

LIVING THE SPIRIT FILLED LIFE

Ephesians 5:18-33

14 April 2023

God wants you to be filled with the Spirit of God. Being filled with the Spirit requires obedience to God's commandments, spending time meditating on God's word, and being thankful to God.

I. AVOID THINGS THAT STIMULATE YOUR FLESH. FOCUS ON THE SPIRITUAL.

Vs 18 *"And be not drunk with wine, wherein is excess; but be filled with the Spirit."*

- Being **"drunk with wine"** will affect you physically, but it will have no positive effects.
 - Wine will encourage immorality and sinfulness.
 - Wine may affect your feelings and help you to forget your troubles for a time but will always leave you worse off than you were before.
- God instructs us to **"be filled with the Spirit."**
 - It will make you bold like a drunk man (Acts 2:13, 1 Ki 22:14).
 - It will affect your walk, as evidenced by the fruit of the Spirit in your life (Gal 5:22-23).
 - This differs from the baptism of the Spirit, which only happens once in your life when you are saved, born again, indwelt and sealed by the Holy Spirit, and placed in the Body of Christ.
 - Christians are never instructed to be baptized in the Spirit.
 - Christians are told to be filled with the Spirit so you can serve the Lord.
 - Simply ask God to fill you so you can serve Him.

Vs 19 *"Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord..."*

- The Christian can express their joy in the Spirit by speaking the Psalms, singing hymns, or even thinking on these and lifting them up to the Lord. These actions reveal that you are filled with the Spirit.
- This keeps your heart and mind focused on the holy Scriptures.

Psalms — refers to the book of Psalms.

Hymns — songs composed by men to glorify God.

Spiritual songs — solos, duets, trios, quartets, and choir music.

II. GIVE THANKS TO GOD FOR ALL THINGS

Vs 20 *"Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ..."*

- Recognize the good things God has done for you (2 Cor. 9:15, James 1:17).
- Be thankful for God's protection, care, and provisions. Be thankful for big things and little things.

III. SUBMIT TO ONE ANOTHER.

Vs 21 *"Submitting yourselves one to another in the fear of God."*

- Take the lowly position (Php 2:3; Lk 14:7-11; 1 Pet 5:5) to maintain fellowship with God.
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SPECIFIC ACTIONS TO TAKE IF YOU WANT TO BE FILLED WITH THE SPIRIT

When you take action according to your faith it is evidence of your faith (**James 2:21-24**). If you are truly being led of the Holy Spirit, your actions will reveal your faith and your salvation.

Vs 22 *“Wives, submit yourselves unto your own husbands, as unto the Lord.”*

- This instruction is for the believing wife who has submitted herself to the Lord.
- A loving wife will be looking for ways to please the husband she loves. She will be happy to follow his lead because his desire will be to meet her needs and to care for her.

Vs 23 *“For the husband is the head of the wife, even as Christ is the head of the church.”*

- The wife is to respond to her husband the way a believer is to respond to Christ. This is a love relationship.
- A wife will not act the way she should toward her husband if he is not the leader he is supposed to be.
- The greatest marriages will be between a saved man and a saved woman, but God gives instructions for the woman whose husband is not saved (**1 Peter 3:1-6**).
 - In this situation the woman’s submissiveness and godly living can lead to her husband’s salvation.

Vs 24 *“as the church is subject unto Christ, so let the wives be to their own husbands in every thing.”*

Vs 25 *“Husbands, love your wives, even as Christ also loved the church, and gave himself for it.”*

- The “church” refers to all believers; those who are in the Body of Christ through faith in Him (1 Cor. 12:13) and have been baptized into Christ (Rom. 6:3, Gal. 3:27) and are sons of God (Jn 1:12).
- A Christian man should love his wife enough to die for her. God’s Holy Spirit will fill a man and work in the man who is responsive and obedient to Him.
 - This will require that we deny ourselves (Mt. 16:24) and seek to do God’s will (Lk 22:42).
- Love is more than affection. True love seeks the welfare and happiness of another person.

Vs 26 *“that he might sanctify and cleanse it with the washing of water by the word...”*

Vs 27 *“that he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.”*

- Everything Christ did was for the welfare of the church. The husband is supposed to have that same attitude toward his wife. Her welfare should always be his desire.

Vs 28 *“So ought men to love their wives as their own bodies...”*

Vs 29 *“...nourisheth and cherisheth it, even as the Lord the church.”*

- This speaks of the care that a man ought to have for his wife.

30-32 *“...And they two shall be one flesh.” “I speak concerning Christ and the church.”*

- Paul points to God’s original plan for marriage (Adam and Eve).

Vs 33 *“Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband.”*

- These are instructions to the Christian who wants to live a Spirit-filled life full of God’s blessings.