

- filling (Eph. 5:18),
- teaching (John 14:26; 16:13),
- speaking in our defense (Matt. 10:19–20; Luke 12:11–12),
- interceding (Rom. 8:26–27),
- leading (Acts 16:6–8),
- empowering (Acts 1:8),
- assuring (Rom. 8:16),
- producing the fruit of the Spirit (Gal. 5:22–23).

7. Quenching the Spirit prevents Him from helping us live the Christian life.

Quenching keeps Him from

- filling and controlling your life,
- teaching you the truth,
- recalling the truth when you need it,
- speaking in your defense,
- interceding for you and helping you to pray,
- leading and guiding you,
- empowering you to witness for Christ,
- helping you exercise your spiritual gift(s),
- assuring you of your salvation,
- producing in your soul His fruit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control), and from
- being a blessing to others.

That's how serious quenching the Spirit is! To quench the Spirit is to keep Him from helping you, from working in your life, from doing with your life what He came to do. Quenching Him is extinguishing, totally putting out His post-salvation ministries. It's as though He didn't exist.

8. The post-salvation work of the Spirit may be quenched for short or for long periods of time.

9. Sin quenches the Spirit.

Personal sins quench His work because the flesh, not the Spirit, is in control of your life.

10. Grieving and quenching the Spirit are not the same.

What's the difference? Grieving relates to His emotional state whereas quenching relates to His work or ministries. Sin grieves (saddens, irritates, angers) Him and quenches His work on your behalf. This distinction also holds true in the human realm: If someone quenches your desire to help others, aren't you saddened, angered, or grieved?



The Holy Spirit is quenched when you have unconfessed sin in your life; when you're walking in darkness, out of fellowship with God, walking in the flesh, carnal; when you're not letting Him fill and control you; when He's not teaching, defending, interceding, leading, assuring, empowering, and producing His fruit in you. In short, He's quenched when He can't work in you and through you to accomplish His desires and purposes.



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QUENCHING THE SPIRIT



Do not quench the Spirit.
 ~1 Thessalonians 5:19~

The Holy Spirit came to help you live the Christian life. To quench the Spirit is to keep Him from helping you, to keep Him from working in your life, to keep Him from doing with your life what He came to do.

Do not quench the Spirit (1 Thessalonians 5:19).

This is one of the shortest verses in the Bible, yet one that must be applied every day of your life.

1. "Do not quench the Spirit!" is a prohibition or negative command.

The imperative mood of the verb "quench" (*sbennumi*) indicates this verse is a command. The plural number of this verb shows it's addressed to every Christian who ever lives in the Church Age. In effect, the Holy Spirit, the divine author of this command, says, "Don't quench me!" It's possible, then, for a human being to quench God!

2. To quench the Spirit is to walk in the flesh (cf. Rom. 8:4).

Quenching the Spirit is disobedience, and since all disobedience is sin, quenching Him results in carnality (cf. 1 Cor. 3:3) and an absence of fellowship with God (cf. 1 John 1:6).

3. Biblical and extra-biblical uses of *sbennumi* help us understand what quenching the Spirit is.

Sbennumi occurs six times in the New Testament and often in secular Greek. It's used primarily of quenching fire, emotions, or behavior. In the Bible *sbennumi* is used of

- extinguishing a smoldering lamp-wick with your thumb and forefinger (Matt. 12:20),
- a flame going out from lack of fuel (Matt. 25:8),
- the fire in Gehenna that will never be quenched (Mark 9:48),
- putting out flaming arrows or spears with a shield (Eph. 6:16),
- quenching the Holy Spirit (1 Thess. 5:19), and
- quenching the power of fire to burn and kill (Heb. 11:34).

Uses outside the New Testament include:

- putting out a fire with water or dirt (Josephus, *Jewish War* 7.405),
- quenching sorrow with wine (Josephus, *Antiquities* 11.40),
- quenching anger with gifts (Homer, *Iliad* 9. 678),
- quenching anger with self-control (Plato, *Laws* 10.888A),
- quenching emotions with self-control (4 Maccabees 16:4),
- problems quenching love (Song of Solomon 8:7 LXX),
- disappointments quenching joy (Josephus, *Jewish War* 6.31), and
- quenching sexual immorality with hard work (Plato, *Laws* 8.835D).

From these examples we may conclude the following: quenching is putting something completely out so it no longer continues to exist.

4. The Holy Spirit came to usher in a new age of spiritual power.

To discover what quenching the Spirit is we first need to inquire what He does in our lives. Only then can we decide what may be quenched. In other words, we have to understand why He was sent (or what He came to do) before we can understand what it means to quench Him. The recurring promise of the Spirit in the Gospel of John gives several reasons for His advent.

- He came to teach us all truth, including prophecy (John 14:26; 16:13).
- He came to help us recall the truth we've learned (John 14:26).
- He came to make spiritual blessings flow from our souls to others (John 7:38–39).
- He came to convict the world of sin, righteousness, and judgment (John 16:8–11).
- He came to bear witness of Christ (John 15:26).
- He came to glorify Jesus Christ on earth during His absence (John 16:14).

Jesus obviously thought the promised ministries of the Spirit were important. That alone should tell us how serious it is to quench and frustrate the work the Holy Spirit came to do.

5. The Holy Spirit came to help us live the Christian life.

Four times Jesus calls the Holy Spirit the Paraclete—"the Helper" (John 14:16, 26; 15:26; 16:7). Why? Because after salvation the Spirit helps us live the Christian life. For example,

- in filling the Spirit controls us and helps us live a life that pleases God,
- in teaching He helps us learn the Bible,
- in defending He helps us say the right thing under persecution,
- in interceding He helps us pray effectively,
- in leading He helps us know where to go and what to do,
- in empowering He helps us witness for Christ and exercise our spiritual gifts,
- in assuring He helps us relax and be confident we're saved, and
- in producing the fruit of the Spirit He helps us become more like Christ.

6. It's possible to quench the work of the Holy Spirit.

Some aspects of His work may be quenched, others may not. If the Spirit decides to do something, no one can stop Him. No one, for instance, can keep Him from convicting the world of sin, righteousness, and judgment (John 16:8–11). Nor can anyone keep Him from regenerating (Titus 3:5), indwelling (Rom. 8:9), baptizing (1 Cor. 12:13), and sealing (Eph. 4:30) people who believe in Jesus Christ. His pre-salvation and saving ministries are unquenchable.

But other aspects of His work may be quenched, such as His post-salvation ministries. These are all ministries that take place in our lives after we're saved: