

Title: Grieving the Holy Spirit.

Text: Ephaisna 4:25-32

I ~~am going~~ ^{want} to look at five ways to keep from grieving the Holy Spirit, according to this text. No christian who continually grieves the Holy Spirit is ~~by~~ any strich of the imiginatinn being controlled by the Holy Spirit. If any of these things are dominating your life style, there is no way that you can argue that you are ~~filled with the Holy Spirit~~ ^{doing The will of God}. And really being what God wants you to be.

Ephesians chapter 4 verse 25.....(Read Vs 25-32)

Let's join together in prayer

The key verse in this passage is certainly Vs 30 "do not grieve the Holy Spirit." And the formation of that phrase indicates a continual condition. And the way it is phrased in the Greek indicates that it is going on among the believers. ^{And if it was going on among the believers in the days of Paul, certainly it is going on today}

If you would translate that literally it would read: "Stop grieving the Holy Spirit."

In other words, it is common, it is our natural tendency, if left to ourselves that would be our habit. We continually grieve the Holy Spirit of God. The word "grieve" simply means "pain". It is the same thing Peter felt when he experienced grief. It is the same thing our Lord Jesus felt when he experienced grief. It is the same kind of thing that anyone experiences when we have been hurt deeply.

~~So~~ So in this passage we are discussing the things that grieve the Spirit of God and hurt God's people. And these are not things to be taken lightly. They are the things that happen all the time. That is why Paul says "Stop grieving." ~~These are the ways that we really hurt each other.~~ ^{And if we fail to listen to the warning} And we defeat the power of Christ within us.

So, I want to look at five ways to kept from doing this.

(1) ~~And let's start with~~ Number one, Vs 25. And that is by speaking the TRUTH TO ONE ANOTHER. Lying has become a national habit. It is becoming easier and easier. We don't trust our leaders. There is a credibility gap.

People says they have to lie on certain occassion. Everybody does a little bit of it. And what is the harm. So, we get into a pattern of lieing. ~~We simply do not tell the truth. We do not say what is really right.~~ It is an eassy habit to get into. Because we are afraid of what people might think of us. And so we lie to them. We are afraid of their judgments of us. We want them to think well of us. And to think that we are cool and neat. "nd ^{no} ~~we~~ ^{we} lie through our teeth, ~~all the time.~~

And God simple says, "Call a halt to it folks. Stop lie and speak truth."

(1E) According to Vs 25 this commandment is ^{based on the fact that, First of all,} ~~because~~ you are a christian.

^{ant} Vs 25 says "Therefor, laying aside falsehood." In the Greek you find the definite articule "the" before falsehood. Literally, it reads, "having laid aside the falsehood."

The phrase "laying aside" is in the "perfect tense." It means that it happened in the past but now it ought to be a finished result in your life. Because you have already laid aside the falshood, even thing that is true about the unbeliever, therefore, knowing that we should always tell the truth.

The point is: when God sasys "don't lie" he is basing that upon the fact that you are a christian. It ought to make a difference.

^{ant} The kind of life style that continually tells those lies is not characteristic of those who have come to know Jesus. One of the things that makes us different as believers is that we have the courage to speak the truth. And certainly with love as it says in Ephesians 4:15...Be truthful and honest.

And I am amazed at how many jpeople are looking for people like that. Someone who will tell the truth and will not lie.

(2E) Now, the second resons why we should not lie is because we are members one of another as Vs 25 says. We cannot treat ourself as isolated from other Christians. We are all bonded together because we have come to believe in Jesus. We are going to be together forever in heaven so we had better get use to it now. We are members one of another says the Bible. Therefore, don't lie.

In other words, you are lying to yourself. You are telling a lie to yourself. You are only deceiving yourself when you are lying to another brother or sister. Because we are all a part of that same body of Christ. No wonder we don't grow..no wonder we don't get to first base in our growth with the Lord. No wonder we don't have the impacted that we want in our lives. When we continue to lie to each other and to our friends. Stop it, God says

Turn over to Colossians 3. These are almost the same words. Col. chapter 3 verse 9..."Do not lie to one another, since you laid aside the old self with its evil practices."

Yes, it is still in my life. Yes, I still have an old sin nature. But, there was a point in my life when I came to know Jesus and my old sin nature was suppose to have been laid aside. I am now suppose to be operating on a different wave length. I am suppose to be committed to Jesus.

You say, "Well, I am not God. I am just a human being." But dear friends, the power of God and God himself in the person of the Holy Spirit is living in the life of the believer. And we are not to lie to one another. Tell the truth. The most liberating thing in the world is to tell the truth. You will find that when you tell the truth to some one and reveal in that statement that you^{use} less then that person expected, or demanded, you will find not only freedom in your own heart, but you will find a new relationship with that person that does not put you down, but rather recognizes that here is a person that I can count on.

In contrast to general opinion, when you tell the truth about something that you have done or not done that is less then you might have done normally, in contrast to what our old sin nature thinks, people do not turn their backs on you, but they do think that here is someone you can finally count on, whose is going to tell it like it really is.....

So, Don't lie. Because lying grieves the Holy Spirit of God. There is no way that we can be controlled by the Holy Spirit if we continue to lie to our friends *and to one another.*

(2) The second way that you can keep from grieving the Holy Spirit is by being angry without sinning..... *And that is not easy, is it?*

Let's look at Vs 26 of Ephesians 4..The Bible says, "be angry, and yet do not sin." Therefore, it is possible. "Do not let the sun go down on you anger. And do not give the devil an opportunity."

Now, the word "angry" in Vs 26 is not in the same form as the word *in Verse 31* *The word "angry" in Vs 26* at the end of the verse. *The first word is the only word in the Bible that you can use of "GOOD ANGER". It means "a burning on the inside!"*

Let me show you what I mean. Look down at Vs 31.."Let bitterness and wrath and anger." Wrath and anger, although sounding alike, ~~the same thing,~~ are two different words.

Here, Vs 31, Anger means

~~The first one is a violent outburst. Getting mad and losing control.~~

~~The second one is a burning on the inside of you.~~

It is interesting that the ~~first~~ *this* word "angry" ~~can~~ ^{is} be used of God when he unleashes His fiery against sin during the tribulation period. But, never once in the entire N.T. is that in a good context when referring to Christians. That ~~anger~~ is always wrong. A violent outburst.

But the ~~second~~ word which is used in Vs 26 ~~as it begins the verse~~ has the idea of a burning on the inside. It has some real bases for what it feels. There are times when we really do need to get angry. Not to violently fly off the handle and lose control. But to really get mad at what is wrong.

However, it is always wrong to get mad at a person. And that is where it is difficult to draw the line.

I believe we ought to get mad at situations. The Bible tells us to. If you can't get angry at sin, *For Example* there is something wrong with you. There maybe some compromise in your heart as to why you can't get mad. If you are walking with the Lord, you will be angry when things are not right.

But, dear friends, that is different than being angry with people. We must love people even though they maybe involved in the situations we are angry about.

Now
~~But~~

it is interesting that the last word that is used in Vs 26.. "anger" .. is a combination of the first word in the verse, plus the preposition meaning "along side of"...It means that something comes along side of your anger to make it wrong.

And it is the word normally translated "bitterness and resentment towards people."

In other words, angry is only right when you are angry against something that is wrong. But when you bring along side of that, a person, over whom you are angry, YOU ARE NOW WRONG.

That is why you should never let the sun go down on that anger that is along side "anger" towards a person. Get rid of that ~~problem~~^{anger} toward that person before you go to sleep at night. Even though you are still angry at the situation. So, it is possible to be angry and not sin. *And when we*

He is really saying two things here. *don't make things right we Grieve The U.S*

(1) One, respond immediately to doing away with sinful anger. If you have a spirit of resentment of bitterness towards someone, get rid of it before you go to bed at night. Do not let the sun go down on that kind of wrath, against a brother or sister in Christ.

You say, "Well, you don't know what they did to me."

Our Lord Jesus had more done to him unjustly and unfairly than any person who has ever lived in the history of the world.

And yet, not once did he ever strike back...not once did he ever threaten someone. And the Bible teaches that it is His life style that we really need. That when the Spirit of God is controlling us we do react and act like Jesus Christ. It is never right to be angry at someone. And if we are the Bible teaches us to deal with it immediately. Don't go to bed with it.

I am sure that many of you who are married know the feeling of going to bed mad at your partner. And either one of you talk with each other. Now, all the time you are thinking.. "the other person has done me wrong." "And what they ought to do is lovingly turn over and say they are sorry and apologize and then everything will be alright."

Now, you think you can go to sleep. But you can't. You are restless and you are waiting for the other person because you know they are wrong.

Now, the other person is thinking exactly the same thing. You are wrong. And if you would only turn over and apologize.

So, you lay their all night, restless, not sleeping. When you could have enjoyed a nice sleep by simply solving the problem.

That probable doesn't happen to you. But people in other states, I have noticed, do have that problem. (ha)

Respond immediately. Do not let the sun go down on your anger. There isn't anything more practical that you could read in the Bible than this.

Some of you are all wiped up with bitterness and resentment and anger in your heart. Don't let the sun go down anymore on that.

You know, really it is a wounded ego and a deep pride that causes us to feel that way. "TO THINK THAT SOMEONE WHOULD DO THAT TO ME. I MEAN, JUST THINK OF WHO I AM."

But if you really think about who you are, Biblical, you can understand why they did it. Right?

You see, a lot of us do not have a Biblical view of ourselves and that is why we never experience any relief. Down deep inside there is a sin nature that is really fighting. Fighting for its worth and value and self-image. And I say to you that if you will just give up that battle. And you just rest in what the Bible says about you. You would be a lot better. You would enjoy life a lot more.

I believe the correct Biblical view is that I don't deserve a thing. And most of what I get in life is just what I deserve to receive.

And God said that He didn't give me a thing in my life that according to His plan and wisdom I didn't need. And untill I bend my knee to that soveriegn God who knows exactly why he is allowing everything to happen to me, untill I say, "YES! LORD! THANK YOU! I PRAISE YOU EVEN THOUGH IT IS TOUGH TO UNDERSTAND! Untill I submit to the Lord and say, "LORD! I KNOW YOU KNOW WHY YOU ALLOW THOSE THINGS TO HAPPEN TO ME. AND WHY THOSE PEOPLE SAID THOSE THINGS TO ME. " Until I do that I will never find that anger flowing out off my life. Instead that anger, in whatever form, will stay there. And eat my insides out.

The Bible says don't ever go to bed with betterness and anger setting in your heart. We do it all the time and we wonder what is wrong.

And boy if you do that over a period of years, that can get so deep in you it absolutely dominates your life. And you come to the point of wishing that something jcould set you free. ONLY ONE THING WILL SET YOU FREEE. And that is by recognizing what the Bible says about yourself. Recognizeing your great dependence upon the Lord, himself. You cannot handle things. You cannot deal withthem. And that everything that has ever happened to you in your life, everything that anyone ever said about you, in your entire life, GOD WANT IT JTO HAPPEN.

And until you believe that and accept+ that you will always have an inner bitternesss toward God and others. DON" T LET THE SUN GO DOWN.

Also, there is another interesting statement here. You must realize what the Devil can do with this. Isn't it interesting that it is about anger and sin that God said in Vs 27 .."DON" T GIVE THE DEVIL AN OPPORTUNITY?"

In other words, don't give the devil and opportunity to lead you into sin. When you have bitterness toward people, when you let that anger stay in your heart, and you don't deal with it, the Bible teaches that it will lead to other sins. The Devil loves to bate and tempt and entice a person who has bitterness in his heart.

And what God is saying is that you get rid of the bitterness, and you will remove that opportunity for the devil to tempt you in other areas. Resist the devil and he will flee from you...PRAISE THE LORD.

But how do you do that? Will here is one.. By not letting the sun go down on ;your anger.

The trouble is that when you go to someone that you have bitterness and resentment against, and try to solve it..if you really believe that you are right and they are wrong...you are always going to have a problem getting relief. Some of us go though life with something against a friend in the past, we have never resolved the problem, and we still believe that we are right and they are wrong...AND I SAY TO YOU...WHAT DIFFERENCE DOES IT MAKE?...

You say, "They are going to ahave to apologize because they did me wrong"..

Do you ever read the Lord Jesus ever doing that on any occassion?.....

No way....He never strick back.....DID HE HAVE REASON TO?....SURE HE DID.
If anyone had a right, Jesus did. But he never did.

Romans 12 says "don't ever take vengence on anything." Vengence is mine,
I will repay, saith the L_ord."

Don't ever try to get back or get revenge or get even.

Sometimes the reason why this flows out of us is because we are really
trying to balance things. Someone says something bad to you and you are
ticked off, now, and so you say something bad about them to get even. And
thus the record is now balanced. After all, we mustn't let anyone take
advanage of us....Right?

Dear friends, you are wasting your time and you are really hurting yourself.

The other day, this guy just torn into me. I mean he went up one said and
down the other. And it ticked me off.

You know, God keeps giving me illustrations on ^{these} subjects that I am
preparing sermons on. It happens all the time. You know..."THANKS A LOT
LORD"...

And this dear saint is just saying all kinds of things about me. And I
know he is wrong. They are not true. And so I said to him...AND I JDON" T
KNOW IF THIS IS CARNAL OR SPIRITUAL...I just said, "YOU KNOW, I JUST WANT TO
THANK YOU. BECAUSE I KNOW THE LORD WANTED ME TO HEAR THAT."

He didn't know what to do.....He just stood there and looked stupid...
(HA).....

I think some of you caught on.....I don't care what it is. Give it time,
the old sin nature will come out. Even in your view point of others. Even
when you say the right thing. You know, we are all victims of that.

And I walked away thinking: "BOY! I HANDED THAT. That guy shouldn't have
said what he said, though. He really is dumb.

WHAT IS HAPPENING THERE? Do you understand that most of us never admit
what God says about us. And we never really accept the fact that God knows
why he is allowing things to happen in our lives. AND WE JUST NEED TO THANK
HIM AND GO ON AND SAY: Lord, I know you are working me over.

out
A lot of things are like sandpaper. They cause friction, but they round off the rough edges. God knows why he is working on you the way He is. And every time you compare the way He is working in your life with some body else, you have a bad self image. And it is going to come. You will have more problems. That little comparison problem: WHY ME, LORD! AND NOT THEM! I mean they don't seem to have problems.

God knows exactly what you need. He has allowed things to happen in your life because he knows what is best. Get that bitterness and anger out of there.

(3) There is a third way in which we can keep from grieveing the Holy Spirit And that is by working without stealing. When I read this through I just concluded that I was stating the obvioues. I mean "don't steal anymore." That is what the Bible says.

But you know there is something interesting about the way that is phrased, in Vs 28.. "LET HIM WHO STEALS STEAL NO LONGER."

Again, it is assuming that the practice is going on. And I remaind you that ~~Paul~~ is not writing to unbelievers, but to believers.

Do you think that ~~believers~~ ^{Christians} could have a problem of stealing?...OH, YES. Stealing is now a national problem. It is a multi-billion dollar..QUOTE... "business".....

Even company employees steal from their companies. To the extent that we are told it is now in the millions of dollars every year. Just in the area of employees who work for a given company.

Oh, it goes donw to simple things like pencils and pens and paper clips, and so forth. It is interesting to watch companies deal with that in a budget or ledger...writing off ~~tons of money~~ ^{millions of dollar}....simply for office supplies that people, instead of using them on the job, take them home.

Major companies assume that it goes on, and so they budget for it...That is how far down the road we have come.

And then there are those employees who say, "Well, they are budgting for it so I might as well help my self."

Boy, how deceived we are.....Where are the people who are going to stand up and say...STEALING IS WRONG...

And then there is shop lefting....That is also a national problem...

A lot of people who have everything they walk into a store and try to steal something. They think it is a game to try and get away with it.

You know, God is pretty strong on this. "LET HIM WHO STEALS STEAL NO LONGER."

Now, dear friends, I don't know if this is a problem in your life or not. In fact, I don't want to know. It is between you and the Lord. You are going to have to answer to him some day. But if it is a problem in your life, you need to be reminded of what the Word of God says, "LET HIM WHO STEALS STEAL NO LONGER." Stealing is wrong. And I don't believe you will ever have peace and victory in your life until you resolve this problem and get it out of your life. I don't care how big the item or how small the item. It is wrong. ^{to read} It is a sin ^{to read} And God's Word says "Don't do it."

It is no wonder that we don't have power in the unbelieving world. A world that needs to hear about God's love, yet wanders if knowing Jesus makes a difference in a person's life.

I think we need to work. I think that is the solution. And in this text we are told how to work. We all need work. No one ever died of hard work.

Now, notice what Vs 28 says..."Let him who steals steal no longer; but rather let him labor." The word "labor" means to "work to exhaustion."

Do you know what the average person thinks today? Instead of working to the point of exhaustion, instead of having the joy of work..."WORK IS A BAD SENSE..I ONLY WORK TO HAVE MONEY TO DO FUN THINGS ON THE WEEKEND...."

The work ethic somewhere along the line disappeared from this countries thinking. And it is literally robing us of health---both spirituall... physicall...and emotionally.

Now, some people have the ability to make money without working..Every think they touch turns to profit. But, most of us have to work. We all should work. Even thoughts who are retired still need to work..I think it is very clear in the Bible. And do the work yourself. Notice what Vs 28 says.. "performing with his own hands what is good."

The Bible says that if you don't want to work then you ought not to eat. That puts the old hammer right on the nail.

According to the Bible ...always do what is right. It says work with your own hands what is good. Never let your hands do anything that is wrong. You see, dear friends, it is never right to do wrong. The Bible says, "Therefore to him that knows to do good and does it not, to him it is sin."

Now, there is a different reason for all of this. What should we work like this? Because instead of stealing, we should learn how to give to people who have need.

Look at Vs 28.. "in order that he may have something to share with him who has need." WHY WORK? WELL, THERE ARE REALLY THREE BASIC REASONS...

(1) First, isto take care of your family. Because if you don't you are worse than an unbeliever. (I Tim 5:8)

(2) Another is certainly to support God's work. The proclamation of the Gospel around the world. There are many passages on that theme. Romans 10, I Cor 9...for example.

(3) And the final reason is to have enough money to help people in need.

In the Christian community we are a family. Even though a lot of us are far apart from one another. We come here week after week and we still don't know one another. But that is not the will of God. We are a family and we are a community. And a lot of us who have the opportunity to make good money should be making it in order that we can share it with brothers and sisters in Christ who are in need.

I John 3:17 says that how can one say that they have a heart of compassion and yet see their brother in need and does nothing.

Let's work hard....Don't steal...because when we do we are grieving the Holy Spirit. We are not filled with the Spirit. We need to resolve those issues in order to have the testimony and life style that God wants us to have.

(4) There is a worth way that we can keep from grieving the Holy Spirit. And that is by building people up instead of tearing them down. I think ~~this~~ this is also a problem among ^{Christians} ~~believers~~. And it can be very serious. Some times we do it in joking. You know, making a joke about how they look or speak..

Or what they wear....or who their friends are...or their abilities or talents
We make jokes that are careless. And the Bible says that this should not be
found among Christians. It is taught in Chapter 5 and we will come to that
shortly.

But look at Vs 29..."Let no unwholesome word proceed from your mouth."
Ever...under any circumstances...

WHAT IS AN UNWHOLESOME WORD? The root word means to "drop or to rote
in pieces." It has no value at all. It is fading away. It will not
contribute to the person's life. It just tears them down. It is rotten to the
core. ~~It has no value.~~ It is worthless. We are just talking to be talking.
And the Bible says, ~~that~~ "in much words we hear the voice of a fool."

Dear friends, we can do more damage in our relationship with other
people in what we say than in what we do. Our verbal remarks to each other,
settle into the heart deeper than ~~many times~~ the actions of the believers
themselves. One little word of attack....even though you pass it over by
saying..."HAY! I was just joking"... It tears people down and hurts.

And by the way, the book of proverbs says that that is coming out of an
evil heart, whose motive is to tear someone down. It is not the motive of love
that desires to build up other believers in Christ. Don't tear others down.
Don't ever let an unwholesome word proceed from your mouth.

But instead, the Bible says Vs 29..."but only such a word as is good for
what?.....EDIFICATION...."

In other words, don't even talk unless you can build someone up. Does
that mean you will never ~~rebuke them or confront them?~~ ^{confront any other person} NO! of course not.
Often that is one of the better ways to build someone up, if you really love
them. ^{confrontation} ~~Open rebuke~~ is better than concelded love. "Faithful are the wounds
of a friend in comparison to the kisses of an enemy,,," says Proverbs 27.

^{ch} Yes, you will have to confront. But, yet, there has to be in your heart
a desire to build up, edify in love, ^{And when that is not true, you are}

Also, notice the word "need." "According to the ^{NEED} of the moment."

If I could only control our relationships we would be sweeter in our
talks..."THINK...DO THEY REALLY HAVE A NEED TO HEAR WHAT YOU ARE GOING TO SAY?"

Confrontation going to build up the persons you are confronting

How does this ~~going~~ to reach the needs of their heart what you are going to say to your friend?

Is that controlling us as we get ready to talk to someone, HOW CAN I BUILD THEM UP? WHAT IS THEIR NEED IN THEIR LIFE? THAT I COULD REALLY HELP THEM AND BLESS THEM? IS THAT OUR GOAL *in Confrontation*

and also that little word "grace" in Vs 29. "That it may give grace to those who hear." Grace sustains you because you know it is coming from God. *Grace* is something you don't deserve. *But it* really ministers to your heart. It is sweet and kind to you. And it is giving folks what they don't deserve. That is the meaning of grace.

So when we talk to people, often we say things, that when you look at them and their life style, you concluded, THEY DON'T DESERVE THIS. And neither do you!

And the point is that we need to say things to people that are gracious and sweet, even though they don't deserve it. WHY? Because it builds them up in-the Lord.

I say to you that if we had a revival of "talk"...scriptural Bible loving talk among Christians, many things would change...Many things...

~~The atmosphere of our church would change.....~~Our relationships with people outside of these meetings would change...Everything would be different..We would love to get together with God's people. Half the reason why others don't want to fellowship with God's people is because they have been in some situation where someone has said something to them that really hurt. And they don't want to go back.

(5D) One, final way in which I believe you can keep from grieving the Holy Spirit. And that is responding as Christ would, without wrong motives.

Look at Vs 31 and 32.."Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.(there is the wrong motive) And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."

50 is simply saying that there are some negative responses in your life that needs to be removed. He list six of them. And let's just take a quick run down on what they are.

By the way Vs 31 says, "PUT IT AWAY"...That is in the aorist tense in Greek, meaning, "DO IT RIGHT NOW". It is an individual act at a moment of time.

But in Vs 32 when he said "be kind to one another", he changed the tense and made it "present". Meaning..continually be kind...continual be forgiving

Put away these things ~~right now, but~~ ^{out of your life} continually have these responses.

(1) First, bitterness. That is the word that cuts. Same word used in Colossians 3:19 when husbands are cutting their wives and embittered against their wives. Is their bitterness in your heart? Let all bitterness be put away from you. The Bible says that Esua was bitter ^{against his} And Hebrews 12:15 "let no root of bitterness spring up in your heart causing trouble among people." You don't bear you problem alone. It effects other people. Do you have that kind of cutting attitude of wanting to tear someone down and cut them apart?

^{Get rid of it} (2) Let all bitterness and wrath. Wrath is that sudden ^{sudden} out burst of emotions There is a real classic illustration of that in Matthew. ^{2:16} It concerns Herod. I hope you know the story. Herod became so mad that he ordered all the babies in Bethlehem killed. Violent outburst....enraged...anger... The Bible says to get it out-off your life.

(3) The word anger is that ^{Violent outburst} ~~subtle condition~~ of mind. Where ~~it stays~~ with you. And God says to get it out of your heart.

(4) Clamor? That's yelling and scarming. Do you ever do that? Probable not. But other folks do. It is used of Jesus, by the way, when he was in the garden and he was crying out to God. It has some good usages. But it is usually used in the negative of folks yelling and scarming at one another.

(5) Slander? It means to hurt others with words. And it usually has to do with a persons reputation. Hurting one's reputation. Destroying a person's reputation with words and lies and misrepresentations. Is there slander in your life against other brothers or sisters? If so, get it out.

(6) And Malice! That evil self-centered motive that is really trying to get somebody. And God simply says to get all of this out off your life. Because it is grieving the Holy Spirit of God.

() Instead, we need some positive responses.....This is a great verse. ^{Vs 32}
We all ought to memorize it.

(1) Vs 32.. "Be kind"...be constantly, continuous kind to one another. I Cor. 13:4 says that "love is kind."

It is easy to take...it is useful!...Are you doing towards others what is useful and needed? It is kind?

(2) Alos, we are to be tender-hearted. A great word. It refers to the inter feelings of a person. Have you ever heard the statement: "I just love so much that it hurts down deep." To put it in common language..IT IS A GUT FEELING.....You see, so many relationships that we have as christians are artificial...~~surface~~ ^{surface} relationships. But God says to be tender-hearted. To feel deeply towards other brothers and sisters.

(3) And the key word is "forgiving each other" WHY? Because Christ has forgiven you.

Can we really do that to people? Sure we can. ~~But~~ ^{But} when we don't, we are grieving the Holy Spirit of God.

The Bible says that we ought to be filled or controlled by the Holy Sprit. If you walk by the Spirit, you will not carry out the lusts of the flesh.

But you will carry out the will of God.

Now, if you leave today, and try to change in your

own power, you will fail - You need Christ in your life.

Christ is the one who gives you power to get the negatives out of your life and the POSITIVE in.