us feel guilty and envious.
  2. Today, we are going to look at three things we should avoid lest we quench Him.
    - Despising prophecies...
    - Being unconcerned about whether prophecy is really from God or not...
    - And refusing to repent of our sin.

3. But some of you might be wondering how it is possible to quench the Holy Spirit.
  - a. That is a good question.
    - The Spirit is God the Spirit, and God can do whatever He pleases.
    - If He wants to work in a person, no one can stop Him.
    - In fact, if you have come to the Lord, it is because the Spirit prevailed with you—you would have stopped Him if you could.
  - b. But that has nothing to do with your duty toward the Holy Spirit.
    - The Spirit will do what He pleases, but whatever He does, it is your duty to welcome His ministry to you.
      - You are never to quench, but always to stir up the Holy Spirit by prayer and by diligent use of the word and sacraments.
    - It is such a splendid thing to have the Holy Spirit work in you and in all of us, and we ought to show our gratitude by welcoming His work in us and among us in every way that we can.
      - The Bible would not warn us about quenching the Spirit if it was impossible to do...
        - One of the saddest statements in the scripture is when God says of Ephraim, **Ho 4:17: Ephraim is joined to idols, let him alone.**
        - As reformed theology always acknowledges, we are totally responsible, but at the same time, God is totally sovereign.

TRANS> We are presented with three ways to avoid quenching the Spirit.

- We will spend the remainder of our time looking at them.

## II. First, we are told to never despise prophecies.

- You can see that in verse 20 where it says: **Do not despise prophecies.**
- A. The Holy Spirit has always been pleased to use prophesy in the lives of God's people.
1. In fact, the Spirit does a double work to deliver prophecy to our hearts.
    - a. The first work is in the prophet himself.
      - God the Spirit reveals the truth of God to the prophet.
      - In 1 Peter 1:21, we are told that **prophecy never came by the will of man, but holy men of God spoke as they were moved by the Holy Spirit.**
    - b. The second work that the Holy Spirit does to deliver prophecy to God's people is to work in those who hear the prophecy.
      - The great promise of this work is given by Jesus in John 16 when He tells His disciples that it will be beneficial for them for Him to go to the Father because when He goes, the Holy Spirit will come...
      - And then He tells them of this gracious work that the Spirit will do in John 16:8 where He says...
        - **And when He has come, He will convict the world of sin, and of righteousness, and of judgment:**
        - Their prophecy will have an impact because the Holy Spirit will open the hearts of hearers to receive the word of God.

2. The Holy Spirit graciously brings the word in various ways according to various times and circumstances...
  - a. The message itself is of course suited to the situation of the people.
    - Sometimes it is a word of gracious promise and sometimes it is dire warning.
    - Sometimes it is a word of encouragement and sometimes it is a word of correction and rebuke.
  - b. But the mode of delivery also varies according to the times.
    - 1) When the word came to the patriarchs, the Spirit often brought it to them in a personal way.
      - Of course they would deliver the message to their household and it would be passed on to their posterity, but it was more direct and personal.
    - 2) Then, in the time of Moses, the Spirit began to speak through men that were chosen to be His prophets like Moses himself...
      - The Lord speaks of them in Jeremiah 7:25 when He says: **Since the day that your fathers came out of the land of Egypt until this day, I have even sent to you all My servants the prophets, daily rising up early and sending them**
    - 3) But as we read in Deuteronomy 18:18-19, there was the declaration of an ultimate prophet who would bring a final word...
      - **‘I will raise up for them a Prophet like you from among their brethren, and will put My words in His mouth, and He shall speak to them all that I command Him. <sup>19</sup> And it shall be that whoever will not hear My words, which He speaks in My name, I will require it of him.’**
      - This of course refers to Jesus Christ who is Himself called the Word of God and who was anointed with the Holy Spirit above measure...
        - And who delivered God’s final revelation that if believed, brings life, and if not believed, brings death...
        - He is spoken of in Hebrew 1:1-2: **God, who at various times and in various ways spoke in time past to the fathers by the prophets, <sup>2</sup> has in these last days spoken to us by His Son,**
          - There is an obvious note of finality here.
    - 4) Once Jesus had fulfilled His ministry, the Spirit was poured out in the special way we saw as promised in the New Covenant...
      - a) And one of the purposes of His outpouring was so that a whole company of apostles and prophets (apostles are also prophets) could be raised up to declare what the church needs to know about Jesus—the ultimate and final redemptive revelation that God has for His people.
        - In John 14:26, it is recorded that Jesus Himself said: **But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.**
        - It is because of the Spirit’s work that we know we have in scripture a complete and accurate account of all that we need to know about Jesus for salvation in every age.

- b) This special work of the Spirit was also adjusted according to the times and seasons under the New Covenant...
- (i) When Paul wrote to the Thessalonians, almost none of the books of the New Testament had been written yet.
    - So at this time, there were apostles and other prophets who were going around and delivering the word of God...
    - And the Holy Spirit graciously raised up prophets in many of the churches to speak to those congregations as the New Testament was being written.
      - These prophets were able to deliver the word of God to the congregations before they had New Testament scriptures.
  - (ii) But later on, when Paul wrote to Timothy at Ephesus, probably 16 or 17 years later than he wrote to the Thessalonians (A.D. 66 or 67),
    - There were now many NT scriptures that were in use and we find Paul saying very little about prophets and quite a lot about preaching the word and about being fully equipped with the Scriptures...
      - For example in 2 Tim 3:16-17 he says: **“All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.”**
      - And then in chapter 4, he charges Timothy to preach the Word.
      - We know that as soon as the New Testament scriptures were written, they were recognised as prophecy...
        - Peter demonstrates this in 2 Peter 3:14-16 when he categorises the epistles of “our beloved brother Paul” along with “the rest of the scriptures,” that unstable people distort and twist.
    - (iii) From this we learn that in the New Covenant, the Holy Spirit began speaking to the church by apostles and a great company of prophets,
      - but that He then began to speak to them by the preaching of the scriptures once the scriptures began to circulate.
      - Now that the scriptures are complete, preaching is His mode of delivering His Word to us...
        - It is still prophecy from God, but it prophecy contained in scripture that is preached and delivered to the hearts of the elect by the Holy Spirit.

B. As the Holy Spirit has been so gracious to bring the word of God to us, we should certainly not despise it in any way!

1. We should rather welcome it with open arms.

- It is the God speaking to us His gracious words of life about our Saviour!
- It is the Lord giving us the instruction that we need to do His will.
- It is our Father warning us and encouraging us.

- To despise the word that is preached to us from the scriptures is to despise God Himself and show contempt toward Him.
2. Part of not despising prophecy involves attending to the word.
    - The session has exhorted all of you to be involved in regular personal and family worship, with the scriptures at the center of our devotions...
    - If you have not picked up one of the Directory for Family Worship booklets that the session prepared for you, I would encourage you to do so.
    - From ancient times, God appointed morning and evening worship for His people with a holy convocation on the Lord's Day.
    - I urge you all to be devoted to the hearing and receiving of God's word.
  3. And that devotion not only involves showing up and going through the motions—it also involves diligently preparing yourself to receive the word.
    - Pray regularly for the ministry of the Word—it is the way God's Spirit is pleased to deliver the gospel of life to you...
    - Repent of your sins and prepare your own heart by prayer...
      - And do not walk away and forget what you have heard—lay it up in your heart and practice it in your life!
      - Do not despise prophecies! To do so is to quench the Spirit.

TRANS> The second way mentioned here to avoid quenching the Spirit also involves prophecy...

- This is not surprising since, as we have seen, the Holy Spirit especially works in our lives by delivering God's word to us.

### **III. The second way to avoid quenching the Spirit is by testing all things and holding fast to what is good.**

- That which is to be tested are the prophecies.
- A. The Lord has always directed His people to be careful that what we receive is in fact His Word.
    1. The Holy Spirit summarises this warning through the ages for us in 2 Peter 2:1-2 where it says:
      - **But there were also false prophets among the people, even as there will be false teachers among you, who will secretly bring in destructive heresies, even denying the Lord who bought them, and bring on themselves swift destruction. And many will follow their destructive ways, because of whom the way of truth will be blasphemed.**
    2. You can see from what Peter says that preaching false doctrine was a problem in the days of prophecy as well as in the days of preaching from scripture.
      - You see how Peter, writing at a later date when much of the New Testament had been written,
        - refers to false prophets in the past and false teachers in the present.
      - This reminds us that we need to test preaching just as much as the Thessalonians and others who lived among prophets were to test prophecies.



- We are not to be gullible and receive the teaching of whatever teacher comes along and claims to be speaking God's word!
  - Faithful churches have rigorous examinations for those who want to preach the Word of God to be sure that they are sound in doctrine.
    - You know that our Presbytery has had to reject men who were not sound in their doctrine.
3. The testing of prophets and of teachers is similar, but not identical.
- a. In our readings from Deuteronomy, we saw how prophets were to be tested.
- 1) The first test mentioned in Deuteronomy 13 had to do with what the prophet was saying...
    - If his message was calling people to worship other gods, then he was to be totally rejected.
    - This would include teaching even in the name of the Lord that would sanction immoral behaviour or false doctrine—such as the doctrine that Jesus did not actually come in the flesh that John warns about.
  - 2) The second test of a prophet is the one emphasised in Deuteronomy 18—
    - That if a prophet makes a prophecy that does not come true, he should not be respected as a prophet of the Lord.
    - God gave His prophets signs to perform to show that they were truly sent by Him—and sometimes these involved short term prophecies.
      - If they missed even one, they were to be executed.
- b. The testing of teachers is also two-fold...
- 1) First, there is the test of doctrine—
    - He is to be examined as to what he believes and he must be, as Paul says in Titus 1:9, one who is **holding fast the faithful word as he has been taught, that he may be able, by sound doctrine, both to exhort and convict those who contradict.**
    - His teaching is to be measured by the scriptures.
      - If it is not according to the word, he should be rejected.
      - As it says in 2 John 1:10, **If anyone comes to you and does not bring this doctrine, do not receive him into your house nor greet him;**
  - 2) Secondly, there is the test of character.
    - In both Titus 1 and 1 Timothy 3, the requirements of godly life are spelled out—
      - Those who wish to teach are held to a higher standard than the requirements to be received into church membership.
    - If a man does not practice what he preaches, he is not to be allowed to preach in the church.
      - He must teach not only with words, but also by example.

TRANS> So you see that then as now, what is taught must be tested.

B. This matter is extremely important!

1. The scriptures we read in Deuteronomy 13 and 18 and in 2 Peter 2 are intense!

- a. Peter speaks of how false teaching can actually destroy people’s lives!
    - He said that false teaching can bring in destructive heresies that even deny the Lord who bought them...
    - And that **many will follow their destructive ways, because of whom the way of truth will be blasphemed.**
      - The false teachers actually lead people to destruction—it is not something that is to be taken lightly!
  - b. In Deuteronomy 13 and 18, the Lord calls for the execution of false prophets.
    - God loves His people and it is so important to Him for them to be able to trust His revelation to them that He has zero tolerance for false teaching.
    - Even if one prophecy failed, they were to be executed.
      - How zealous God is for us!
      - He wishes to guard us from being led astray.
    - Some churches claim to have prophets today, but if they would hold them to the standard of the Lord,
      - These prophets would be eliminated.
        - I heard one on TV prophesying some sort of disaster when I was a new Christian and he actually said, “I hope I am wrong about this.”
          - Can you imagine Jeremiah or the Apostle John saying that!
2. And let me warn you that Christians throughout history have been far too tolerant of false teaching, and it has brought destruction to many souls.
- a. I am not talking about the finer points of doctrine that are hard to understand,
    - but I am talking about those who deny that Jesus is truly the Son of God, or those who deny that He is the only way of salvation or that there is everlasting punishment for those without Christ.
    - And likewise those who teach that the unrighteous will inherit the kingdom of God when God’s holy word says:
      - **1 Cor 6:9-10: Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God.**
  - b. It is very foolish for Christians to remain in churches that tolerate such teachers when the scripture has such harsh things to say against them!
    - Truly, to refuse to test those who teach shows an indifference to the precious Word of God.
    - Such toleration is especially harmful to our children.
      - Church history gives the sad account of how destructive it can be.
      - It quenches the Spirit of God.
      - But we go on with our wicked tolerance.
- C. But we must not forget here the positive exhortation—that we are to **hold fast what is good!**
- 1. Yes indeed—God’s truth is very precious.

- Once you have received the gospel, hold on to it!
  - The Scriptures call for this again and again...
    - **2 Tim 1:13: Hold fast the pattern of sound words which you have heard from me, in faith and love which are in Christ Jesus.**
    - **Heb 4:14: Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast *our* confession.**
    - **Rev 3:3: Remember therefore how you have received and heard; hold fast and repent. Therefore if you will not watch, I will come upon you as a thief, and you will not know what hour I will come upon you.**
      - More examples could be given!
2. The truth of God will be maligned and ridiculed and even called immoral.
    - When that happens, we must, by the grace of God, hold fast to it.
      - We will be tempted to let it go.
    - But remember, this word is the word of your salvation.
      - It is God's precious gift to us.
      - Cherish it my brothers and sisters, and do not let it go as so many are doing today.
  3. If you do not test what is taught and hold on to what is good, you quench the Holy Spirit who has graciously given us the word.
    - He withdraws from such churches and He withdraws from such people.
    - If they don't care about what He reveals to them, why should He hang around?
      - Jesus will take the lampstand away.
      - Soon they are nothing but an empty shell of Christianity, devoid of the Spirit's power and of the Spirit's truth and conviction and so of life that comes by the Spirit.
        - They have a form of godliness, but no power of grace within.

TRANS> And then we have a third way to avoid quenching the Spirit in verse 22...

#### **IV. The third way to avoid quenching the Spirit is to "abstain from every form of evil."**

A. As Christians, you are to depart from iniquity.

1. The Spirit's job is not just to puff us up with knowledge, but to lead us into the truth so that we can live for God in Jesus Christ.
  - We are told repeatedly that what matters is not ceremonies or regulations about what foods we eat, but becoming a new creation in Christ.
  - As we saw before, even the gift of the Spirit is not about prophecy and tongues—especially today—
    - but about loving one another.
  - In 1 Cor 13:1-3, Paul says: **Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal. <sup>2</sup> And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing. <sup>3</sup> And though I bestow all my goods to feed the**

**poor, and though I give my body to be burned, but have not love, it profits me nothing.**

2. In Ephesians, the filling of the Spirit is described as that which transforms our everyday walk...
  - So that instead of drunkenness and all that goes with it, we are those who worship God with praise and thanksgiving (as we saw last week).
  - So that husbands love their wives as Christ loved the church, so that wives submit to their husbands.
  - So that children honour their father and mother and fathers bring their children up in the nurture and admonition of the Lord, teaching them to live beautiful lives by the power of Jesus Christ.
  - And so that servants do their work as unto the Lord, and masters treat their servants with kindness as brothers.

TRANS> The Spirit is eager to produce a life like this in you.

B. But if you refuse to depart from iniquity, you will quench the Holy Spirit.

1. I believe this is a serious problem within our congregation at this time.
  - Some of you are content to go on and on and on in your sin.
  - There are things that you know you need to deal with that you are not dealing with.
  - You are grieving God's Spirit and it is destroying your walk with Christ.
    - It harms all of us in the body for you to go on like this, and most of all it harms you.
2. You grieve the Spirit of God when you indulge in sin—
  - when you drink too much,
  - when you give yourself over to complaining and criticising,
  - when you give way to fear and anxiety,
  - when you are lazy and neglect your duty and care of others,
  - when you carry a lie between yourself and another person,
  - when you are cheating people in your work—even as a mother who is not carrying out your duties in your home,
  - when you lust...
    - There are so many men that hardly know what it is to have communion with God because they have so quenched the Spirit by pornography that they don't even know what it is to be living for God...
  - when you harbour bitterness—
    - that is a huge one—bitterness, envy—
    - all of these things quench the Spirit that is in you.
3. You can tell that you have quenched Him because the Word of God loses its power in your life...
  - You are no longer walking with God in communion with Him.
  - You find preaching and Bible reading to be dry and worthless.
  - Your life has no purpose, but you drag on from day to day, focused on your petty problems and indifferent to the great things of God's kingdom.

4. And all the while you have a gracious Saviour.
  - He went to the cross to bear your sins.
  - You have been called from death to life in Him.
  - He has given you His Spirit to work in you...
    - Come to this Saviour and live!
    - It is no good to keep on quenching the Holy Spirit—He is there to bless you, and if you really are in Christ, He will prevail.