

Quenching the Spirit

Read: 1 Thessalonians 5:14-24

Main idea: The Holy Spirit is like a fire burning within every believer, but when we refuse to do the things that the Spirit has called and equipped us to do we smother that fire within us.

Key Verses: “Do not quench the Spirit. Do not despise prophecies, but test everything; hold fast what is good. Abstain from every form of evil.” (5:19-22 ESV)

Key Principles:

- We grieve the Spirit when we do things that we have been instructed not to do.
- We quench the Spirit when we don't do the things that the Spirit has instructed and gifted us to do.
- One of the ways that we quench the fire of the Spirit within us is by not having healthy relationships in the church and in our homes.
- We must take responsibility for the way we serve the Lord with others and have compassion when we meet the needs of others.
- Another way that we quench the fire of the Spirit within us is by neglecting the our personal devotional time with Him in prayer and obedience.
- We must always make sure we are fueling the fire of the Holy Spirit so that when people get to know us they see the light of Christ and are drawn to Him.

Discussion:

1. How are you relationships with other believers in the church? What about in your home? How about where you work or your neighborhood?
2. Why do you think it matters how we treat and interact with other believers in our lives? Why would unhealthy relationships quench the work of the Spirit?
3. What is your personal devotional life like? Would you consider it healthy? How could you improve in this area?
4. What do you think Paul means by “pray without ceasing?” How can we practically live out this command?
5. In what ways can we “test everything?” Do you think there are things that are acceptable in our society that we should oppose? What about within the church? If we don't oppose things that are contrary to God's will, how would that quench the Spirit?

Prayer:

- Pray that we would not grieve or quench the Spirit by our actions and motives.
- Pray:
 - o That we would avoid the things that are contrary to the leading of the Holy Spirit.
 - o That we would be passionate about the things that the Holy Spirit leads us to do.
 - o That our Spirit-filled lives would be a light to people living in darkness.

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1 Thessalonians 5:14-24

- I. Value healthy relationships. 5:12-15**
1. Follow those who lead. 5:12
 2. Love those who serve. 5:13
 3. Warn those who sit. 5:14
 4. Comfort those who struggle. 5:14
 5. Help those who are weak. 5:14
 6. Forgive those who sin. 5:15
- II. Encourage personal devotion. 5:16-22**
1. Rejoice always. 5:16
 2. Pray continually. 5:17
 3. Give Thanks. 5:18
 4. Please God. 5:19
 5. Obey Scripture. 5:20
 6. Have discernment. 5:21-22

NEXT WEEK:
Wonder Woman
Proverbs 31:10-31