

EPHESIANS

Do Not Be Drunk . . . But Be Filled with the Holy Spirit

Main Scripture: Ephesians 5:18

Do not get drunk.

(Rom 13:13; Gal 5:19-21; Ex 29:40; Ps 104:15; 1 Tim 5:23; Lk 7:34; Titus 1:7; 1 Cor 10:23, 6:12; 1 Cor 14; Rom 14)

Be filled with the Holy Spirit.

(1 Cor 14:32; Act 1:4, 5, 8, 12)

How to be Filled with the Holy Spirit

1. **Surrender** (Rom 12:1-2, 8:12-14)
2. **Ask** (Lk 11:9-10, 13)
3. **Be obedient to God** (Act 5:32, Rom 8:12-13)
4. **Receive by faith** (Rom 8:14, 28-29)

Prayer for the Filling of the Spirit

O Lord, I affirm that I am Your child and have given my life to You. I confess all my known sins

and ask you to cleanse me of them. I die to self and choose to walk in full obedience to Your Word. I now surrender my hopes, dreams, ambitions and habits

and all of who I am to Your service. I promise to use all gifts You give to further Your Kingdom.

By faith, I receive the filling of the Holy Spirit. I accept and appropriate the endowment of power. I invite you, Holy Spirit, to fill, control and guide my life and to produce Your fruit in me.

Heartland Kids Weekend Bulletin

April 17-18, 2021

Ephesians 5:18

Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.



Don't be drunk

- Do you know an adult who drinks alcohol? Have you ever seen them act differently because they have had too much alcohol? That is called being drunk. When someone has too much alcohol it affects them in many ways. (See the Family Challenge section about some topics on drinking to discuss together.)
- The Bible doesn't forbid alcohol completely. Jesus even turned water into wine at a wedding! What does that mean for Christians? Is drinking allowed, or isn't it?
- Drinking is **not** allowed before you are an adult. Not only is that illegal, but your brain is still growing and drinking alcohol can do serious damage.
- However, when you are an adult, ask yourself and the Holy Spirit if drinking alcohol (but not being drunk) is okay for you. Talk to your family to see if addictive behaviours run in your family.

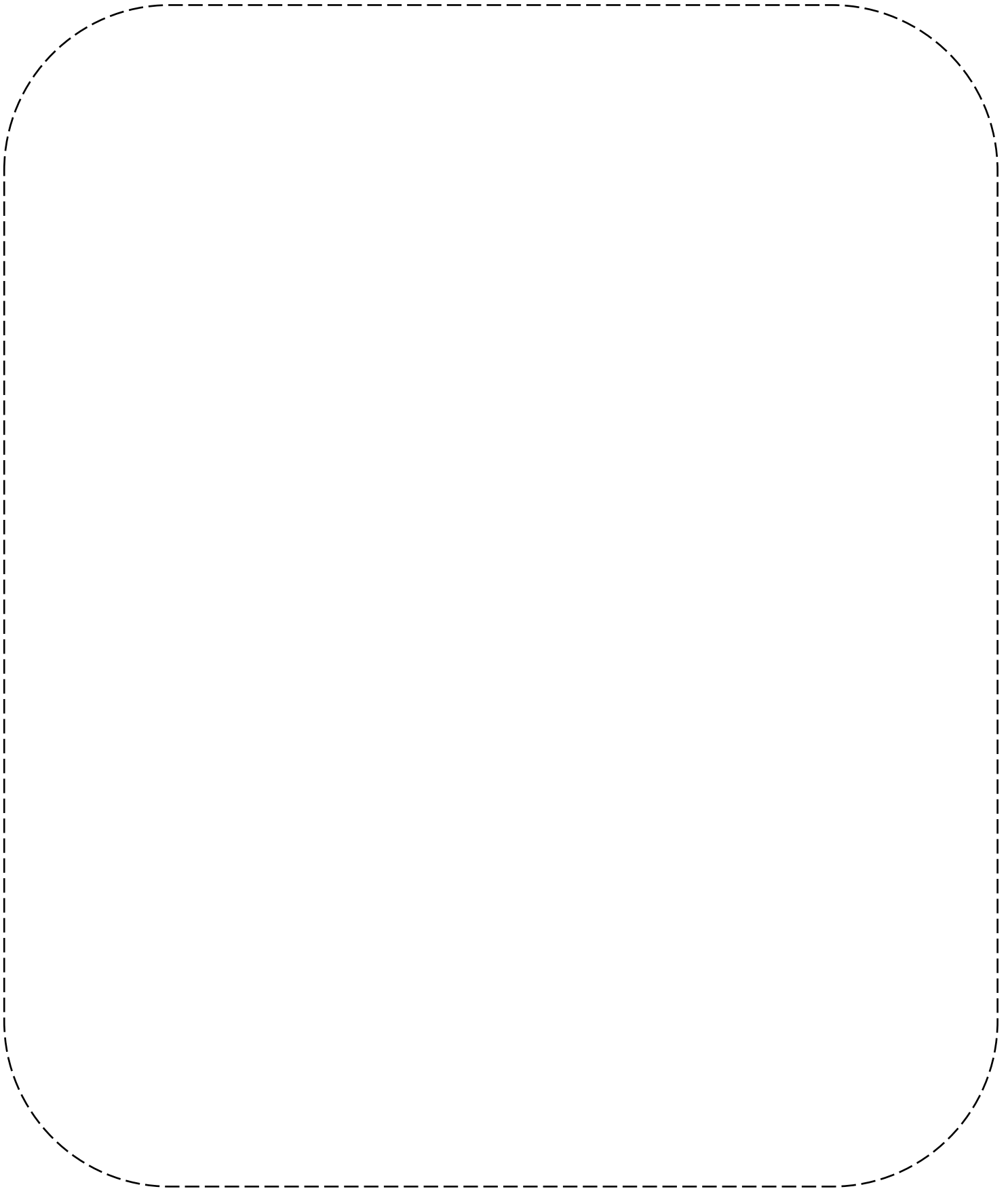
Be filled with the Spirit

- Instead of being drunk on alcohol, the Bible commands us to be filled with the Holy Spirit. What does that mean?
- When someone becomes a Christian, they are filled with the Holy Spirit. This is one way we are joined with God's family. The Holy Spirit helps us to become the best person God designed us to be.
- So, how do we become filled with the Holy Spirit? We ask. We can't make ourselves be filled with the Holy Spirit; only God can do that, but He **wants** to! When we repent of our sins and ask the Holy Spirit to live with us, God says yes!

Questions to ask as a family.

1. How has drinking affected our family? In a positive or negative way?
2. Have I asked to be filled the Holy Spirit today? Why is that important?

Draw a picture of what you learned today.



Family Challenge

Today, you have an opportunity to have a conversation as a family about drinking. This might be hard to do, depending on the age of your kids, but openness and honesty about your relationship with alcohol will help them make wise choices in the future.

Pastor Al outlined some of the dangers of being drunk in his sermon. Look through the points below and discuss each repercussion of being drunk together.

1. Physically – Alcohol slows down your brain and can cause long-term damage to your body. People’s brains, throats and livers can rot from alcohol!
2. Relationally – If you’ve ever seen someone who drinks too much alcohol, you might know they are not someone you want to be around. It hurts the people around them to see their behaviour when drunk.
3. Financially – Drinking alcohol costs money! It is an expensive problem to have. Sometimes people miss work or must pay a ticket because of their drinking.
4. Spiritually – Not only does drinking alcohol take away time with God, but it can also leave people vulnerable spiritually. Every story in the Bible about people getting drunk is all about sin and disaster!

Next, talk about your family’s views on drinking (without getting drunk). Is this something the Holy Spirit has allowed or not allowed for the adults in your family? Why or why not?

Phew! That can be a tough conversation! When you’re finished, take some time together to have fun and decompress. Relax with a walk and some fresh air or enjoy something quiet indoors together like a family movie or game night.

Fill Up My Cup

Like Pastor Al talked about, to avoid making poor decisions we need to be filled with the Holy Spirit. Today you can try a fun science experiment to help us see how the Holy Spirit fills us up!

Materials

1. Rimmed plate or shallow bowl
2. Water
3. Small candle
4. Matches or lighter
5. Mason jar or clear glass cup
6. Optional: food colouring and Playdough

Instructions

1. Place the candle in the middle of the plate/bowl. (Use Playdough to help your candle stand up straight if need be.)
2. Pour water into the plate/bowl until it's about 1 cm high. (You can add food colouring to the water to add some fun!)
3. Light the candle – **carefully**.
4. Turn the mason jar/glass cup face down and put it over the candle.
5. Watch what happens!

Did you expect the water to get pulled into the glass? Pretty cool! This is just like how the Holy Spirit fills us up.

We start by praying for a filling of the Holy Spirit, which is like how we had to light the candle first. Without the candle, the water can't get pulled into the jar. Without our prayers, we can't be filled with the Holy Spirit.

Then just like how when we lift the jar after the candle has been extinguished and the water pours out, when we are filled with the Holy Spirit we overflow with love for others!

Have fun playing with different amounts of water and food colouring. Tag us in your experiments on social media.

“Do Not Be Drunk ... But Be Filled with the Holy Spirit”



April 17 & 18, 2021

The Small Group Sermon Study

Ephesians 5:18

Opening Prayer: Father, in Jesus’ name, through the Holy Spirit, come and speak to us, teach us and transform us as we read, discuss and reflect on Your word.

1. Big Picture: What did you like or appreciate about this message? What challenged you in this message?
2. Read the key passage(s) of Scripture from the message and review the points from the sermon notes, then answer the following questions:
 - a. What does this tell us about God (Father, Jesus, Holy Spirit)? What do we learn about how He feels, what actions He takes, what He wants for us, etc.?
 - b. Pastor Al referenced some common sense and biblical guidelines to consider when it comes to partaking in potentially intoxicating substances (1 Corinthians 10:23, Romans 14, 1 Corinthians 6:12). In what other ways might these guidelines also apply to our lives?
 - c. How does our participation in some of these activities affect the message we desire to proclaim to an unbelieving world? Are there pros and cons, or just cons to engaging in some of these things?
 - d. What does “be filled with the Spirit” look like and mean for our small group?
3. What don’t you understand or what other questions does this passage make you ponder?

Silently re-read the key Scripture(s) from the message, asking the Holy Spirit to speak to you.

4. What emotions does this passage or the key theme stir up in you?
5. What do you need to surrender to Jesus? How will you respond to what God is showing you?

Prayer: Spend time praying for one another (that we would grow in our love for God and others, that we would be transformed by what God has revealed, that we would be alert and obedient to God, etc.).