



Mid-Atlantic SuCo 2025

Thursday, May 29 Devo

Open with Breath Prayer

Psalms 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

How can you tell when you have grieved the Holy Spirit? The answer is simple. The Holy Spirit is a person who, like us, is wounded when people turn on him and ignore him. As a Christian you are, of course, sealed, but you do, nevertheless, feel the loss of the Spirit's presence as well as the restlessness that comes from not being in fellowship with him.

My wife's mentally disabled sister, Aunt Barbara, loves to bring her toys to friends' homes for the children to play with. If the children fight over the toys, she gives them a warning or two. Then, if they don't listen, she packs her bag and heads for home. That gets their attention and gradually they learn to act better, because they like her to visit. That's like the Holy Spirit, isn't it? He does you a favor when he withdraws. He gets your attention. You are still friends, but his absence is felt. His strategy is to let you get so sick of yourself that you turn again to the Father and rediscover the freshness and beauty of the forgiveness of sins. He wants to remind you how much you need the cross, how much you need to be a little child at the feet of Jesus. The Spirit is sensitive to you being clean on the inside. He's there to help you grow in holiness, in kindness, and in love for others. Invite his help.

