

Do Not Grieve the Holy Spirit (19th Sunday in Ordinary Time, Year B)

Ephesians 4:30-5:2—Do Not Grieve the Holy Spirit

³⁰ And do not grieve *the Holy Spirit of God, in whom you were sealed* for the day of redemption. ³¹ *Let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice,* ³² *and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.* ¹ Therefore *be imitators of God, as beloved children.* ² And *walk in love, as Christ loved us* and gave himself up for us, a fragrant offering and sacrifice to God. (Ephesians 4:30-5:2)

1. The Holy Spirit: “do not grieve the Holy Spirit” (4:30)
2. Sealed: to “seal” or “mark” (Greek *sphragizō*) (4:30; cf. Eph 1:13)
3. Vices: to be “put away” (4:31)

a. Bitterness	d. Clamor/Shouting (Greek <i>kraugē</i>)
b. Wrath	e. Slander/Blasphemy (Greek <i>blasphēmia</i>)
c. Anger	f. Malice
4. Virtues: to cultivate
 - a. Kindness
 - b. Tenderheartedness
 - c. Forgiveness
5. Imitation:
 - a. *Imitatio Dei*: “be imitators of God” (5:1)
 - b. *Imitatio Christi*: “walk in love (Greek *agapē*), as Christ loved us” (5:2)
5. Trinity: “Holy Spirit” (4:30); “Imitators of God” (5:1); “as Christ loved us” (5:1)

The Living Tradition

[B]e mindful of the Holy Spirit of whom we now speak. For He is present, ready *to seal your soul* and He shall give you *that heavenly and divine seal at which demons tremble*, as it is written: “And in him you too, when you believed, were sealed with the Holy Spirit of the promise” [Eph 1:13]. (Cyril of Jerusalem, *Catechesis* 17.35 [trans. R. Deffarari])

He [the Holy Spirit] will grant you gifts of grace of every kind, if you do not grieve Him by sin. For it is written: “And do not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption” [Eph 4:30]. How then, dearly beloved, preserve the grace? *Be prepared to receive the grace, and once you have received it, do not cast it away.* (Cyril of Jerusalem, *Catechesis* 17.37)

[One] way to retain an even temper is that when we notice the transgressions of others, we may recall our own sins and transgressions against them... Just as fire is extinguished by water, when anger rises in the mind, all should remember their own guilt, because we should be ashamed not to forgive sins when we remember that we have often sinned

against God or neighbor and needed forgiveness.” (Gregory the Great, *Morals in Job* 5.81)

Questions for Discussion and Reflection (19th Sunday in Ordinary Time, Year B)

1. According to Paul, how do Christians imitate Christ when it comes to the sin of *anger*? What place should angry words have in the life of a Christian?

For Further Reading

1. Peter S. Williamson. *Ephesians*. Catholic Commentary on Sacred Scripture. Grand Rapids, Mich.: Baker Academic, 2009.
2. Mark J. Edwards. *Galatians, Ephesians, Philippians*. Ancient Christian Commentary on Scripture, New Testament VIII. Downers Grove, Ill.: InterVarsity, 1999.
3. Thomas Aquinas, O.P. *Commentary on the Letters of Saint Paul to the Galatians and Ephesians*. Translated by F. R. Larcher, O.P., and M. L. Lamb. Lander, Wyo.: Aquinas Institute, 2012.