***November 4, 2018***

***Today’s Lesson: Ya Done Good!***

**From Mike:**

We have looked at all of the Spirit Quenchers I had planned to preach about. Are there more? Of course, probably scores, but I truly believe that we examined the biggest challenges and the most prevalent ones. We all have our personal struggles that threaten to put out the Spirit’s flame in our life, but facing a struggle is a lot different than being controlled by it. I’m sure that is why Paul talked about all of us fighting the good fight of faith. It’s not faith we are fighting with but the temptations and distractions that come from sin’s lure. And we don’t always do the right thing or make the right choices, but we do ALWAYS have God’s grace as we keep walking in His light—which, as John said, includes the reality of our having sins.

Now that we have warned ourselves about these serious Spirit Quenchers that put out our flame, we need to look at some things we can do to build up the Spirit’s flame in our life. Again, the list could be really long—after all, the whole Bible is dedicated to helping us do just that—but I want us to look specifically at the things Paul wanted us to have and do, prior to his warning in 1 Thessalonians 5 to not put out the Spirit’s flame. We can’t just be defensive. We have to be proactive in growing spiritually so that we aren’t so susceptible to the distractions of the world.

As we enter into this study, I can’t help but think about Paul’s words to the church in Philippi. He called on them to focus on Jesus and do all they could to even think like him—have the mind of Christ! Among the many things he encouraged them to develop and grow in was a challenge to put the right things into their head (i.e. heart). Remember that list in chapter 4 verse 8?   
*“Whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think on such things.”* We control what goes into our head—what we choose to think about! The World is bombarding us with junk and sin! We have to find a way to put things like Paul mentioned into our heads so we can build our Spirit flame rather than let the World keep pouring cold water on it.