

# THE HOLY SPIRIT

## Week 4: Be Filled with The Spirit

### CONNECT

- Describe a beautiful walk you've taken.
- What's been a major takeaway from this series that's helped you understand the Holy Spirit better?
- In the passage we're going to read, it says to "make the best use of the time." What for you is time well spent? What is time not well spent?

### INTRODUCTION

We've looked at the promise of the Spirit from the prophets and from Jesus, as well as the fulfillment of that promise at Pentecost. As we finish up our series, we want to ask, "Where to from here?" Christians don't just receive the Spirit when they're saved; they now "walk by the Spirit" (Gal 5:16). In other words, the Holy Spirit is meant to be a regular part of our everyday lives. If we're going to walk by the Spirit, we need to be filled with the Spirit... and not the counterfeit alternatives.

### OBSERVATIONS & INTERPRETATION

**Read:** Ephesians 5:15-21

**Discuss:**

The paragraphs before this section set out a number of contrasts—"not this, but this" statements. Briefly scan through 4:17-5:3 and identify some of these contrasts.

The reason we need to make the best use of the time—be filled with the Spirit, walk wisely, understand the will of the Lord—is because "the days are evil." Evil how?

Paul contrasts being filled with the Spirit with getting drunk on wine. Why do people get drunk? What does that tell you about how we should rely on the Spirit?

Verse 19 shows us that being filled with the Spirit has both vertical effects (with God) and horizontal effects (with others). Describe these effects in your own words.

### APPLICATION

- Paul uses drunkenness as just one example of any counterfeit "filling" we might pursue. What do you tend to look to to fill you rather than the Spirit? What could it look like to depend more on the Spirit in those areas?
- When you consider all the instructions in the passage—look carefully how you walk, make the best use of the time, understand the will of the Lord, be filled with the Spirit, address one another (by the Spirit), make melody to the Lord with your heart, give thanks—which jumps out at you something you need to focus on?
- The Bible tells us that mistrust is at the root of sin (Rom 14:23). Think of the areas where you find it hardest to trust God. How does the gospel minister to you in those areas?

### PRAYER

- Spend time giving thanks to God the Father in the name of Jesus.
- Spend time asking God for a greater dependence on the Spirit.
- Ask the Holy Spirit in what ways he wants you to depend more on him.