

DO NOT QUENCH THE SPIRIT  
(1 Th. 5:19)

Jesus told us (Jn. 7:37-39) that those who believe in Him, the Holy Spirit would flow out of them like rivers of living water. Those rivers of living water are things like Spirit led pure thoughts, words (especially words of Spirit and life about Jesus), prayers, good works, love, joy, peace, wisdom, strength, power, faithfulness and holy living. Things like distractions, lusts of the flesh, and desires for things other than God's will, stop the Spirit's flow of goodness; that is quenching the Spirit. In Jn. 16:8 we are told the Holy Spirit convicts of sin, righteousness and judgment, those that do not believe in Jesus. To not answer that call of Truth is to quench the Spirit. In that case, belief in Jesus, repentance, confessing Jesus as Lord, and welcoming the Holy Spirit is the nonquenching response. Life lived to the fullest is when our top priority is living for Jesus in the Holy Spirit's loving flow. The rivers of living water are what come forth in the form of fruit from abiding in Jesus. Fruit trees do not laboriously work to bear fruit; fruit flows out. Do not quench the fruit flow.