



**KING'S  
CHURCH** (<http://kingschurchedinburgh.co.uk/>)  
**EDINBURGH**

# Keep the Spirit's Fire Aflame

## 1 Thessalonians 5:14-22

These verses show the only two do not's from 1 Thessalonians, but rather than being restrictions, they are instructions on how we can have a life fuelled by the Holy Spirit.

### 1. "Do not quench the Spirit" (*verse 19*)

It is important that we don't put the Holy Spirit out and reduce it's role in our lives.

We must not:

- reject
- diminish
- neglect

The Holy Spirit in our lives. This would prevent us from acting and believing in Jesus and would grieve the Spirit which is seen as an unforgivable sin. (*Matthew 12:31*)

### 2. "Do not treat prophecies with contempt" (*verse 21*)

We must do the three W's:

- Welcome
- Weigh
- Walk

In the Spirit, giving time for prophecy and valuing all gifts of the Spirit.

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# Questions:

- What are some ways we may quench the spirit in our lives, and why is it important that we don't do that? Refer to the verses.
- How can we welcome the Spirit in our lives, at church and outside of it?
- What are some promises God has given you in your life that you're trying to walk in?
- Give some time and space for the Spirit to come in your group and for people to grow in spiritual gifts.



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