



To help us in our spiritual reconstruction, we learn in Ephesians 5:1-21 about four ways in which we should walk so that we might be worthy of our calling as Christ Followers (Eph. 4:1). Three weeks ago we learned to walk in love (Eph. 5:1-7). Next we learned to walk in light (Eph. 5:8-14). Last week we learned that we must walk in wisdom (Eph. 5:15-17) and this week we are going to learn to walk in the Spirit (v.18-21).

A lot of people claim to be spiritual, but what does it mean to walk in the Holy Spirit? This week Pastor Tim is going to show us what it looks like to be “filled with the Spirit” (v. 18b).

Group Study Questions

Read Ephesians 5:18-21

18 And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, **19** addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, **20** giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, **21** submitting to one another out of reverence for Christ.

1. What obstacle was keeping the Christians in Ephesus from growing in faith in verse 18?
2. Why do you think Scripture condemns drunkenness? See Proverbs 20:1; Isaiah 5:11; Galatians 5:21. Discuss.
3. Instead of drunkenness, what should the Believer do? See Eph. 5:18b.

4. Which one of the following statements best describes what it means to be filled by the Holy Spirit:
- a. A mysterious, esoteric, dramatic experience
 - b. Being indwelt by the Holy Spirit
 - c. Obtaining more of the Spirit of God
 - d. Being baptized in the Spirit
 - e. A continuous, controlling influence by the Spirit that permeates every aspect of the Christ Followers life.

Discuss as a group.

5. In question 4, statements a through d represent some of the misunderstandings Christians may have about what it means to be Spirit filled. Have you experienced any of these?

6. Does the Christ Follower have to ask for the Spirit of God to fill him or her? Or does the Christ Follower yield his/her life to the Holy Spirit? Discuss as a group.

"The issue is not having more of the Holy Spirit, the issue is how much does the Holy Spirit have of you?"
-Tim Armstrong

7. How do you know that you've yielded your life to the Holy Spirit? See Ephesians 5:19-21. Pastor Tim said these verses convey 3 things in the "reconstructed life" - an ***inward joy, upwards gratitude*** and ***outward submission***. Discuss how these three things correlate to the text in v. 19-21.

INTROSPECTION

Are you walking in a manner worthy of your calling by yielding to the Spirit of God? Does your life show the fruit of inward joy, upward gratitude and outward submission? Read John 16:4-15 and see that Jesus sent the Holy Spirit so that we can be in His presence continuously.

FOR FURTHER REFERENCE AND STUDY

Commentary on Ephesians 5:18:21*

5:18. Going from the general to the specific, Paul explained how wisdom, as an intellectual and spiritual capacity, works out in one's conduct. Verse 18 includes a negative command and a positive one. The negative is to abstain from getting **drunk on wine** with which there is incorrigibility. The word *asōtia* is translated **debauchery** (NIV, RSV), "excess" (KJV), "riot" (ASV), and "dissipation" (NASB). All these give the idea of profligate or licentious living that is wasteful. In this verse the literal sense of incorrigibility seems best, for a drunken man acts abnormally. Rather than controlling himself, the wine controls him. Conversely, the positive command is, **Be filled with the Spirit**. Thus a believer, rather than controlling himself, is controlled by the Holy Spirit. It may be more accurate to say that the Holy Spirit is the "Agent" of the filling (cf. Gal. 5:16) and Christ is the Content of the filling (Col. 3:15). Thus in this relationship, as a believer is yielded to the Lord and controlled by Him, he increasingly manifests the fruit of the Spirit (Gal. 5:22-23). The Spirit's indwelling (John 7:37-39; 14:17; Rom. 5:5; 8:9; 1 Cor. 2:12; 6:19-20; 1 John 3:24; 4:13), sealing (2 Cor. 1:22; Eph. 1:13; 4:30), and baptism (1 Cor. 12:13; Gal. 3:27) occur at the time of regeneration and thus are not commanded. However, believers *are* commanded to be filled constantly with the Holy Spirit. Each Christian has all the Spirit, but the command here is that the Spirit have all of him. The wise walk, then, is one that is characterized by the Holy Spirit's control.

5:19-21. Paul then gave four results of being filled with the Spirit. First is communication with **one another with psalms** (*psalmois*, OT psalms sung with stringed instruments such as harps), **hymns** (*hymnois*, praises composed by Christians), and **spiritual songs** (a general term). Second is communication with **the Lord** by singing and making melody (*psallontes*, singing with a stringed instrument) **in the heart**. Church music, then, should be a means of believers' ministering to each other, and singing should be a means of worshiping the Lord. Third is thanking **God the Father** (cf. 1:2-3, 17; 3:14) continually for all things (cf. Col. 3:17; 1 Thes. 5:18). Fourth, Spirit-controlled believers are to **submit to one another**, willingly serving others and being under them rather than dominating them and exalting themselves. But basic to Christians' attitudes toward others is their **reverence for Christ**. Paul next elaborated on this subject of submission (Eph. 5:22-6:9).*

*Walvoord, J. F., Zuck, R. B., & Dallas Theological Seminary. (1983-c1985). The Bible knowledge commentary : An exposition of the scriptures (2:640). Wheaton, IL: Victor Books.