



## Introduction to Ephesians 5:18-21

Sunday, March 18, 2018  
Pastor Don Denyes

We have a tendency to be vague when we talk about being filled with the Holy Spirit. Oftentimes, we think of Him in mystical, other-worldly ways. This is why many embrace tongue-speaking and other gifts of the Spirit in ways might be unhelpful for the average Christian. But in fact, the Holy Spirit is quite rational and accessible. We know exactly who He is and what it means to be filled by Him because the Scriptures teach us about Him and His ways.

Paul, as always, gives us very concrete terms in which to think of being filled by the Spirit. As in Galatians 5, many of these traits are related to love, joy, peace, self-control, and so on. Paul envisions a group of people, the church, who are not full of the spirit of this age, but who are full of the Holy Spirit in preparation for the age to come. So, the concrete commands he gives in this passage, “speak to one another in psalms, hymns, etc.” “sing and make melody to the Lord” “give thanks always” and “submit to one another” are all tangible, relational ways that the Spirit fills us as individuals and corporately as the Body of Christ.

### Context

In this passage in Ephesians 5, Paul has just given us three parallel contrasting statements. He said, “do not walk as unwise, but as wise...do not be foolish but understand what the will of the Lord is...and do not get drunk with wine for that is debauchery, but be filled with the Spirit.” That list built to the final command, “be filled with the Spirit,” which serves as the transition point to the current passage where he elaborates on what it means to be filled with the Spirit. That section then crescendos to “submit to one another,” on which he will elaborate beginning in v. 22. It all still follows the primary commands from 5:1, “be imitators of God” and 4:1, “walk in a manner worthy of your calling.”

**Read and Reflect** (*Use this section to write down any thoughts you had on the sermon. Make sure to note any questions you had about something in the passage or in the sermon.*)

### “Spirit-Filled Walk”

Read Ephesians 5:18-21

Filled with the Spirit

- Speaking      *spiritual interaction*
- Singing      *joyful sincerity*
- Thanking      *gratitude*
- Submitting      *humble servants*

How can I be filled with the Spirit?

Eph. 4.30: “And do not *grieve* the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”

Col. 3.16: “*Let the word of Christ dwell in you richly* as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.”

Luke 11.13: “If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who *ask* him!”

Ps. 81.10: “Open your mouth wide and I will fill it.”

## Discuss

- 1) How would you describe someone who is not filled with the Spirit?
  
  
  
  
  
- 2) Do you approach church on Sunday morning as an opportunity to intentionally encourage others in their faith? If so, how is it going? If not, what do you think prevents you from doing that?
  
  
  
  
  
- 3) How do you tend to approach singing during our corporate worship times? How closely in line is it with what Pastor Don described from Ephesians 5?
  
  
  
  
  
- 4) What is something that has happened in the past week for which you are grateful to God?
  
  
  
  
  
- 5) What would it look like us to grow in submitting to one another as a small group?