



Mid-Atlantic SuCo 2025

Wednesday, May 28 Devo

Open with Breath Prayer

Psalm 34: 1-3

IN: I will bless the Lord at all times

OUT: His praise will always be on my lips

IN: Oh magnify the Lord with me

OUT: Let me exalt his name forever

Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption Ephesians 4:30

Paul's command not to grieve the Holy Spirit, stated positively, is an invitation to guard your friendship with the Holy Spirit. Paul is echoing Isaiah's lament that God's people turned from his love and his Spirit is grieved (Isaiah 63:10). But Paul also has the marvelous love of God in view that is broken open to us in the previous chapters in Ephesians. Paul is talking about a friendship so amazing and a plan of salvation so great that you wouldn't want anything so hinder it. A friendship with the Holy Spirit is so intimate and wonderful that you want to be on the alert and sensitive to what God has started in you. The gift of the Holy Spirit is the climax of God's plan of redemption. The Spirit of grace is in your heart, a Spirit of sealing, so you know that Christ is coming again. You know the inheritance is yours. You know you are a child of God. It's not a rebuke, but an encouragement to go deeper into the love of God. That's why you need to guard yourself against lying, bitterness, stealing, and unwholesome talk because these all affect your love relationship with God (Ephesians 4:25-32). Come often to the living Christ so you can be cleansed and your friendship with God renewed.

