

## How does a person grieve or quench the Holy Spirit (1 Thessalonians 5:19; Ephesians 4:30)?

In [1 Thessalonians 5:19](#), Paul uses the same word used elsewhere related to "quenching" or "putting out" a fire ([Mark 9:44](#)). The idea was that of stopping or ending the ability of a fire to continue. When believers put on the shield of faith, as part of their armor of God ([Ephesians 6:16](#)), they are extinguishing the power of the fiery darts from Satan. Christ described hell as a place where the fire would not be "quenched" ([Mark 9:44, 46, 48](#)). Likewise, the Holy Spirit is a fire dwelling in each believer. He wants to express Himself in our actions and attitudes. When believers do not allow the Spirit to be seen in our actions or we do what we know is wrong, we suppress or quench the Spirit ([1 Thessalonians 5:19](#)). We do not allow the Spirit to reveal Himself the way that He wants to.

In the context of Paul's letter, he was encouraging believers to live a holy life according to God's Spirit. They were not to stop doing the things they had been instructed to or to live in sin in ways that would quench or put out the fire of God's Spirit at work among them.

In [Ephesians 4:30](#), Paul commanded the Ephesian Christians not to "grieve the Holy Spirit of God." To grieve would mean to make the Spirit sad or do something opposite of what God's Spirit desires. We grieve the Spirit by living like the pagans/unbelievers ([4:17-19](#)), by lying ([4:25](#)), by being angry ([4:26-27](#)), by stealing ([4:28](#)), by cursing or using bad language - we are to be building one another up not tearing each other down ([4:29](#)), by being bitter ([4:31](#)), by being unforgiving ([4:32](#)), and by being sexually immoral ([5:3-5](#)). To grieve the Spirit is to act out in a sinful manner, whether it is in thought only or in both thought and deed.

In contrast, believers are to speak truth ([Ephesians 4:25](#)), not sin when angry ([Ephesians 4:26](#)), work hard ([Ephesians 4:28](#)), encourage ([Ephesians 4:29](#)), and be kind, tenderhearted, and forgiving of one another ([Ephesians 4:32](#)). The contrast of grieving the Spirit includes, "Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God" ([Ephesians 5:1-2](#)).

There are similarities between quenching and grieving the Spirit. Both take place as the result of a believer who sins. Both hinder a godly lifestyle. Both take place as the result of a self-focused lifestyle that places self above God and others. Both happen when a believer sins against God and follows his or her own worldly desires.

God's desire is for the believer in Christ to live differently than before coming to faith in Christ. Living as the "new self" we become through Jesus Christ brings God joy and will not quench or grieve the Spirit of God who lives within those who believe. We should not grieve or quench the Holy Spirit by refusing to follow His leading.