

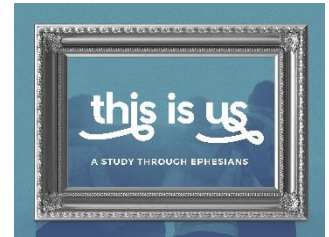
Main Street Church - Life Group Guide

Series: *THIS IS US – A Study Through Ephesians*

Message: *Part 8 – Filled Up. Ephesians 5:15-20*

Speaker: Shawn Vandop – Lead Pastor

April 5, 2020.



Connect (15-20min) – share refreshments.-

***We encourage you to continue meeting & praying together as a group online during the COVID-19 season.**

1. THIS IS US

a. Share 1 Highlight & 1 Challenge that you experienced this past week.

2. PALM SUNDAY & THE TRIUMPHANT ENTRY

a. Read [John 12:1-19](#) and Pray together. Use short sentence prayers, allowing everyone room to participate.

b. Praise The KING: Praise JESUS for Who He Is, What He has done and How He has provided.

c. Pray for Others: Pray for those affected by the Virus (physically, relationally, financially...) & frontline workers...

Sunday Message Discussion (35-40min)

1. FOCUSED, FIT & FILLED

Our Mental Health – Physical Health – Spiritual Health

a. Focused – Mental Health

i. On a scale of 1-10 (10 being Amazing...) – How would you rate your mental health this week?

ii. What is 1 way you are *staying mentally focused* during this challenging time? What helps you stay focused?

b. Fit – Physical Health

i. On a scale of 1-10 – How would you rate your physical health this week?

ii. What is 1 way you are *staying physically fit* (or active), or could improve your physical activity this week?

c. Filled – Spiritual Health

i. On a scale of 1-10 – How would you rate your spiritual health this week?

ii. What is 1 way you are *staying spiritually filled* this week? (Reading/Study, Prayer, Service...)

d. PRAY – you may want to take a quick break to pray for one another based on what has been shared here.

2. READ [EPHESIANS 5:15-20](#)

Your Initial Response:

a. What is one initial thing we can learn about God through this passage?

b. What is one initial thing we can learn about the church (the people) from this passage?

c. Do have any other initial questions or feedback about this passage?

3. LIVING WISELY IN THE WORLD

***Consider [5:15-17](#). ¹⁵So be careful how you live. Don't live like fools, but like those who are wise. ¹⁶Make the most of every opportunity in these evil days. ¹⁷Don't act thoughtlessly, but understand what the Lord wants you to do.**

a. Leading up to v.15 -- Paul gives some examples of *foolish vs wise living*. Read [Ephesians 5:1-14](#).

b. Have you ever thought of the challenges of life in "*these evil days*" as *an opportunity*? How so?

c. How do you measure or discern what is foolish and what is wise? Who or what do you go to gain understanding?

d. What are 1-2 unique *opportunities* in your current *days* (situation), and how would the Lord want you to engage them with wisdom? (practically, relationally, spiritually...)

4. BE FILLED WITH THE HOLY SPIRIT

***Consider 5:18-20.** ¹⁸Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, ¹⁹singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. ²⁰And give thanks for everything to God the Father in the name of our Lord Jesus Christ.

a. WHO? WHAT? HOW?

***For a long time the Person and Work of the Holy Spirit has been:**

- i. *Ignored* – However the Holy Spirit is Biblical and a member of the Trinity (Father, Son & Holy Spirit)
- ii. *Misunderstood* – Holy Spirit is a Person, not an “it” (impersonal force).
- iii. *Resisted* – Some fear Holy Spirit, but He is a gentle Teacher, Counselor and Guide...

***Which of these responses to the Holy Spirit would you relate to the most at this point?**

b. Every Christian has the Holy Spirit (like a pilot light), but not every Christian is filled with the Spirit.

- i. Have you ever considered what it means to *be filled with the Holy Spirit*?
- ii. Is this a new or confusing concept for you?
- iii. What does this mean to be filled with the Holy Spirit, and how can we be...?
- iv. What are the benefits of being filled with the Holy Spirit?
- v. What questions do you have about being filled with the Holy Spirit?

c. Would you like to be *filled with the Holy Spirit* today? In a moment we will pray for one another...

Application & Prayer (15min)

1. Recap our **2020 PRAYER GOALS**: “*Lord Help Me...*”

**To develop a consistent daily devotional time with You.*

**Do one thing I've never done before in order to know and experience You more.*

**Seek out opportunities to Pray for and with the People around me.*

2. April Focus:

>> Engage a reading/devotional plan for April and set a time and place with Jesus each day.

>> Check out the three ALPHA Film Series videos on the Holy Spirit (click the links below):

> [Who Is The Holy Spirit?](#) > [What Does The Holy Spirit Do?](#) > [How Can I Be Filled With The Holy Spirit?](#)

>> Reach out to a friend, family member or neighbor (by phone...) to encourage and pray for them each day.

4. PRAY for One Another:

***Invite Holy Spirit to fill you and pray for one another.**

Resources

***Scripture:** http://www.openbible.info/topics/holy_spirit

***The Bible Project**

– Overview of Ephesians: <https://www.youtube.com/watch?v=Y71r-T98E2Q>

– Holy Spirit: <https://www.youtube.com/watch?v=oNNZO9i1Gjc>

***ALPHA Film Series – Episodes on the Holy Spirit:** (Click the video links below. Each video is about 25min)

> [Who Is The Holy Spirit?](#) > [What Does The Holy Spirit Do?](#) > [How Can I Be Filled With The Holy Spirit?](#)

Announcements

***Our NEXT ONLINE LIFE GROUP MEETING:** DATE / TIME / LOCATION.

***Weekly Announcements Email**

Consider the [Weekly Announcement Email](#) from Main Street Church & sign-up to receive it by email each Thursday.