

## Series: A Thriving Heart

### Title: Yield to the Holy Spirit

Text: Ephesians 4:30-32

#### Introduction

- **Illustration:** *“I can’t wait to get to heaven to forget all the dumb, insensitive things I’ve said that grieved my wife, Sara. Gentlemen, you know what I mean—when we’ve hurt our wives, their spirit retreats, wounded and bruised. It takes compassion, love, and time to restore their trust. That’s exactly how the Holy Spirit feels when we grieve Him.”*
- Transition: To thrive spiritually, we must **yield to the Spirit**, not grieve Him, but walk in His fullness.
- A thriving heart depends on staying tender, yielded, and filled with the Spirit of God.

#### I. Don’t Grieve the Holy Spirit (Eph 4:30–32)

##### A. By how we treat one another

- Hurtful words wound hearts (spouse, children, church family).
- Words that wound in a marriage—careless speech can leave emotional bruises.
- The Spirit feels the same when we act carelessly toward Him.
- **Illustration:** Like bruises that take time to heal, careless words bruise the Spirit.

##### B. We Grieve the holy Spirit By ignoring His Word

- Hurting fellow believers with words (v. 31–32).
- Ignoring God’s Word.
- Refusing His influence (Gal. 5:25).
- Failing to give thanks for His work.

- **Illustration:** Like a spouse whose needs are ignored, the Spirit feels neglected when we ignore Scripture.

#### C. By resisting His influence

- We push Him aside, treating Him as though He doesn’t know what’s best.

#### D. By being ungrateful

- Nothing hurts more than forgetting to thank Him when He has blessed us.

**Application:** The Spirit is a Person—we can wound Him by neglect, resistance, or unthankfulness.

#### Action Points:

1. Speak words of grace, not bitterness.
2. Open Scripture daily—listen for His voice.
3. Begin every day with gratitude.
4. Before speaking, texting, or posting—**pause and pray:** “Will this grieve or please the Spirit?”
5. Begin healing by confession, repentance, and renewed fellowship with God and others.

#### II. Be Filled with the Spirit (Eph 5:18–21)

##### A. The Contrast

- Drunkenness leads beyond God’s boundaries; fullness of the Spirit keeps us inside them.
- Boundaries (Eph. 5:1–4): Don’t let anything break down your defenses.
- Just as Liquor controls the drunkard; the Spirit should control the Christian. Being filled is not a one-time event but a daily surrender.

##### B. The Conditions

**Application:** The filling of the Spirit is not mystical—it's practical: speak truth, sing praise, give thanks, walk humbly. Filling go through Holy Spirit comes by:

**1. Speaking** (v.19) – Psalms, hymns, spiritual songs.

**Illustration:** We're experts at complaining.

But God calls us to sing truth into our hearts and homes

**2. Singing** – Make melody in your heart to the Lord.

Singing psalms and hymns aloud, not just silently.

**Illustration:** You don't have to be a choir member; God wants your heart-song, not your perfect pitch.

**3. Thanksgiving-Giving thanks** (v.20) – Gratitude is the atmosphere of the Spirit-filled life.

**4. Submitting humbly** (v.21) – Humility keeps us open to His influence.

**Action Points:**

1. Start each day with a Psalm aloud.
2. Keep Christian music in your home and heart.
3. List three things daily to thank God for.
4. Practice humility in relationships.

**III. Evidence of the Spirit's Fullness**

**A. Fruit of the Spirit (Gal 5:22–23)**

- Love, joy, peace, patience, kindness, goodness, faith, gentleness, self-control.
- **Illustration:** Jesus comes to our lives looking for fruit—not just leaves.

**B. Power for God's Work**

- Christ had the Spirit without measure (Jn 3:34; Col 2:9).

- We receive by measure, but God offers more when we ask (Lk 11:13).

**Application:** A thriving heart shows fruit, not just foliage.

- Jesus cursed the fig tree that had leaves but no fruit (Matt. 21:19). God looks for fruit in our lives—not just appearances.

A Spirit-filled life produces:

- **Love & kindness** in relationships (1 Jn. 4:20).
- **Joy & peace** in trials (3 Jn. 4; Col. 3:15).
- **Patience & gentleness** with others (Eph. 4:1–3; 1 Thess. 2:7).
- **Self-control & meekness** in temptation (Gal. 5:23–24).

**Action Points:**

1. Ask daily for more of the Spirit's filling.
2. Crucify the flesh (Gal 5:24) and yield before every decision.
3. Stay in fellowship with believers—don't isolate yourself.
4. Each evening, ask: "What fruit did my life show today?"
5. Intentionally bless one person daily—with kindness, encouragement, or gratitude.

**IV. The Measure of the Spirit (Jn. 3:34; Lk. 11:13)**

**Illustration:**

- Elisha asked for a "double portion" of Elijah's spirit (2 Kings 2:9). We, too, must desire more of God's Spirit, not be content with a "thimbleful."

**Application:**

- Jesus had the Spirit without measure; we receive as much as we are yielded to receive.

- God gives the Spirit's fullness to those who ask in faith and walk in obedience.

#### **Action Points:**

- Ask God daily for a greater filling of His Spirit (Lk. 11:13).
- Yield before every decision, conversation, or reaction—"Holy Spirit, lead me."
- Stay faithful in worship and fellowship (Heb. 10:24–25)—don't miss where God is moving.

#### **Conclusion**

- **Illustration:** *Elisha received a double portion because he stayed close to Elijah when God's chariot appeared. If he'd stayed home, he would have missed the blessing. We too will miss the Spirit's power if we don't show up—in worship, in fellowship, in obedience.*
- Illustration: *A cup under a running faucet can be filled to the brim—or removed and stay empty. The Holy Spirit is the never-ending source, but the measure depends on whether we keep our cup yielded under His flow.*

**Challenge:** *How's your measuring cup?*

*Are you content with a thimble, or do you long for more of Him?*

**Action Step:** Yield fully, love righteousness, hate iniquity, magnify the Word, and walk daily in Spirit-filled fellowship.

- **Call to Action:**
  - Don't grieve Him—Remember you are not alone.

- Treat the Holy Spirit and Others with tenderness.
- Be filled daily—through worship, gratitude, humility, Yielding.
- Show fruit—so Christ finds more than just leaves. (Matt 21:19)

- **Final Challenge:** *How's your measuring cup? Are you content with a thimble, or do you want more of the Spirit's fullness? Then yield yourself—ask, magnify His Word, love righteousness, and walk in His Spirit*

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