

Speaking and Listening

Read Ephesians 4:25-32; 1 Thessalonians 5:19-22

Father, I need Your Spirit living in me constantly.

But I hear Your warning:

Do not grieve the Holy Spirit of God. (Ephesians 4:30, NIV)

Do not cause Him sorrow or pain.

And:

Do not put out the Spirit's fire (1 Thessalonians 5:19, NIV).

Do not hinder His working among you.

Do not ignore His wisdom or frustrate His love.

Lord, how do I grieve You or cause You pain?

Ephesians 4:25-32 says that

I grieve You by what I say to my fellow believers.

I wound You with words spoken against my brothers and sisters,
words that are careless, angry, hasty, and self-serving.

When I hurt any member of Your Body, You feel the pain.

And how do I quench Your Spirit?

What do I do that hinders His work?

1 Thessalonians 5:19-22 says that

when I fail to listen when other believers speak,
when I turn them off without hearing them,

I may be ignoring You.

For Your words don't usually come to us

through a booming voice from heaven.

But Your Spirit speaks

Your precious wisdom through

Your children.

Savior, help me cherish Your presence
in each of my brothers and sister.

As I speak to them,

may I always do so with the love I owe You.

As they speak to me,

let me listen from my heart, eager to hear

Your voice, my loving Lord.

Hymn: [Do Not Grieve the Holy Spirit](#)

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