### Don’t Stifle the Holy Spirit

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**Learning Objectives:**

1. Understand what it means to quench the Spirit.
2. Develop mindset to not quench the Spirit.
3. Foster a greater move of the Holy Spirit personally and in church.

**Text:** I Thessalonians 5:16-22 16Rejoice always, 17pray without ceasing, 18in everything give thanks; for this is the will of God in Christ Jesus for you. 19Do not quench the Spirit. 20Do not despise prophecies. 21Test all things; hold fast what is good. 22Abstain from every form of evil.

##### Part One: Do Not Quench the Spirit In Your Personal Life

I. “Quench.”

1. New Living Translation “Don’t stifle the Holy Spirit.” I Thessalonians 5:19
2. From the Greek word σβέννυτε (sbennyte).
3. Literally meaning to damp down, restrain.
4. *Transferred Use-* “to suppress,” or, passively, “to let die out,” “fade,” “wane,” “disappear.”
5. In 1 Th. 5:19 the admonition not to quench or stifle the Spirit has reference to the restraint of his manifestations in charisms (cf. v. 20).[[1]](#footnote-1)
6. Don’t actively or passively through neglect quench the Spirit (I Tim. 4:14).

II. Why the warning?

1. Quenching is possible and even natural!
2. Going back to what is “natural” for us is easy, as the supernatural requires maintenance and denying self.
3. Easy to drift into routine of the flesh and leave the essence of the Spirit.
4. Denominations that become human institutions.
5. Where are you personally?

III. Desire Spiritual gifts.

1. First Corinthians 14:1a… 1Pursue love, and desire spiritual *gifts…”*
2. Love and gifts are not mutually exclusive but to be combined.
3. Desire is from the Greek word ζηλοῦτε (zēloute) from which we get “zealous”.
4. Meaning to desire earnestly.
5. Does not mean one has to be weird or outlandish.

IV. It all starts in your personal life.

1. Don’t quench through sin.
2. Don’t quench through neglect.
3. Be biblical and ardently pursue spiritual gifts.

V. Being open and sensitive.

1. No need for fear- Luke 11:11-13.
2. Fostering through time in the Word and prayer.
3. Practicing His presence.
4. Praying in the Spirit- Jude 20- “ 20But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit,”

**Part Two: Overcome the Barriers that Quench**

I. We dealt with the barrier of fear by the surrender to Father in Luke 11:9-13 (available online).

II. The barrier of concern over losing control.

A. Praying in tongues does not leave a person out of control.

B. I Cor. 14:32 tells us the “spirits of the prophets are subject to the prophets.”

C. I Cor. 14:15 tells us it is a matter of the “will” or choice. You control when and where you release the Spirit.

D. In America we are very self-conscious and highly resistant to letting go.

E. Those who come from a chaotic background tend to be controlling to keep peace.

F. The Spirit is not going to control you. He will not override your free will.

III. The barrier of misunderstanding.

A. Sometimes we misunderstand that God will not make you speak; you need to do the speaking. God will not manipulate you or control you.

B. Reflecting on why it took 3 years for the release of the Holy Spirit in his life, Jack Hayford in The Beauty of Spiritual Language says “I said nothing, because I supposed that speaking in tongues was, well, more a linguistic seizure of some kind, rather than a voluntary point of participation with the Holy Spirit giving utterance.” page 43

C. Robert Morris corrects the “Myth – It’s just going to jump out of you one day.” No it doesn’t, example of walking past offering plate and a dollar jumps out of your wallet – wow I have the gift of giving! Doesn’t happen without you. You have to take action and participate.

**Closing… Repent & Believe, Open the window to heaven**

**Discussion Items and Questions for Home and Small Group**

1. In your own words, what does it mean to “quench” the Spirit?
2. What does it mean that love and the spiritual gifts are not mutually exclusive?
3. How can you personally foster a greater sensitivity to the Spirit?
4. How can you contribute to a greater flow of the Spirit during worship services?
5. Pray together for an outpouring of the Holy Spirit in our services.
1. Kittel, Gerhard, and Friedrich, Gerhard, Editors, *The Theological Dictionary of the New Testament, Abridged in One Volume*, (Grand Rapids, Michigan: William B. Eerdmans Publishing Company) 1985. [↑](#footnote-ref-1)