

**Ephesians 4:30**  
**GRIEVE NOT THE SPIRIT**

- I. The sad reality.
  - A. The implication is that the Spirit of Christ is in every believer (Rom. 8:9), taking up residence in us.
    - 1. God places His Spirit in believers so their bodies are temples of the Holy Spirit (I Cor. 3:16; 6:19).
    - 2. Further, the Spirit's presence within us seals us "unto the day of redemption."
    - 3. And the Spirit is our Shepherd, unceasingly keeping us, watching over our souls until He returns.
  - B. It is "the Spirit, the Holy One of God" (literal word order) who is grieved (caused pain, to hurt, know sorrow, be saddened).
    - 1. Three powerful and clear implications from the text.
    - 2. While eternally God (not dependent on anything outside of Himself), the Spirit is affected by us and our experiences.
- II. How do we grieve the Spirit, the Holy One of God? By doing anything that is not holy!
  - A. This includes any deed of the flesh (listed in vs. 12 ff and in Gal. 5:19ff).
  - B. We grieve the Spirit whenever we do not realize His presence in us.
  - C. We grieve Him when we do not follow His prompting and influences.
- III. There are three reasons we ought not grieve the Spirit, the Holy One of God.
  - A. First, because of who and what He is, viz., the greatness of His person (God) and the holiness of His being.
  - B. Second, because such grieving affects our enjoyment of salvation.
  - C. Third, because we desire the grand end, namely, the glory of God.