



QUENCHING THE HOLY SPIRIT CHECKLIST



Check the ways you can quench the Holy Spirit in your life.
Confess the items checked to God with your discipler or a friend.

Evidences of quenching the Holy Spirit:

- I don't feel close to God or sense His presence in my life
- I question the assurance of my salvation
- Reading scripture is boring and feels like a duty
- I lack power in overcoming sin in my life
- I am easily discouraged
- My life seldom displays the fruit of the Spirit
- I have difficulty discerning between right and wrong

Ways I quench the Holy Spirit:

- Being bitter and angry about the people or circumstances in my life
- Questioning God's goodness and faithfulness in my life
- Spending little time in prayer
- Spending little time in God's Word
- Not worshiping as an overflow of communion with God
- Not being willing to cast my cares upon Him
- Not willing to take hard steps of obedience or placing stipulations on obedience
- Trusting my own resources and not turning to God, believing I can handle things
- Focusing on my own inadequacies
- Not trusting His provision, believing, "He doesn't have what I need"
- Questioning God's plan and purpose for me
- Not rejoicing in what God has done for me
- Complaining instead of giving thanks in all things
- Unwilling to confess sins to God and to repent
- Unwilling to surrender yourself to the Lord's direction... it seems too difficult
- Believing God does not love you because He doesn't give you what you want
- Unwilling to suffer for Christ's sake
- Being complacent, apathetic, and/or giving up on your relationship with God
- Hardening your heart against God and/ or being angry at Him
- Not trusting God to be your major source of security, fulfillment, and purpose