

Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 10: Do Not Make the Holy Spirit Sad

Bible Text

Ephesians 4:25-32

Memory Verse

“Do not make God's Holy Spirit have sorrow for the way you live. The Holy Spirit has put a mark on you for the day you will be set free.”
(Ephesians 4:30)

Word List

grieve: to make sad or sorrowful; to cause sorrow, pain, or distress

What is the saddest you have ever been? Do you remember what made you sad? Have you ever caused anyone else to be sad?

Paul wrote the believers in Ephesus warning them not to make God's Holy Spirit sad because of the way they lived. He wrote about Christ and how to live the right way with the help of the Holy Spirit.

The Holy Spirit is God's gift to us to make us sure that we are right with God. He gives us power to do the right thing. The Holy Spirit works within us to help us make the

right choices and become more like Jesus. We can choose to not listen and not obey. This is what **grieves** the Holy Spirit. God loves us and wants us to obey His Word and let His Spirit lead us.

A New Person in Christ

(Ephesians 4:25-28)

25 So stop lying to each other. Tell the truth to your neighbor. We all belong to the same body.

26 If you are angry, do not let it become sin.

Get over your anger before the day is finished.

27 Do not let the devil start working in your life.

28 Anyone who steals must stop it! He must

work with his hands so he will have what he

needs and can give to those who need help.

In these verses, Paul answers the question, “What is the new person in Christ like?” Paul gives a list of things that we should stop doing. He also tells us the things we should do.

Paul begins by the way we talk. Our words can hurt others. When we hurt others, we hurt the Holy Spirit who is living in us.

Children learn this old saying, “Sticks and stones will break my bones, but words will never hurt me.” But words do hurt. When Christians lie, they hurt others. Christians belong to one body. They must be honest with one another. Some people do not act as if they even know how to tell the truth. Paul says

stop lying and tell the truth.

Believers are next warned about anger. “Do not let it become a sin.” The early preachers before Jesus’ time were angry when others were not treated right and had no one to speak for them. That kind of anger is not a sin. That kind of anger can help make things right.

People do wrong things to us. They might hurt our pride so we get angry. Paul does not want any kind of anger to carry over to the next day. Anger should end when the sun goes down. If anger is held in the heart, it is not healthy. It is not good for the church, or God’s Holy Nation. The new person in Christ knows when to be angry and when not to be angry. Be at peace and sleep well.

We should never let the devil start working in our lives. We must shut the door to bad thoughts and anger and doing wrong things so the devil cannot enter. The new person in Christ will live to show respect for Christ.

Taking what belonged to others was another problem. “Do not steal” comes from the Ten Great Laws. Does it seem strange to tell church people not to steal? Paul was writing to many new Christians. Whatever their reason for stealing in the past, Paul said to stop it.

After Paul told them not to steal, he had good advice for what they should do. He

said to work with your hands so you can care for your own needs and help others. Serving and sharing is what a believer does.

Live as a Believer (Ephesians 4:29-30)

29 Watch your talk! No bad words should be coming from your mouth. Say what is good.

Your words should help others grow as Christians.

30 Do not make God's Holy Spirit have sorrow for the way you live. The Holy Spirit has put a mark on you for the day you will be set free.

Paul writes again about our words. How we speak is very important. Words have power. Paul calls for us to stop saying bad things. This talk is like rotten food. We should not say anything to hurt others or use words in anger to make others feel bad.

This is what we *should* do. Paul writes of two good uses of speech:

- (1) Say what is good and builds up, or encourages another person.
- (2) Help others grow stronger as followers of Jesus.

Then Paul reminds us not to make God’s Holy Spirit have sorrow for the way we live. How does a person or the church make the Holy Spirit sad? The Holy Spirit is full of sorrow when believers fall back into the old ways of living before they knew what Jesus wanted them to do.

All sin makes God sad. The Holy Spirit is a Person. He is called the Holy Spirit of truth. Anything that is not holy or true will hurt the Spirit of God. He lives in believers.

Paul had written that the Holy Spirit is God's mark on us. He keeps us for the day of freedom. This mark is the promise that we will get all the things God has for us. We are sure that we will have a home in heaven for ever.

Good Fruit (Ephesians 4:31-32)

31 Put out of your life all these things: bad feelings about other people, anger, temper, loud talk, bad talk which hurts other people, and bad feelings which hurt other people.

32 You must be kind to each other. Think of the other person. Forgive other people just as God forgave you because of Christ's death on the cross.

Paul wants us to put out of our lives all

Things to Think About

1. What are ways you make the Holy Spirit sad?
2. What are the most difficult verses in this Scripture for you to obey?
3. Can you name three people you know who show kindness and care in their speech? How about you? Are you careful in your speech?
4. What are some of the things you should be doing that you can start doing this coming week?

those things that will not help us be what God wants us to be. We are to take out the evil things from our lives the way we would carry out the garbage from our house.

What are some of the things that do not belong in the life of a believer that we should put away? Paul writes of these things that the Christian must stop doing:

- (1) Bitterness or keeping bad feelings about other people. This can happen when we are jealous and want what others have.
- (2) Anger that is so strong that it controls us. This anger makes us act like wild people. We are to put this away.
- (3) Having a temper that controls us so that we are angry all the time.
- (4) Loud talk where we scream or shout at others. Angry people shout. They think that everything that they say is right. We must not be angry and shout at people.
- (5) Bad talk about others that is not true. This is when we tell bad things about someone to others. We must not say wrong things and lie about others.
- (6) Evil feelings where we want others to have bad things happen to them. We must not plan evil things against another person.

Paul said to take out of our lives all of these things that make the Spirit sad. Instead we are to do right things. The Holy Spirit helps the believer to be kind. We put our love into action.

Paul says the Holy Spirit wants us to forgive others. We should not keep remembering when another person did something wrong to us. We need to forgive them. We, too, do much that needs to be forgiven. We are able to forgive others because God forgave us when Jesus died on the cross.

When we forgive others our soul is set free and enemies can become friends.

Things to Remember

We need to understand that when we do wrong, it makes the Holy Spirit sad. This happens when we say that we are God's children and then act like children of Satan. God sent the Holy Spirit to come live in us. The Holy Spirit keeps, protects, and makes us sure we belong to God.

The Holy Spirit is a Person. He is the Holy Spirit of truth. Any time we do not live in the right way we hurt the Spirit of God.

The Holy Spirit is God's promise. The Holy Spirit makes us know that we belong to God. It makes us sure that we will have a home in heaven for ever.

We need to think and act in the way that pleases God. Living for Christ can only be done because we have the Holy Spirit living in us. The Holy Spirit gives us strength and wisdom, and leads us to put away all the bad things out of our lives and

put on all the good things.

Ephesians 4:25-32

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