

## HE GRIEVES

When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun. (2 Corinthians 5:17 TLB)

### **What happens to God's Spirit (within us) when we give in to our old nature?**

With the Lord's authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused. Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him. They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity. But that isn't what you learned about Christ. Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. (Ephesians 4:17-22)

### **BUT that isn't what you learned about Christ.**

Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. (Ephesians 4:23-24)

### **The Holy Spirit initiates an extreme [internal] make-over.**

So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil. If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. (Ephesians 4:25-29)

And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. (Ephesians 4:30)

### **Key: "He has identified you as his own!"**

### **He grieves because He loves me... and wants the best for me.**

Imitate God, therefore, in everything you do, because you are his dear children. Live a life filled with love, following the example of Christ. (Ephesians 5:1-2)

### **Challenge: Live a life filled with love, following the example of Jesus.**

Reflection Question:

Where do you need to "show up" this week with love?

Scripture from the NLT unless noted.