



Living the Spirit-Filled Life

"Posturing Our Hearts" | Pastor Gordon Tsai | January 18, 2026

1 Thessalonians 5:19-21

¹⁹ Do not quench the Spirit. ²⁰ Do not treat prophecies with contempt ²¹ but test them all; hold on to what is good,



Ephesians 4:29-32

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.



Ephesians 4:29-32

³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.



Leader: **The Word of the Lord**
Congregation: **Amen! Praise be to God!**



Ephesians 4:29

²⁹ **Do not** let any unwholesome talk come out of your mouths, but only what is *helpful for building others up* according to their needs, that it may benefit those who listen.



Ephesians 4:30-32

³⁰ And **do not grieve** the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all **bitterness, rage and anger, brawling and slander**, along with every form of **malice**.



Ephesians 4:30-32

³² Be **kind** and **compassionate** to one another, **forgiving** each other, just as in Christ God forgave you.



Judges 16:20-22

²⁰ Then she called, “Samson, the Philistines are upon you!” He awoke from his sleep and thought, “I’ll go out as before and shake myself free.” But he did not know that the Lord **had left him.**



Judges 16:20-22

²¹ Then the Philistines seized him, gouged out his eyes and took him down to Gaza. Binding him with bronze shackles, they set him to grinding grain in the prison. ²² But the hair on his head began to grow again after it had been shaved.



Ephesians 4:29

²⁹ **Do not** let any unwholesome talk come out of your mouths, but only what is *helpful for building others up* according to their needs, that it may benefit those who listen.



Ephesians 4:31

31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.



Ephesians 4:25

²⁵ Therefore each of you must put off falsehood and **speak truthfully** to your neighbor, for we are all members of **one body**.



Ephesians 4:19

¹⁹ Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in **every kind of impurity**, and they are **full of greed**.



How Do We Say Yes?

- With a posture of **humility**.



How Do We Say Yes?

- With a posture of **humility**.
- Be **open** to changes in the atmosphere.



2 Corinthians 2:14

¹⁴ But thanks be to God, who in Christ always leads us in triumphal procession, and through us **spreads the fragrance** of the knowledge of him everywhere.



2 Timothy 1:6-7

⁶ For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, ⁷ for God gave us a spirit **not of fear** but of power and love and self-control.



