

# PUTTING OUT THE FIRE

FASTING 2025

Spiritual lukewarmness can be a challenge for all believers. Scripture shows us that there are several ways in which we can stifle the Spirit, preventing Him from fully working in us.

## **BRINGING SORROW**

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. Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behaviour.

Ephesians 4:30-31 NLT

When we allow these feelings to dominate us, the Spirit cannot operate in our lives.

## **STIFLING THE SPIRIT**

Do not stifle the Holy Spirit. Do not scoff at prophecies, but test everything that is said. Hold on to what is good.

1 Thessalonians 5:19-21 NLT

Ignoring or belittling the gifts and teachings of the Spirit hinders His work in us, limiting our spiritual growth.

## **BLASPHEME AGAINST HIM:**

but anyone who blasphemes the Holy Spirit will never be forgiven.

This is a sin with eternal consequences.

Mark 3:29 NLT

Consciously rejecting the truth of what He represents distances a person from humility and repentance, both of which are essential for our relationship with God.

## **LYING AND DECEIVING:**

Then Peter said, “Ananias, why have you let Satan fill your heart?

You lied to the Holy Spirit, and you kept some of the money for yourself...

Acts 5:3-5 NLT

Ananias and Sapphira lied to the Holy Spirit about the money they gave. This act not only reflects a lack of honesty, but also demonstrates a distrust in God's grace.

## **RESISTING IT:**

You stubborn people! You are heathen at heart and deaf to the truth. Must you forever resist the Holy Spirit? That's what your ancestors did, and so do you!

Acts 7:51 NLT

Closing our hearts to His voice and refusing to listen distances us from His guidance and direction.

Staying faithful to the direction of the Holy Spirit is essential to living fully in the Kingdom of God. When we remain in His Word and in His love, our faith becomes strong and abundant, giving us the clarity we need to live according to His purpose.

So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires.

These two forces are constantly fighting each other, so you are not free to carry out your good intentions.

Galatians 5:16-17 NLT

The Spirit and our sinful nature are in conflict with each other. Therefore, to experience the power of the Spirit, we must continually choose Him.

By understanding how we can stifle the Holy Spirit, we take responsibility for our relationship with Him. Each of us has the power to choose to remain in His love and allow the Spirit to work within our lives.

Gratitude and commitment are fundamental to keeping the fire of the Spirit alive in us. By abiding in Him, we will experience the fullness of life that God has for us and become a reflection of His love to the world around us. Let us prepare our hearts and lives so that the Holy Spirit can flow freely and produce His fruit in us.

### **Application**

Evaluate your thoughts and emotions. If you find yourself overcome by anger, resentment, or bitterness, surrender those feelings to the Lord in forgiveness and repentance. Allow the Holy Spirit to renew you.

Forgiveness is essential to maintaining the fire of the Spirit. If someone has hurt you or you feel resentment, choose to forgive. A lack of forgiveness extinguishes the fire of the Spirit in you.

Be honest in your dealings and in your spiritual life. Don't turn your back on the truth. Acknowledge your mistakes and confess your sins to God. Live with integrity-He sees everything.

Make room in your life to listen to the Holy Spirit. Take time each day to pray and read the Word. Let His guidance influence your decisions.

### **Reflection**

What areas of my life am I allowing to extinguish the fire of the Holy Spirit? What am I going to do about it?