



## BE FILLED WITH THE SPIRIT

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Last week Grant taught us from Ephesians 5:1-17, which ends off with this strong encouragement:

<sup>15</sup>See then that you walk circumspectly (*carefully and thoughtfully*), not as fools but as wise, <sup>16</sup>redeeming the time (*making the best use of the time ESV*), because the days are evil. <sup>17</sup>Therefore do not be unwise, but understand what the will of the Lord *is*.

Today's message picks up from there.

Scripture ref.: Ephesians 5:18-21

<sup>18</sup>And do not be drunk with wine, in which is dissipation (debauchery, rebellion, excess, riot); but be filled with the Spirit, <sup>19</sup>speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, <sup>20</sup>giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, <sup>21</sup>submitting to one another in the fear of God.

**This is a continuation of last week's teaching on wise living. It is unwise to be drunk with wine.** Drunkenness does not sin alone; it leads to other sins. It is a habit that can wreck lives and families. I know. I was part of a family that was affected by alcohol abuse, but the Grace of God stepped in and changed that. I am so grateful to Jesus for rescuing my dad and our family from this.

This was a very frequent sin among the unbelievers in Ephesus, as it is today, at the festivals of their gods (especially in their Bacchanalia). They would get inflamed with wine, which lead to all manner of impure conduct.

A person does not usually get drunk by sipping a glass of wine, but by overdoing it. Paul says do not be drunk with wine (or beer, or spirits), which leads to debauchery, but be filled with the Spirit.

I love the way one commentary puts it: *"Instead of resorting to wine to cheer and animate you, throw your hearts open the Holy Spirit, so that he may come and fill (you)"*

Do you know what it means or how to be filled with the Holy Spirit?

1. Who is the Holy Spirit?

The Holy Spirit is God. He is one of the persons of the Godhead or Trinity. (He is a Person, not an "it"! He is eternal, holy, omniscient, omnipotent and omnipresent.

Before Jesus died He told His disciples that He was sending another Helper, One just like Him.

### John 14:15-17

<sup>15</sup>If you love me, you will keep my commandments. <sup>16</sup>And I will ask the Father, and he will give you another Helper, to be with you forever, <sup>17</sup> even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.

Another – “one besides Me and in addition to Me but one just like Me.”

Helper – (parakletos) Comforter, helper, strengthener, intercessor, consoler (one who soothes, calms, relieves, supports, cheers up) and advocate.

He comes alongside to help, comfort and encourage. He is a strengthening presence, one who upholds those appealing for assistance.

Attributes of the Holy Spirit:

- He has His own mind or intelligence Rom 8:26-27
- He has His own will and desires 1 Corinthians 12:11
- He teaches

John 14:26 But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

John 16:13 When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.

We still have teachers, but it is the Holy Spirit who gives revelation. Unless He reveals it to you, you will not get it.

- He comforts John 14:16; Acts 9:31 ... And walking in the fear of the Lord and in the comfort of the Holy Spirit, it multiplied.
- He may be grieved (saddened) Ephesians 4:30
- He may be lied to (but He will know) Acts 5:3
- He may be blasphemed against Matthew 12:31-32
- He speaks to and through people Acts 4:8, Act 13:2
- He prays (intercedes for us) Romans 8:26
- He guides Romans 8:14, John 16:13
- He sends out Acts 13:3-4
- He counsels and advises Acts 15:28 For it has seemed good to the Holy Spirit and to us to lay on you no greater burden than these requirements...
- He reveals 1 Corinthians 2:9-10
- He testifies 1 John 5:6-8
- He gives us words to speak Mark 13:11; Luke 12:12

- He empowers us to be witnesses Acts 1:8
- He bears witness to us that we are children of God Romans 8:15-16
- VERY NB. He empowers us to live the Christian life

Rom 8:13 For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

The third person of the Godhead is personally present with you and in you – TO HELP YOU LIVE RIGHTEOUSLY AND GLORIFY JESUS.

## 2. What does it mean to be filled with the Spirit?

2.1 If you are saved, the Holy Spirit lives in you. *Do you believe this?*

John 14:17 ...You know him, for he dwells with you and will be in you.

John 14:23 Jesus answered him, "If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him.

Romans 8:9 You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.

1 Corinthians 3:16 Do you not know that you are God's temple and that God's Spirit dwells in you?

*John Calvin: "He is the vital bonding Agent, the glue of the gospel, securing sinners immediately and permanently to Christ Jesus." (Institutes of the Christian Religion)*

1John 2:27 But the anointing that you received from him abides [permanently AMPC] in you, and you have no need that anyone should teach you. But as his anointing teaches you about everything, and is true, and is no lie—just as it has taught you, abide in him.)

John 20:22 And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit."

Jesus' disciples received the Holy Spirit after the resurrection, but they were not yet "baptised" with or in the Holy Spirit. Jesus' disciples knew first hand his teachings. They witnessed him doing miracles. They travelled with him, observed him, ate with him, etc. They participated in missions, but **they weren't** fully empowered until they received the fullness of the Holy Spirit at Pentecost.

So we see at salvation, there is an indwelling; the Holy Spirit is with us and IN US.

2.2 There is a fuller experience of the power and presence of God – the baptism in or with the Holy Spirit

Biblically, this can happen at salvation or after salvation, and should be a continual infilling. **Let's have a look at some of the New Testament Scriptures:**

- 2.2.1 John the Baptist prophesied that Jesus would baptise them with the Holy Spirit (and fire)

Matthew 3:11 "I baptize you with water for repentance, but he who is coming after me is mightier than I, whose sandals I am not worthy to carry. He will baptize you with the Holy Spirit and fire.

(See also Mark 1:8; Luke 3:16 and John 1:33)

## 2.2.2 Jesus spoke of the Holy Spirit to come

John 4:10,13-14 ESV (Samaritan woman at the well)

10 Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water."

13 Jesus said to her, "Everyone who drinks of this water will be thirsty again,

14 but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."

John 7:37-39 (In Jerusalem at the Passover celebrations)

<sup>37</sup> 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.**

<sup>38</sup> Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'"

<sup>39</sup> Now this he said about the Spirit, whom those who believed in him were to receive, for as yet the Spirit had not been given, because Jesus was not yet glorified.

John 16:7-13 (To his disciples on the night he was betrayed)

<sup>7</sup> Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send him to you.

*Think about this. Why is it an advantage to have the Holy Spirit with us rather than Jesus Himself? He is just like Jesus! He is with us ALWAYS (forever) and He lives IN US!*

Acts 1:4-5 (After His resurrection, just before his ascension – with his disciples)

<sup>4</sup> And while staying with them he ordered them not to depart from Jerusalem, but to wait for the promise of the Father, **which, he said, "you heard from me;** <sup>5</sup> for John baptized with water, but you will be baptized with the Holy Spirit not many days from now."

Acts 1:8 But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth."

## 2.2.3 The coming of the Holy Spirit

Acts 2:1-4

<sup>1</sup> When the day of Pentecost arrived, they were all together in one place.

<sup>2</sup> And suddenly there came from heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting.

<sup>3</sup> And divided tongues as of fire appeared to them and rested on each one of them.

<sup>4</sup> And they were all filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance.

Holy Spirit came to earth then and has not left.

The disciples were praying and waiting expectantly for the baptism in the Holy Spirit. They were praying and worshipping and were filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance. This sound gathered a multitude, devout

men from every nation under heaven, who marvelled that these Galileans were speaking in their own languages! Peter stood up and boldly preached to them, saying:

Acts 2:33 NKJV Therefore being exalted to the right hand of God, and having received from the Father the promise of the Holy Spirit, He poured out this which you now see and hear.

This was the wonderful fulfilment of the Promise – Jesus baptised them with the Holy Spirit and fire, as He promised.

The result was that about 3000 souls were saved that day!

#### 2.2.4 Believers can receive the baptism in the Holy Spirit now (you **don't have to wait**)

Other examples in Scripture:

##### Acts 8:14-16 NKJV (Samaria)

<sup>14</sup> Now when the apostles who were at Jerusalem heard that Samaria had received the word of God, they sent Peter and John to them, <sup>15</sup> who, when they had come down, prayed for them that they might receive the Holy Spirit. <sup>16</sup> For as yet He had fallen upon none of them. They had only been baptized in the name of the Lord Jesus. <sup>17</sup> Then they laid hands on them, and they received the Holy Spirit.

##### Act 10:44-47 ESV (Gentiles at Cornelius' house)

<sup>44</sup> While Peter was still saying these things, the Holy Spirit fell on all who heard the word. <sup>45</sup> And the believers from among the circumcised who had come with Peter were amazed, because the gift of the Holy Spirit was poured out even on the Gentiles. <sup>46</sup> For they were hearing them speaking in tongues and extolling God. Then Peter declared, <sup>47</sup> **"Can anyone withhold water for baptizing these people, who have received the Holy Spirit just as we have?"**

##### Acts 19:5-6 NKJV (Believers at Ephesus)

<sup>5</sup> When they heard this, they were baptized in the name of the Lord Jesus. <sup>6</sup> And when Paul had laid hands on them, the Holy Spirit came upon them, and they spoke with tongues and prophesied.

#### 2.2.5 Continuous infilling of the Holy Spirit

Ephesians 5:18 And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,

*"An analysis of the Greek verb translated "be filled" shows that it is in the present tense, indicating that this blessing is one that we may experience and enjoy NOW. The fact that the verb is a command (imperative mood) does not leave the responsive disciple an option in the matter. However, since the verb is in the passive voice, it is clear that being filled with the Spirit is not something the Christian achieves through his own efforts, but is something that is done for him and to which he submits. Hence, the Scriptures depict a theocentric view of the Holy Spirit's filling, in which the Higher reaches down to gather up the lower into ultimate communion." NKJV Spirit Filled Life Bible study notes.*

The tense of the verb here indicates a continual infilling, not a single experience. It could be phrased: **"be continually filled."**

### 3. How are we **“filled with the Spirit”**?

- You must believe in the Lord Jesus. Jesus went to the cross for us, so we can be saved and forgiven. He died and rose again so we can live with Him and know Him (have eternal life). And he wants us to tell others!
- Ask and you will be filled

Luke 11:13 If you then, who are evil, know how to give good gifts to your children, how much **more will the heavenly Father give the Holy Spirit to those who ask him!**”

**Jesus said, “If anyone thirsts, let him come to Me and drink.”** (John 7:37)

How do we maintain a continual infilling of the Spirit in our lives?

- Live a surrendered life
- Maintain a heart that seeks after God (spiritual hunger)

**God will fill the hungry soul, but if you are so full of the world, there’s no place/space** for the things of the Spirit. Make room in your life for Him. Other things do not satisfy. Going after pleasures will leave you empty. Reconsider your entertainment choices.

- Be in community (in fellowship and communion with other believers)

<sup>19</sup>speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,

Spend time in prayer, worship, and fellowship with believers where the focus is on Jesus. Join a community group or other **Christian gatherings**. **Even if you’re tired**, you will be refreshed and encouraged. Do not neglect meeting together... **(Keep the coals around the fire)** Body – temple of the Holy Spirit. (Individually and together we make **up the His temple**). **Let us become a body ... “wholly filled and flooded with God Himself”** (Ephesians 3:19 AMPC)

Hebrews 10:24-25 ESV

And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

<sup>21</sup>submitting to one another in the fear of God.

This is community – walking in accountability and transparency. Walking in the light helps us overcome, helps us live the Christ life.

- Thanksgiving

<sup>20</sup>giving thanks always for all things to God the Father in the name of our Lord Jesus Christ,

Practice thanksgiving instead of complaining; it will keep your heart free.

Because of what Jesus has done for us, we have God living in us and a mighty calling to make Him known! Walk in a manner worthy of this, in your **NEW IDENTITY**, **BY** the power of the Holy Spirit.

Discussion questions:

1. "You are God's temple" (1 Corinthians 3:16) – what does this mean to you?
2. Have you received the fullness of the Holy Spirit like we read about in the Book of Acts? If not, ask God to fill you or find someone who can pray for you to receive this wonderful blessing.
3. How do you stay continuously filled with the Spirit?