

Holy Spirit 2: Being Filled

Feedback:

What was last week's action point? How did you get on with it?

How are you doing in your personal evangelism? What's been going well? What's difficult?

Intro:

What's been your experience of trying to live out the Christian life?

As Christians, we know that living God's way simply by our own efforts doesn't work. We need God's help and his Holy Spirit transforming us from the inside out. Although all Christians **have** the Holy Spirit, not all Christians **rely** on the Holy Spirit to change them.

Read: Ephesians 5v8-21

In Ephesians, Paul reminded them of the wonderful new life that they have because of Jesus. He then gets practical about how to live in response to his grace.

What kind of lifestyle does Paul encourage the Ephesians to live in verses 8-17?

Why does Paul bring the Holy Spirit into this?

Why is the comparison made between drunkenness and being filled with the Holy Spirit?

What effect does being filled with the Holy Spirit have? What verbs are used?

What can we conclude from these verbs?

What does this passage teach us about being filled with the Spirit?

An Illustration: Spiritual Breathing

Exhale - We 'breathe out' by confessing sin to God as soon as we become aware of it.

Inhale - We 'breathe in' by surrendering our lives to Jesus again, trusting the Holy Spirit to fill us with his presence and power.

Spiritual Breathing is something we can do any time. However, we may not always **feel** different. Although experiences are great, they do not always define what is true. We are wise to trust God's promises whatever happens.

True or False: The Christian Life **is** the Spirit filled life.

Pray: Take some time now to think seriously about some of these questions:

Do I want to give myself wholeheartedly to God? Am I willing to admit where I have sinned against God, and turn away from such attitudes, thoughts and actions? Am I willing to be directed and empowered by the Holy Spirit? Do I trust God to fill me when I ask him to according to his promise in the Bible (1 John 5v14-15)?

If these things are true of you, ask God now to fill you with his Spirit and he will.

Action Point:

Aim to practise 'Spiritual Breathing' regularly over the next week. Observe how you are changed as you honestly submit yourself to God.

Digging Deeper:

Read Ezekiel 47v1-12 and John 7v37-39. *What is the connection between these two passages? What do we learn about the spirit filled life?*