



Get Stuffed by the Spirit

Wayne Braudrick

Life Change: We Seize Each Day

Ephesians 5:15-21

February 11, 2024

Cutting Up Food...

Make the Most of the Time
Don't Walk Unwisely

15-16

Be Careful

For the Days are Evil

In the music Robert Lamm wrote to go with his poem ["Does Anybody Really Know What Time It Is"] the time signature moves from 4/4 to 7/8; then 9/8; then 4/4; followed by another 7/8 section; and another 4/4; then a 5/8 section for 6 bars; and 6/8 for one bar; then settles into 4/4. When things change that quickly, only people who know the time can make beautiful music. Christian, the world needs us to know the times and make beautiful music through all the changes.

Become Wise
Don't Be Foolish

17

Become Wise

For God's Will Can Be Understood

Be Filled by the Spirit:
Don't Get Drunk

18-21

Get Stuffed by the Spirit

For Reverence of Christ

A Summary: Carpe Diem

The Results:
Speaking

Singing

Making Music

Giving Thanks

Submitting

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Upcoming
Events



Give



Connect Card
&
Prayer Request

how faith is...

→ forgive one another...

LIVED

...one body, one Spirit, one God

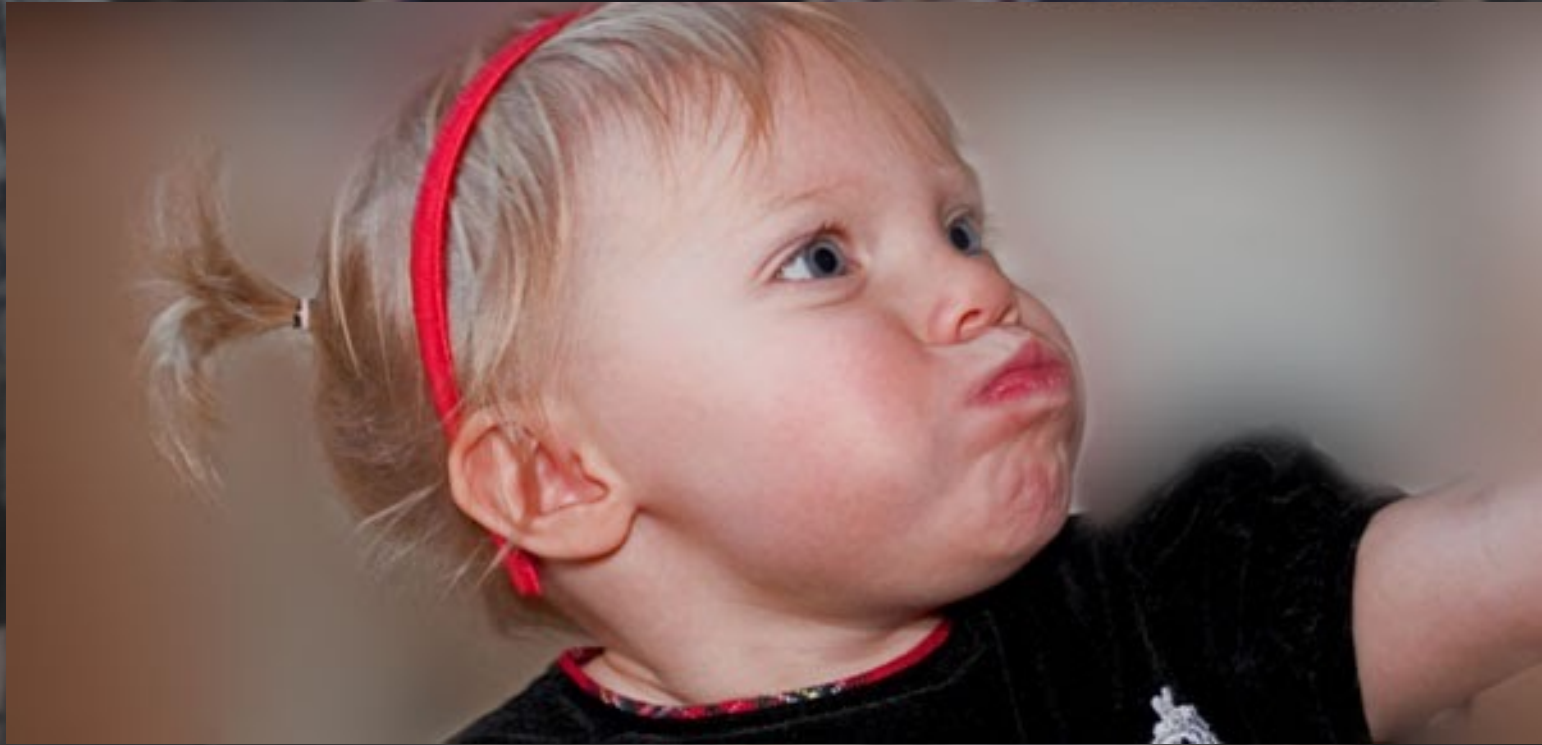
walk in love...

EPHESIANS

PLEASE SILENCE YOUR PHONE



courtesy flexiprep



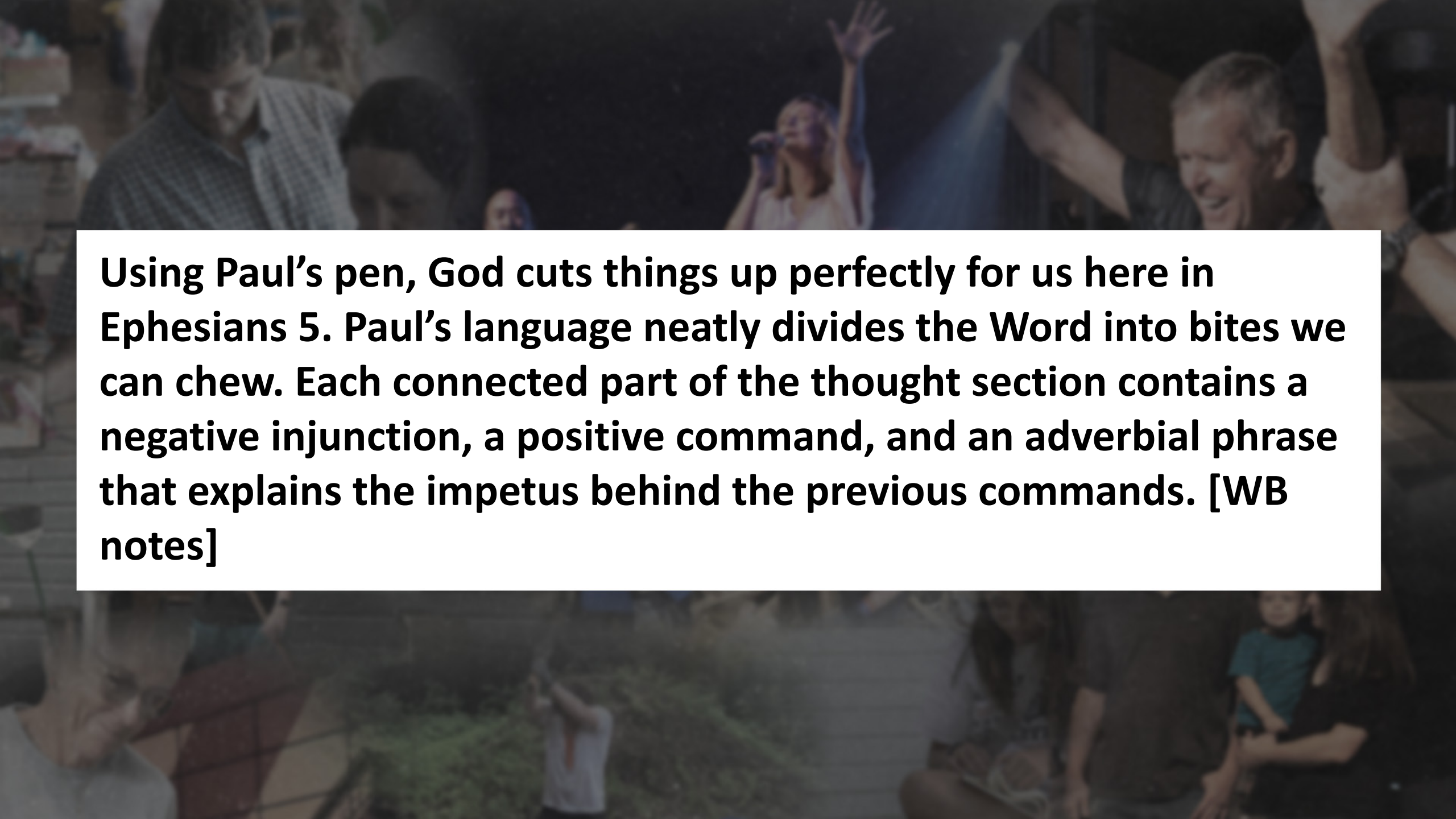
courtesy Garner



courtesy Omaha Steaks



courtesy artisticfarmer



Using Paul's pen, God cuts things up perfectly for us here in Ephesians 5. Paul's language neatly divides the Word into bites we can chew. Each connected part of the thought section contains a negative injunction, a positive command, and an adverbial phrase that explains the impetus behind the previous commands. [WB notes]

Each triad: **neg. injunction**/**pos. command**/**adv. phrase** explains

15-16 **neg.** Walk not as unwise /

pos. Be careful & make the most of time /

adv. For the days are evil

17 **neg.** Do not be foolish /

pos. Become wise /

adv. For understanding God's will

18-21 **neg.** Do not get drunk /

pos. Be filled with (get stuffed full by) the Spirit /

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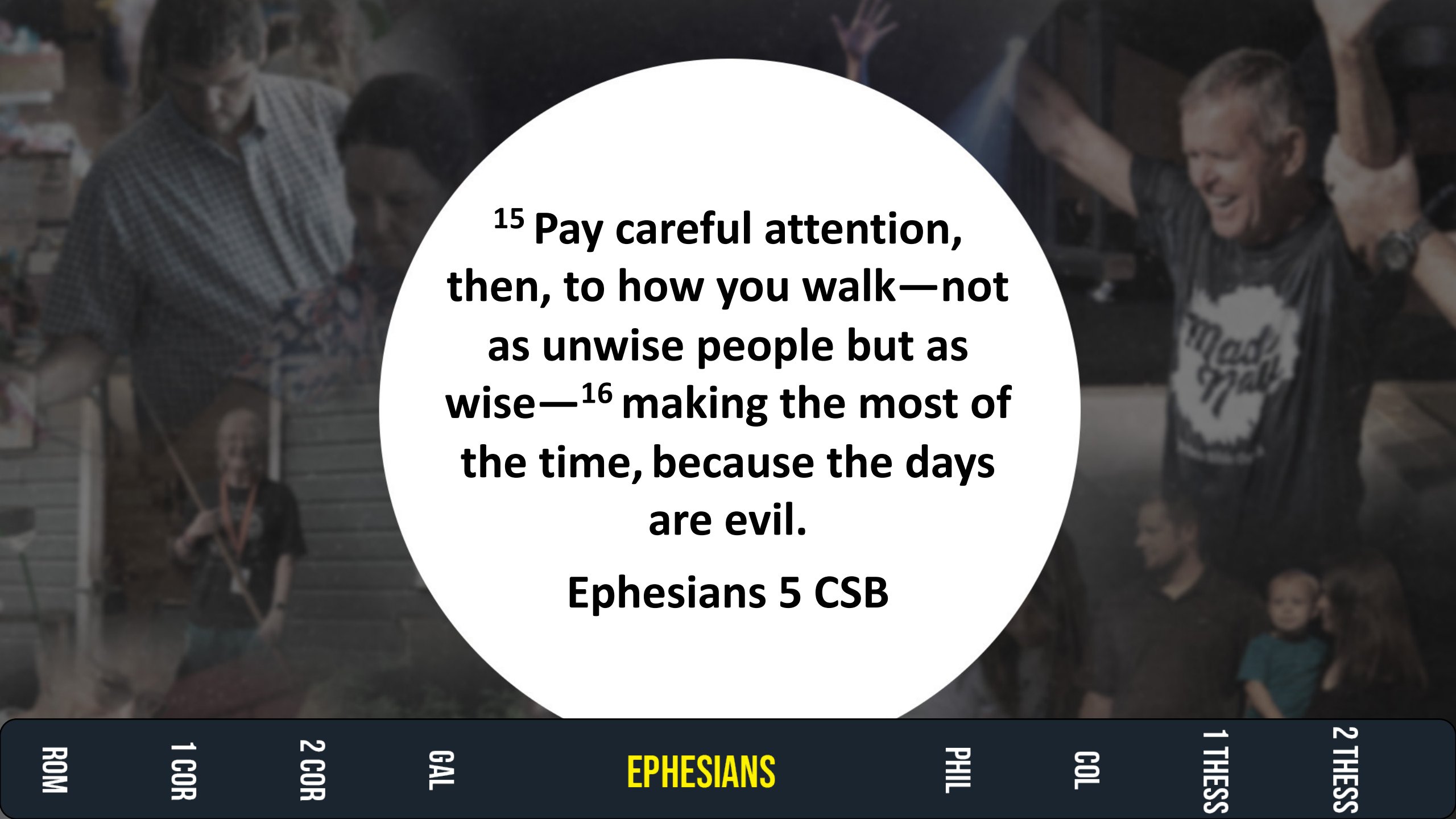
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Results shown in five participles:

speaking, singing, making music, giving thanks, and submitting.



¹⁵ Pay careful attention, then, to how you walk—not as unwise people but as wise—¹⁶ making the most of the time, because the days are evil.

Ephesians 5 CSB

ROM

1 COR

2 COR

GAL

EPHESIANS

PHIL

COL

1 THESS

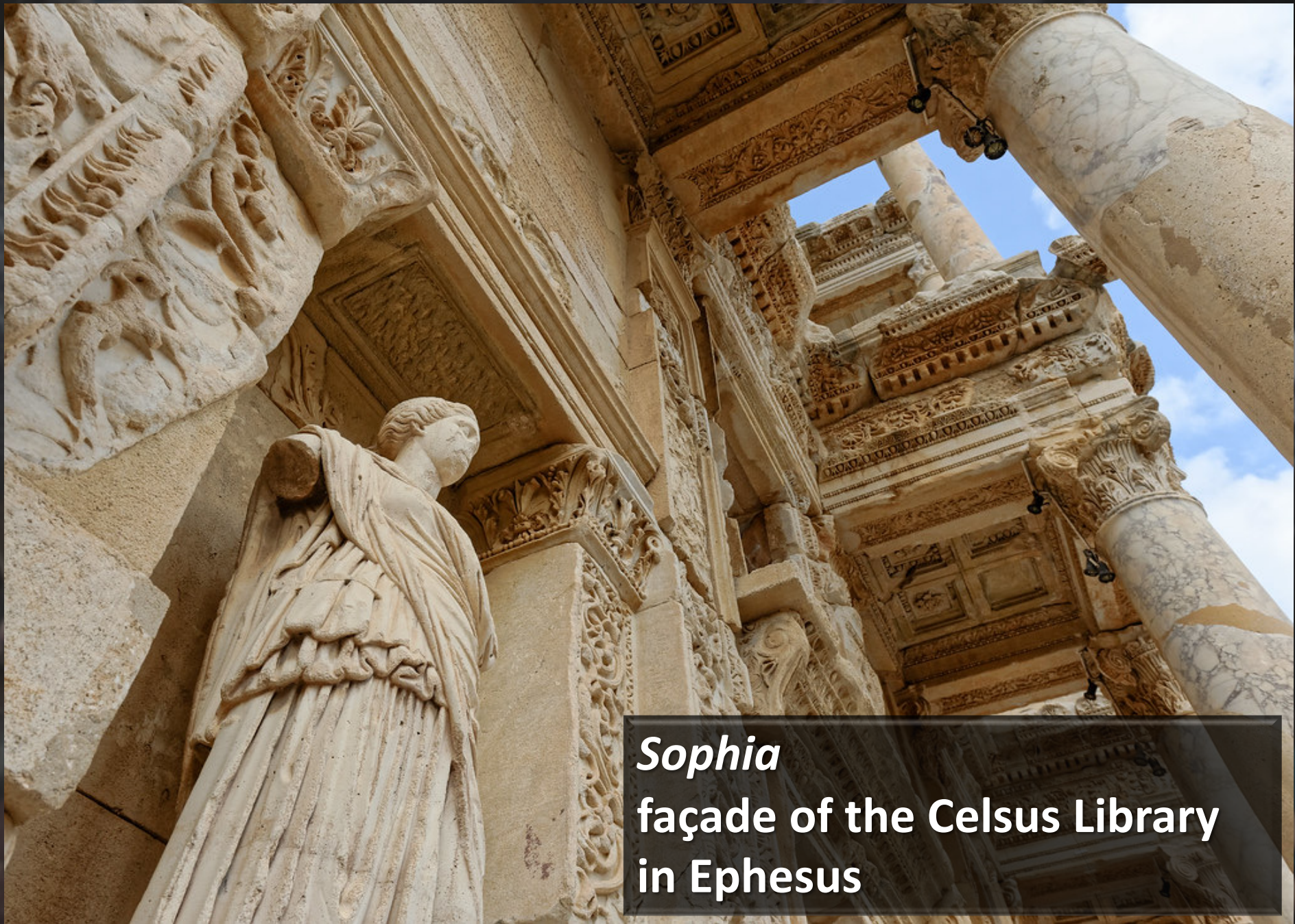
2 THESS

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Ephesians 5 CSB

Euphemism for “live”

Greek: ἄσοφοι asophoi = prefix “a” which means without + sophia – an important word for wisdom, taken from the name of the Greek goddess for wisdom



Sophia
façade of the Celsus Library
in Ephesus

courtesy Eric Felton

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Euphemism for “live”

Greek: ἄσοφοι asophoi = a (without) + sophia (wisdom)

Who cares?
It'll be fun!

Everybody
cheats.

Don't be so
holy!

If it feels
good, do it!

You are your
own master.

¹⁵ Pay careful attention, then, to how you walk—not as unwise people but as wise—¹⁶ making the most of the time, because the days are evil.

Ephesians 5 CSB

Paying careful attention doesn't mean being afraid! Being careful means being positively engaged in making the most of what is best to do.



Story Time



Tomorrow

Toad woke up.

“Drat!” he said.

“This house is a mess.

I have so much work to do.”

Frog looked through the window.

“Toad, you are right,”
said Frog. “It is a mess.”

Toad pulled the covers
over his head.



“I will do it tomorrow,”
said Toad.

“Today I will take life easy.”



Frog came into the house.

“Toad,” said Frog,

“your pants and jacket
are lying on the floor.”

“Tomorrow,” said Toad
from under the covers.

“Your kitchen sink
is filled with dirty dishes,”
said Frog.



“Tomorrow,” said Toad.

“There is dust on your chairs.”

“Tomorrow,” said Toad.

“Your windows need scrubbing,”
said Frog.

“Your plants need watering.”

“Tomorrow!” cried Toad.

“I will do it all tomorrow!”



Toad sat on the edge
of his bed.

“Blah,” said Toad.

“I feel down in the dumps.”

“Why?” asked Frog.

“I am thinking
about tomorrow,”
said Toad.

“I am thinking about
all of the many things
that I will have to do.”

“Yes,” said Frog,

“tomorrow will be
a very hard day for you.”

“But Frog,” said Toad,
“if I pick up my pants
and jacket right now,
then I will not have to
pick them up tomorrow, will I?”

“No,” said Frog.

“You will not have to.”

Toad picked up his clothes.

He put them in the closet.



“Frog,” said Toad,
“if I wash my dishes right now,
then I will not have to
wash them tomorrow, will I?”

“No,” said Frog.

“You will not have to.”



Toad washed and dried his dishes.

He put them in the cupboard.



“Frog,” said Toad,
“if I dust my chairs
and scrub my windows
and water my plants right now,
then I will not have to
do it tomorrow, will I?”
“No,” said Frog. “You will not
have to do any of it.”

Toad dusted
his chairs.



He scrubbed
his windows.



He watered
his plants.



“There,”
said Toad.
“Now I feel better.
I am not
in the dumps anymore.”
“Why?” asked Frog.
“Because I have done
all that work,” said Toad.



¹⁵ Pay careful attention, then, to how you walk—not as unwise people but as wise—¹⁶ making the most of the time, because the days are evil.

Ephesians 5 CSB

Toad feels relieved he has made the most use of his time, so he need not fear tomorrow. This is the result of verse 16 lived out.

– Lacyn Ward



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adv. For reverence of Christ

32 Of the sons of Issachar, men who understood the times, with knowledge of what Israel should do, their chiefs *were* two hundred; and all their kinsmen *were* at their command.

1 Chronicles 12 NASB



**As I was walking down the street one day
A man came up to me and asked me
What the time was that was on my watch
And I said
Does anybody really know what time it is?
Does anybody really care?
If so, I can't imagine why
We've all got time enough to cry
– Robert Lamm
“Does Anybody Really Know What Time It Is?”**



The music switches time signatures so rapidly that only someone who knows what the time is can make sense of it. Before the first trumpet solo, the time moves from: 4/4 to 7/8 to 9/8 to 4/4 to 7/8 to 4/4 to 5/8 (for 6 bars) to 6/8 for one bar...and then settles into 4/4.

The logo for The Chicago Transit Authority, featuring the words "The Chicago Transit Authority" in a stylized, orange, cursive font with a yellow outline, set against a light blue background with a yellow border.

*The Chicago
Transit
Authority*

A group of people, including men, women, and children, are gathered outdoors. Some are wearing dark t-shirts with a logo. A large white circle is overlaid in the center of the image, containing text. The background is slightly blurred.

Please place video here
<https://www.youtube.com/watch?v=9FzCWLOHUes> first
:45

16 making the most of the time, because the days are evil.

Christian, the world needs us to know the times and make beautiful music through all the changes.

17 So don't be foolish, but understand what the Lord's will is.

Ephesians 5 CSB

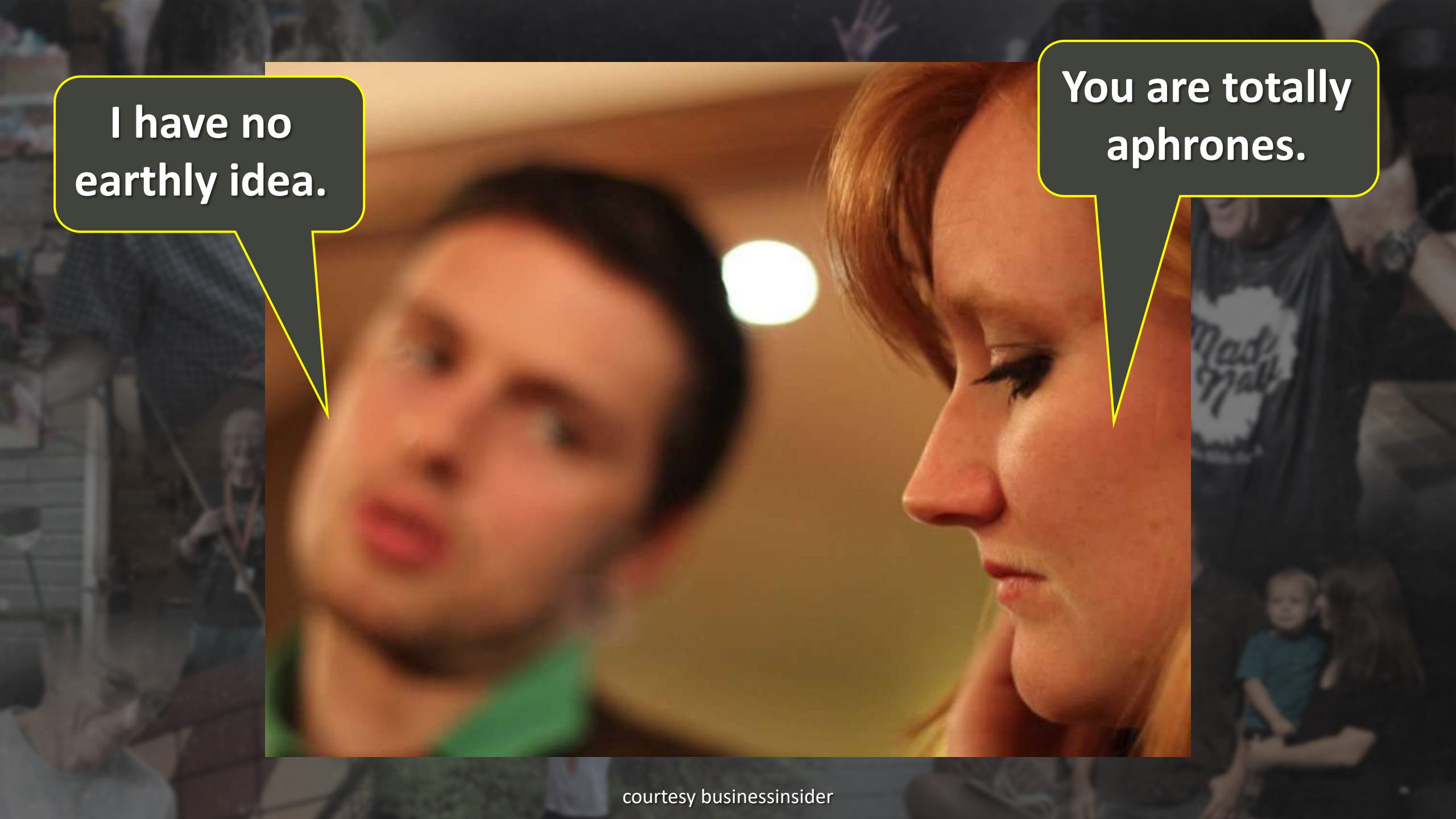
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Ephesians 5 CSB**



Greek: ἄφρονες aphones = someone without a mind; a (without) + phrones – an archaic Greek term for mind or understanding



courtesy snacky



**I have no
earthly idea.**

**You are totally
aphrones.**

**"GOING LOOK SOMETHING UP
REAL QUICK ON THE INTERNET...."**



**NOT SURE WHEN
I'LL SEE YOU AGAIN."**

imgflip.com

Mindlessness – existing and moving through your life without conscious awareness of yourself or of what is going on around you – happens to us all. We all go into autopilot at one time or another and it’s not always a terrible thing. But spending too much time mentally checked out from the here and now may cause you to miss out on new opportunities as well as on the wonderful moments of simple joy in everyday life.

– Nathalie Boutros, “Mindlessness”



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Ephesians 5 CSB

42 Jesus called them over and said to them, “You know that those who are regarded as rulers of the Gentiles lord it over them, and those in high positions act as tyrants over them. 43 But it is not so among you. On the contrary, whoever wants to become great among you will be your servant, 44 and whoever wants to be first among you will be a slave to all. 45 For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”

Mark 10 CSB

**If you want a fail-safe way to be successful, then don't worry about your own success. Dedicate yourself to making *those around you* successful...The notion that climbing the career ladder requires competing against, rather than supporting, colleagues is perhaps the most pervasive misconception in the workplace today. It's also dangerous – stifling productivity and spawning behavior inconsistent with the core values of ethics and integrity. – James Citrin,
*5 Patterns of an Extraordinary Career***



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⁴³ But it is not so among you. On the contrary, whoever wants to become great among you will be your servant, ⁴⁴ and whoever wants to be first among you will be a slave to all. ⁴⁵ For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many. – Jesus, *Mark 10*

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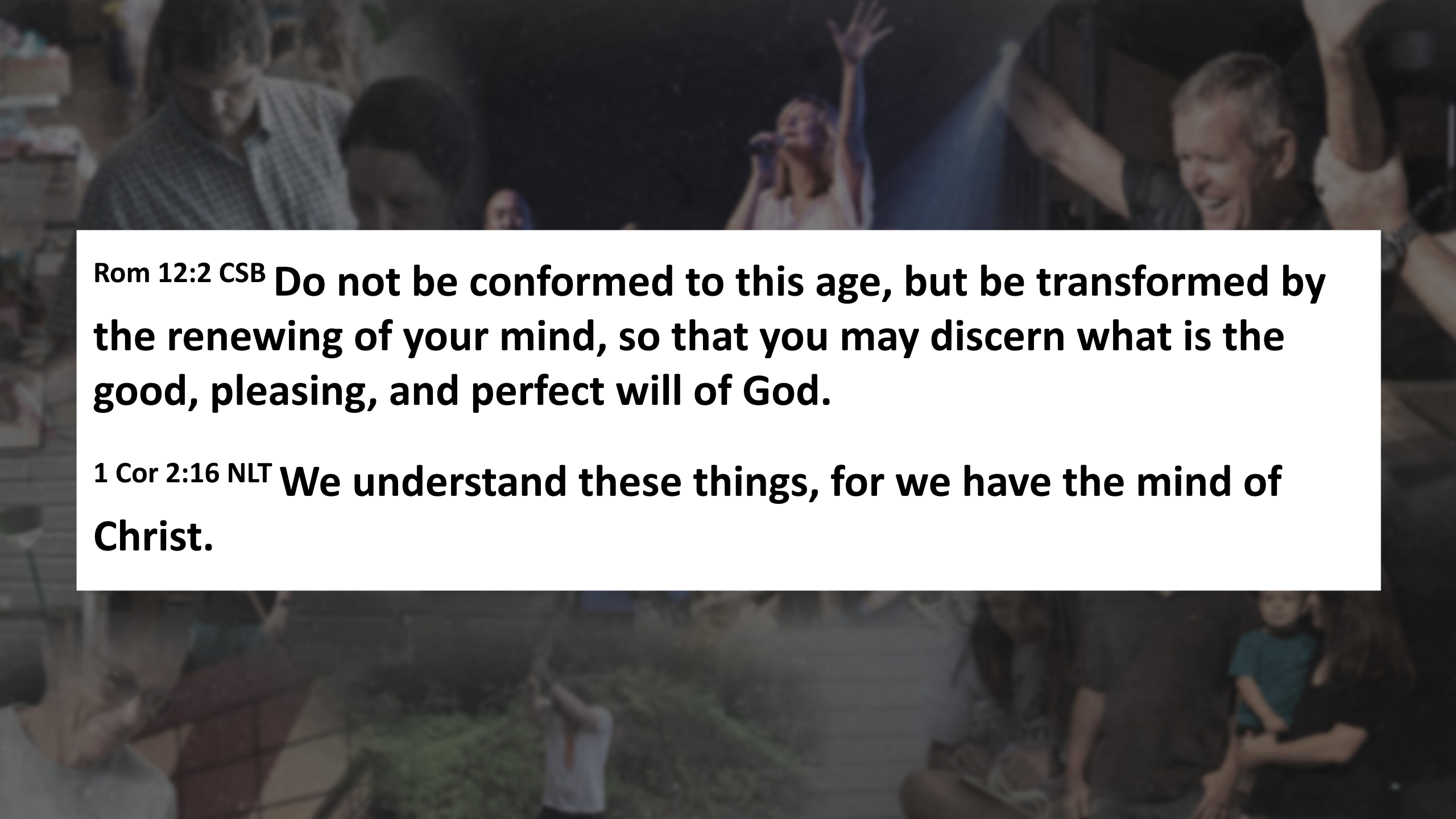
Please place video here

<https://www.youtube.com/watch?v=ZmivKyEY1Dk>

A group of people, including men, women, and children, are gathered in what appears to be a church or community setting. In the foreground, a man is wearing a dark t-shirt with the word "Mad" printed on it. He has his arms raised in a celebratory gesture. Other people are visible in the background, some looking towards the camera and others engaged in conversation. The overall atmosphere is one of joy and community.

**¹⁷ So don't be foolish, but
understand what the
Lord's will is.**

Ephesians 5 CSB



Rom 12:2 CSB Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.

1 Cor 2:16 NLT We understand these things, for we have the mind of Christ.

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¹⁸ And don't get drunk with wine, which leads to reckless living, but be filled by the Spirit: ¹⁹ speaking to one another in psalms, hymns, and spiritual songs, singing and making music with your heart to the Lord, ²⁰ giving thanks always for everything to God the Father in the name of our Lord Jesus Christ, ²¹ submitting to one another in the fear of Christ.

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TOM BRADY'S DAILY DIET



6:00 am



500ml glass of water infused with electrolytes



Breakfast



Avocado and eggs



8:00 am



Electrolyte-infused water, followed by a post-workout protein shake



Lunch



Salads with nuts and fish

Snacks



Hummus, guacamole, or mixed nuts



Dinner



Roasted vegetables and chicken



Game day



Smoothie and an almond butter and jelly sandwich

Banned food



Coffee



White sugar



White flour



Tomatos



Mushrooms



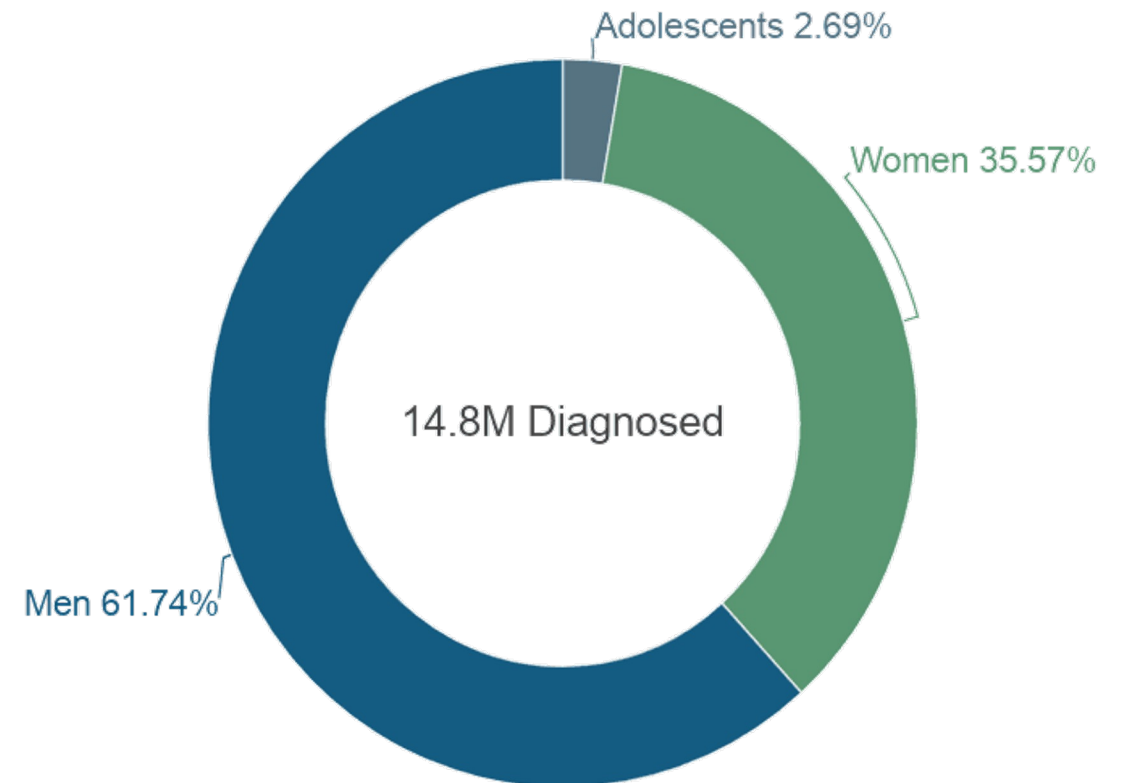
courtesy estopinan



courtesy 1funny

- In April 2020, YoY alcohol sales jumped 234%.
- 10.2% of Americans aged 12 years and older had Alcohol Use Disorder in 2020.
- Every day, 385 Americans die as a result of excessive alcohol use.
- In 2023, a record 28% of Christians ages 17-30 self-reported being tempted to abuse alcohol.

Alcohol Use Disorder in the United States



FRISCO =



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Ephesians 5 CSB

Greek: πληρόω pleroo = stuffed or crammed full; not a quantitative issue of having more but a qualitative measure of being controlled by; grammatically, a regular occurrence



We consciously partner with God such that we are stuffed by Him; i.e., we are under the Triune God's control just like a drunk person is full of a controlling narcotic influence. And it is Trinitarian:

- 3:19 Paul prays we'll be filled to the fullness of God the Father.**
- 4:10 displays Christ, God the Son, filling us.**
- 5:18 calls for God the Spirit filling.**

18 And don't get drunk with wine, which leads to reckless living, but be filled by the Spirit...²¹ submitting to one another in the fear of Christ. CSB



²¹ Be subject to one another out of reverence for Christ. NRSV

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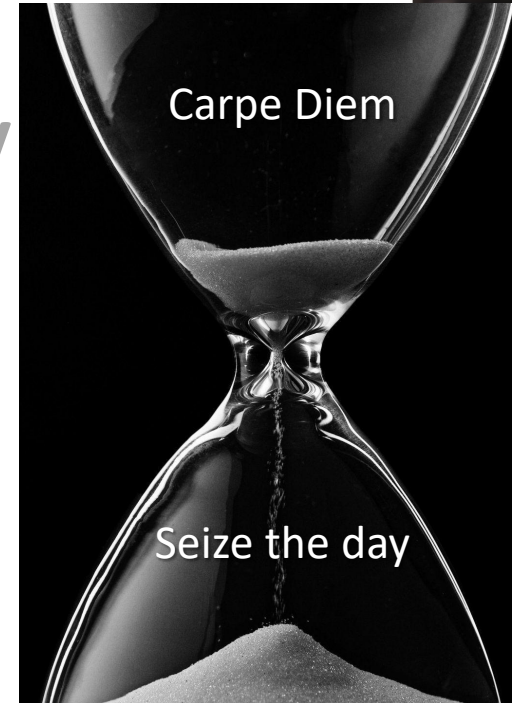
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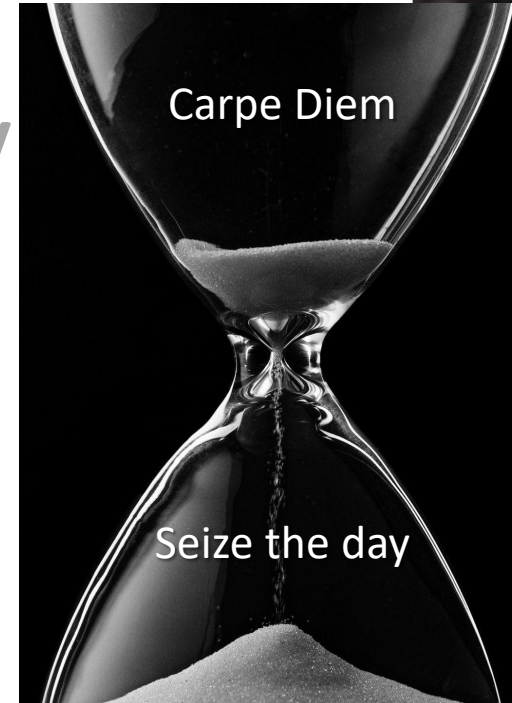
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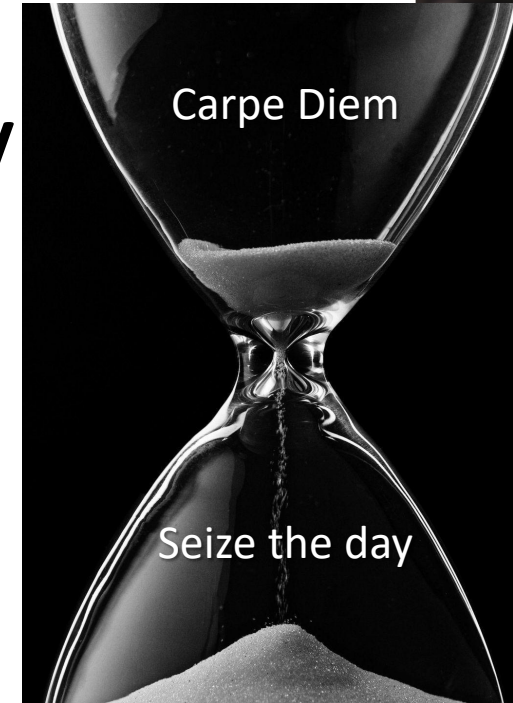
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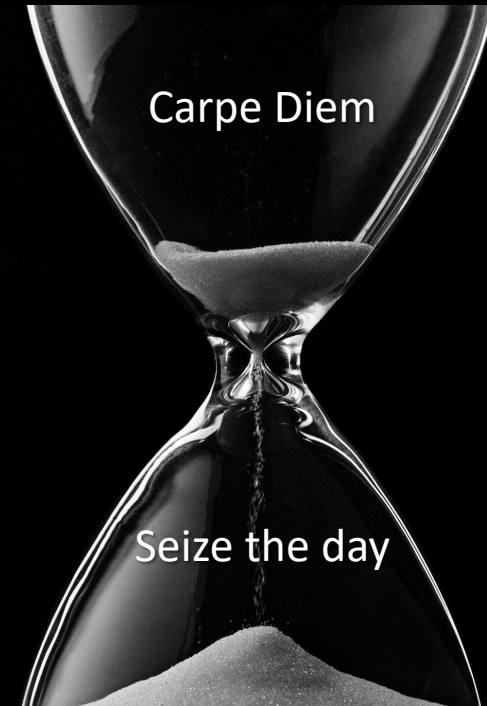
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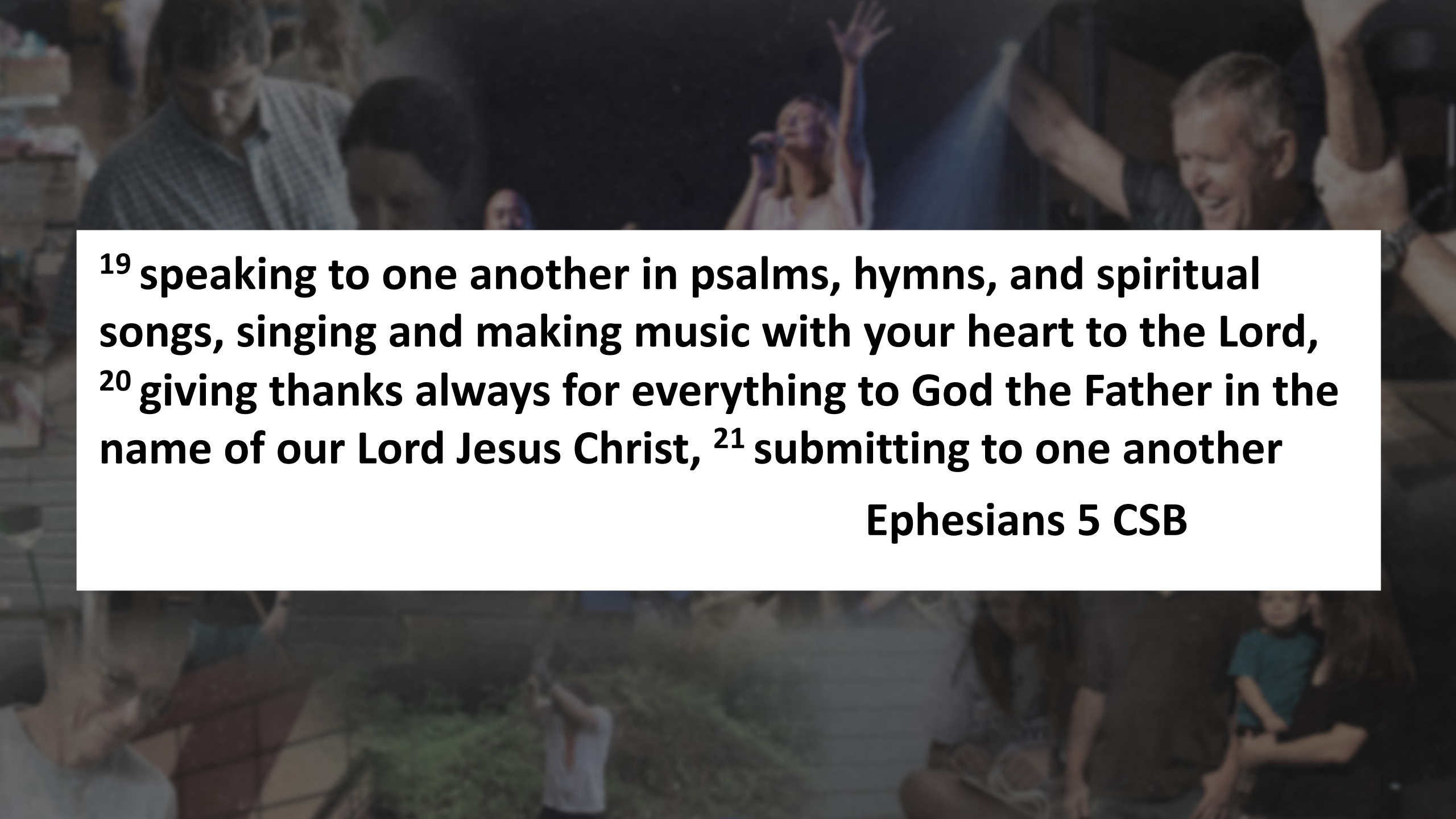
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Results shown in five participles:

speaking, singing, making music, giving thanks, submitting

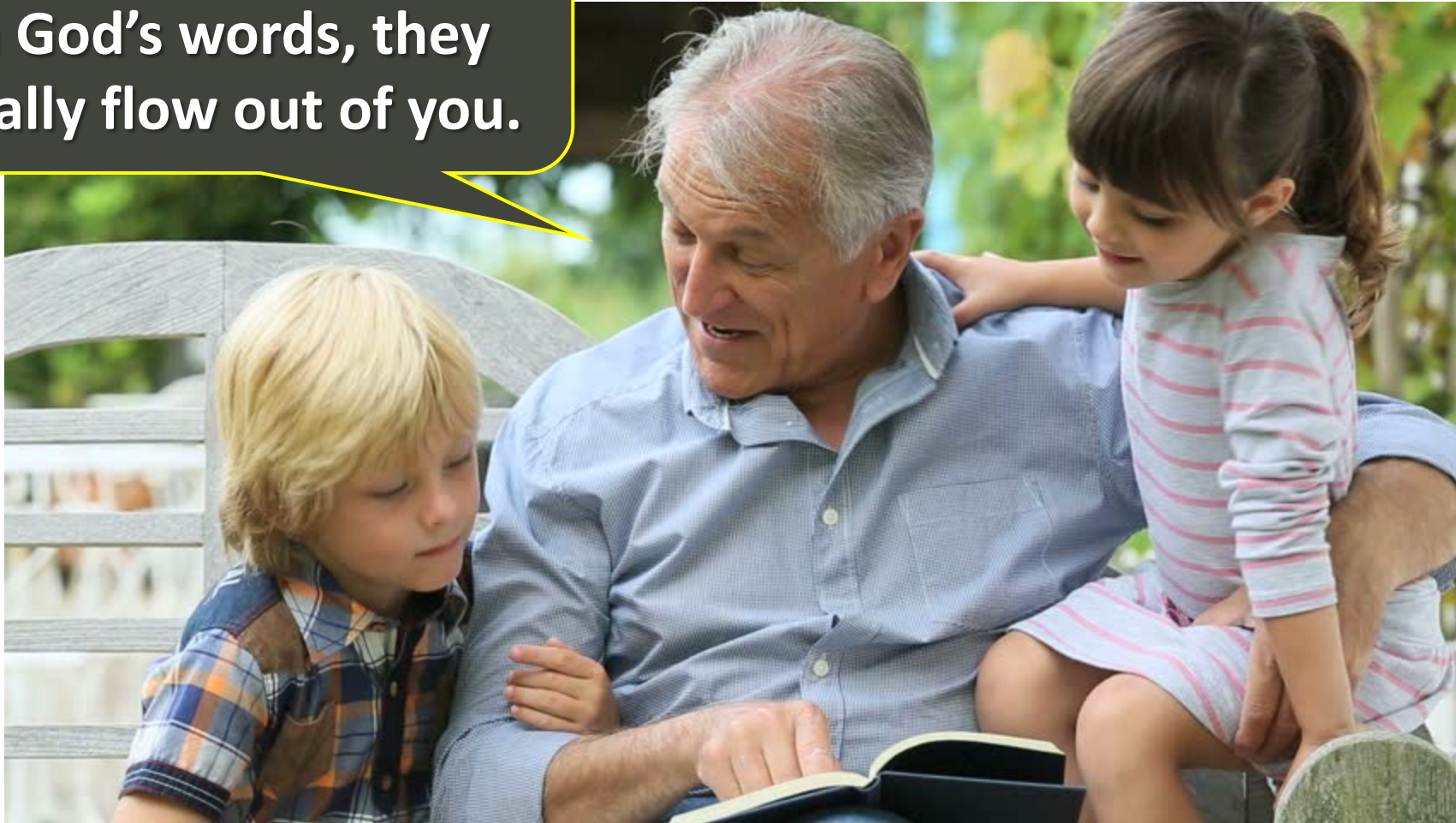




¹⁹ speaking to one another in psalms, hymns, and spiritual songs, singing and making music with your heart to the Lord, ²⁰ giving thanks always for everything to God the Father in the name of our Lord Jesus Christ, ²¹ submitting to one another

Ephesians 5 CSB

**When you get stuffed
with God's words, they
naturally flow out of you.**





courtesy Sight

19 speaking to one another in psalms, hymns, and spiritual songs, singing

Ephesians 5 CSB



19 speaking to one another in psalms, hymns, and spiritual songs, singing

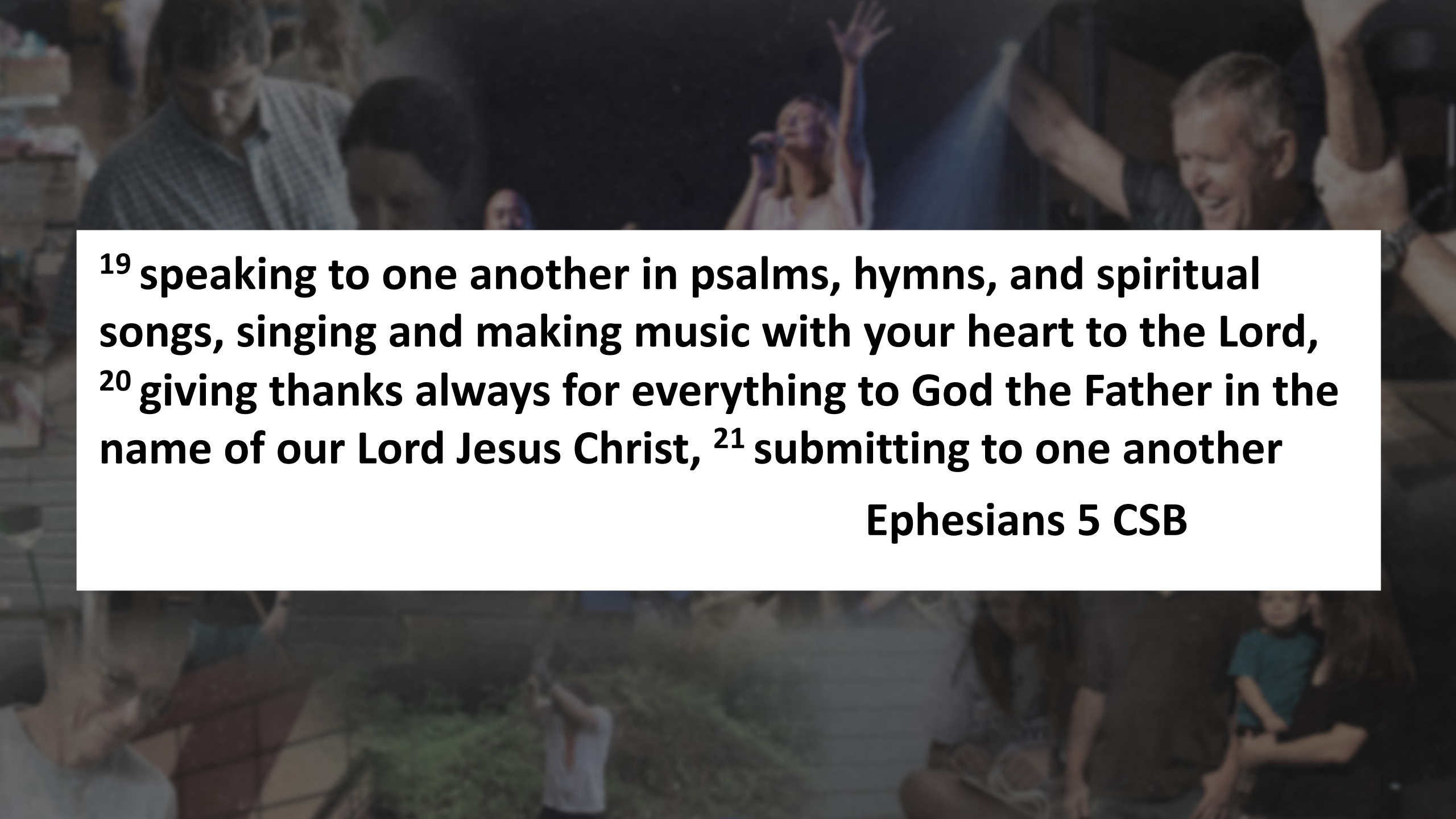
Ephesians 5 CSB

This is not a suggestion. It's a result. Therefore, if you aren't drawn to sing as output then you need to check your input. If you aren't singing, it might be because you aren't being stuffed by the Spirit. Instead, you may be full of stuff we find in the cattle fields next door.



19 speaking to one another in psalms, hymns, and spiritual songs, singing and making music with your heart to the Lord

Ephesians 5 CSB

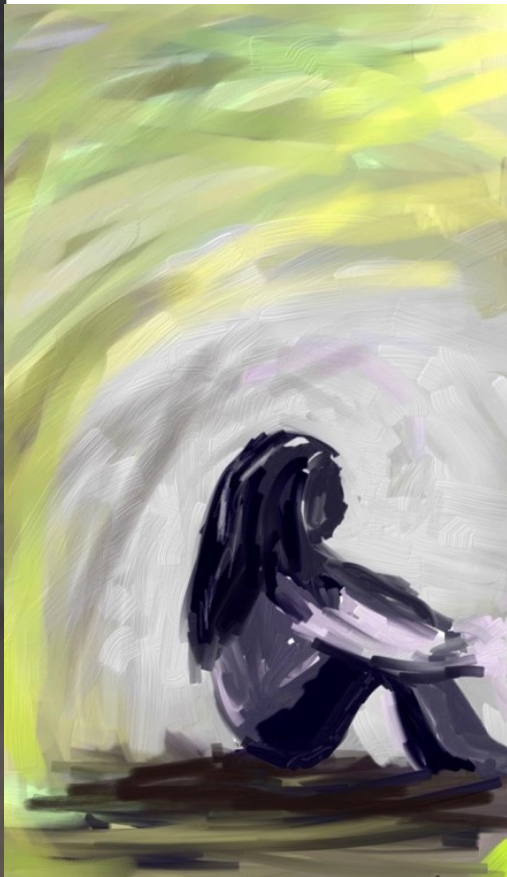


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Ephesians 5 CSB

**doesn't submit to the Spirit
because too busy moaning &
getting drunk on various**

**narcotics
(including
self-pity)**



Self-pity
Michael Jorgens
2014

**wisely making the most of
the time by lamenting with
God & getting stuffed with
the Spirit**



Healing the soul
Julia Vasquez
2018

19 speaking to one another in psalms, hymns, and spiritual songs, singing and making music with your heart to the Lord, 20 giving thanks always for everything to God the Father in the name of our Lord Jesus Christ, 21 submitting to one another

Ephesians 5 CSB

Greek: ὑποτάσσω hypotasso = willful acquiescence

It may be said that this verb is peculiar to the language of the NT, and that “submission,” which should not be confused with obedience, is a major virtue in the Christian...writings. – Ceslas Spicq, translated by James D. Ernest, *Theological Lexicon of the New Testament*

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Ephesians 5 CSB

Greek: ὑποτάσσω hypotasso = willful acquiescence; always involves:

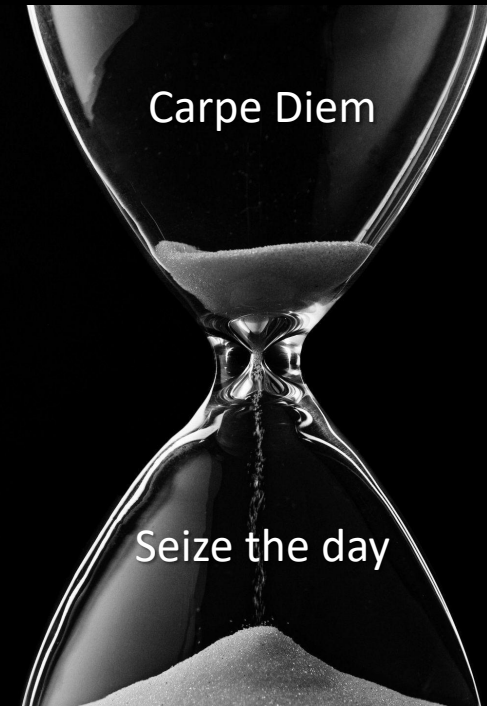
- **Reverence**
- **Self-offering**
- **Humility**

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Results shown in five participles:

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how faith is...

→ forgive one another...

LIVED

...one body, one Spirit, one God

walk in love...

EPHESIANS