



“BE FILLED WITH THE SPIRIT!”

Ephesians Chapter 5:18-21

Introduction: In reviewing Ephesians chapter 5:1-17 we are told how to live or more literally how to “walk” as a Christian. In Ephesians 5:2 we are told to “walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.” In Ephesians 5:8 we are called to “walk as children of light” and in 5:15 we are told to “walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil.” As we walk through this world, we can find ourselves experiencing a spiritual dehydration, thus Paul calls all believers to “*be filled with the Spirit.*”

~ **There are four keys to being FILLED WITH THE SPIRIT:**

> **KEY #1** – Paul shares that true joy, satisfaction and fulfillment is not found in alcohol, “And do not be drunk with wine, in which is dissipation” (dissipation in Greek is *asotia* – in excess, meaning drunkenness). The dangers of drunkenness are abundantly recognized in the Bible, Proverbs 20:1 - *Wine is a mocker, strong drink is a brawler, and whoever is led astray by it is not wise.*

- Also, Proverbs 23:29-35 -

Who has woe?

Who has sorrow?

Who has contentions?

Who has complaints?

Who has wounds without cause?

Who has redness of eyes?

Those who linger long at the wine,

Those who go in search of mixed wine.

Do not look on the wine when it is red,

When it sparkles in the cup,

When it swirls around smoothly;

At the last it bites like a serpent,

And stings like a viper.

Your eyes will see strange things,

And your heart will utter perverse things.

Yes, you will be like one who lies down in the midst of the sea,

Or like one who lies at the top of the mast, saying:

"They have struck me, but I was not hurt;

They have beaten me, but I did not feel it.

When shall I awake, that I may seek another drink?"

- Wine often enslaved the heart (Hosea 4:11). The prophets accused Israel of being overcome with wine (Isaiah 28:1), of drinking wine by bowlfuls (Amos 6:6), and of wanting prophets who spoke of wine (Micah 2:11). Leaders were interested in drinking and were not concerned about the ruin of the country (Isaiah 5:11-12; 22:13).

- The list of those drunken with wine in the Bible begins with Noah and includes Lot, Nabal, and Ammon (Genesis 9:21; 1 Samuel 25:36-37; 2 Samuel 13:28).

- *Contrary to being filled with wine, which creates poor judgment, the lack of self control, belligerence, violence, addiction, and even death!*

Christians are commanded to “BE FILLED WITH THE HOLY SPIRIT” – The word “*FILLED*” in Greek is *pleroo* which speaks of “*to make full, to fill to the full*” in other words keep spiritually drinking and you will never dry up, dehydrate, and become spiritually weak.

Personal spiritual weakness makes us easy prey for our adversary the devil, who is like a roaring lion seeking whom he may devour! Spiritual weakness makes us unable to overcome the sinful currents of this world. Spiritual weakness makes us too frail to fight the temptations of the flesh, which causes us to reap its horrible consequences.

- **How are we filled and overflowing with the Spirit?**

- Turn to John 4:5-42 (Jesus is the well of living water!)

- John 7:37-39 - *On the last day, that great day of the feast, Jesus stood and cried out, saying, "If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water." But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.*

- Let us once again observe **the fruit of the Spirit in Galatians 5:22-23** - *But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.*

- **We discover that a Spirit filled Christian:**

(1) WILL WORSHIP GOD IN SPIRIT AND IN TRUTH!

(2) WILL DRINK THE LIVING WATER OF CHRIST AND SHARE THIS LIVING WATER WITH A THIRSTY WORLD!

(3) WILL PRODUCE THE FRUIT OF THE SPIRIT WHICH BENEFITS PERSONALLY, IN THE FAMILY, CHURCH, AND COMMUNITY!

> **KEY #2 – CHRISTIANS MUST BE DILIGENT TO MAINTAIN THE FULLNESS OF THE SPIRIT!**

- Verse 19 opens the flow of the Spirit for us to be filled and overflowing, observe two insightful dynamics:

(1) **SPEAK TO ONE ANOTHER** - this speaks of **FELLOWSHIP** (Hebrews 10:24-25 - *And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.*);

(2) **We are called to WORSHIP & PRAISE!** - Let us look at the beginnings of the church and how it was so powerful, turn to Acts 2:37-47

- Hebrews 13:15-16 - *Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.*

- **Let us observe the ingredients of the SPIRIT FILLED FELLOWSHIP AND WORSHIP:**

(1) **PSALMS** – Let us taste and drink from Psalm 1; 19; 100; 150!

(2) **HYMNS** – (Gk. – *humnos*) denotes "a song of praise addressed to God".

- **Amazing Grace Lyrics by Englishman John Newton**

T'was Grace that taught...

my heart to fear.

And Grace, my fears relieved.

How precious did that Grace appear...

the hour I first believed.

Through many dangers, toils and snares...

we have already come.

T'was Grace that brought us safe thus far...

and Grace will lead us home.

The Lord has promised good to me...

His word my hope secures.

He will my shield and portion be...

as long as life endures.

When we've been here ten thousand years...

bright shining as the sun.

We've no less days to sing God's praise...

then when we've first begun.

"Amazing Grace, how sweet the sound,

That saved a wretch like me....

I once was lost but now am found,

Was blind, but now, I see.

(3) **SPIRITUAL SONGS** – Songs that are spiritual, according to the Word of God, its truth and sound doctrine as compared to worldly or carnal songs.

The Star Spangled Banner Lyrics
By Francis Scott Key 1814



*Oh, say can you see by the dawn's early light
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars thru the perilous fight,
O'er the ramparts we watched were so gallantly streaming?
And the rocket's red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.
Oh, say does that star-spangled banner yet wave
O'er the land of the free and the home of the brave?*

*On the shore, dimly seen through the mists of the deep,
Where the foe's haughty host in dread silence reposes,
What is that which the breeze, o'er the towering steep,
As it fitfully blows, half conceals, half discloses?
Now it catches the gleam of the morning's first beam,
In full glory reflected now shines in the stream:
'Tis the star-spangled banner! Oh long may it wave
O'er the land of the free and the home of the brave!*

*And where is that band who so vauntingly swore
That the havoc of war and the battle's confusion,
A home and a country should leave us no more!
Their blood has washed out their foul footsteps' pollution.
No refuge could save the hireling and slave
From the terror of flight, or the gloom of the grave:
And the star-spangled banner in triumph doth wave
O'er the land of the free and the home of the brave!*

*Oh! thus be it ever, when freemen shall stand
Between their loved home and the war's desolation!
Blest with victory and peace, may the heav'n rescued land
Praise the Power that hath made and preserved us a nation.
Then conquer we must, when our cause it is just,
And this be our motto: "**In God is our trust.**"
And the star-spangled banner in triumph shall wave
O'er the land of the free and the home of the brave!*

(4) "Making a melody in your heart to the Lord." - That which is sustaining and joyful!

> **KEY #3 – HAVE A SPIRIT FILLED HEART BY “GIVING THANKS ALWAYS FOR ALL THINGS TO GOD THE FATHER IN THE NAME OF OUR LORD JESUS CHRIST”**

- According to Nelson’s Bible Dictionary – **THANKSGIVING** – Is the aspect of praise that gives thanks to God for what He does for us. Ideally, thanksgiving should spring from a grateful heart; but it is required of all believers, regardless of their initial attitude (1 Thessalonians 5:18). We should be grateful to God for all things (Ephesians 5:20; Colossians 3:17; 1 Thessalonians 5:18), but especially for His work of salvation and sanctification (Romans 7:25; Colossians 1:3-5; 1 Thessalonians 1:2-7; 2:13). We ought also to thank God in anticipation of His answering our prayers (Philippians 4:6), knowing that His answers will always be in accord with His perfect will for our lives (Romans 8:28-29).

> **KEY # 4 – BE FILLED AND OVERFLOW IN THE SPIRIT BY “SUBMITTING TO ONE ANOTHER IN THE FEAR OF GOD”**

– *Submit* is *hupotasso* in Greek, meaning *to arrange under to be subject to*.

- In Colossians 3:17 - *And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.*

- The “*fear of God*” is out of *reverence and respect of God*. In other words, do all things as unto God, as we look forward to the words Jesus one glorious day saying, *'Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.'* (Matthew 25:21-22)

The ***SPIRIT FILLED LIFE*** begins with our Lord and Savior Jesus Christ, is Spirit filled with fellowship and worship of God our Father; maintained with thanksgiving and practiced by submitting to one another!

So, today and everyday let us GO4GOD!