



Message Reflections

October 3, 2021

"No language can adequately express this solemn truth, that the Holy Spirit rejoices and is glad on our account, when we are obedient to him in all things, and neither think nor speak anything, but what is pure and holy; and, on the other hand, is grieved when we admit anything into our minds that is unworthy of our calling."

John Calvin

One real key to walking in the Spirit is to spend time in the Word. **Read Ephesians 4:17-32**, and pray for the Spirit's guidance as you read.

- How does Paul compare the old or unsaved person with the new or saved person?

It is possible to limit the Spirit's movement in our lives, and therefore grieve Him by our choices to obey or disobey God. As we walk more in the Spirit, we will become more mature and bear more fruit.

- Do you have words, actions, or attitudes that may be causing the Spirit to grieve today?
- Is there any area of your life right now where you need the Holy Spirit to work?

If God seems distant to you, take some time and ask the Holy Spirit to show you what you need to confess. Whatever God tells you to do, do it. Be honest with Him and yourself. He is waiting to forgive, restore, and put you back on the right path to spiritual health and vibrancy.