

## Week 21: "Be Filled with the Spirit"

### Day One: "Intoxication"

**Read:** Ephesians 5:18

**Reflect:** What are the characteristics (or symptoms) of being under the influence of the alcohol?

**Dig:** Read Acts 2:1-4, 12-13. How are drunkenness and the Spirit connected in this passage?

Read Luke 1:14-15. How are intoxicating spirits and the Holy Spirit connected in this passage?

Read 1 Thessalonians 5:6-8. How are darkness and light and drunkenness related in this passage?

Philo (an ancient Greek philosopher) says, "Now when grace fills the soul, that soul thereby rejoices and smiles and dances, for it is possessed by and inspired by God...so that many of the foolish are deceived and supposed that the sober are indeed drunk."

In what ways are you "drunk" even though you are sober, when you are controlled by the Spirit?

**Apply:** How is God ordering your life regarding alcohol? (What decisions should you make regarding use of alcohol after studying this passage?).

## Week Twenty-One: "Be Filled With the Spirit"

### Day Two: "Debauchery"

**Read:** Ephesians 5:18

**Reflect:** What are some synonyms for sins which are related to getting drunk (debauchery, sexual immorality, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.)?

**Dig:** The word "asotia" (here translated "debauchery") is used 3 other times in the New Testament. Look up Titus 1:6. How are children described in this text?

Look up 1 Peter 4:3-4. List all the sins which are mentioned in these two verses ("asotia" is translated "dissipation" in verse 4).

Look up Luke 15:13 and also verse 30. Here "asotia" is translated as "wild living" in verse 13. What did the older brother suspect his brother had done? (verse 30)

According to Ephesians 5:18, what does alcohol abuse lead to?

**Apply:** Based on your study of this text, how careful should we be with alcohol? Why?

## Week Twenty-One: "Be Filled With the Spirit"

### Day Three: "Instead"

**Read:** Ephesians 5:18

**Reflect:** How much does your life contrast to the lifestyle of people who don't follow Jesus?

**Dig:** Quickly read Ephesians 5:1-18. How many times does the word "but" occur?

By the use of this little word, "but," what is being contrasted?

Read Romans 8:5-8 and in the space below, list the contrasts between the Sinful Nature and the nature controlled by God:

Sinful Nature      Nature under God's Control


**Apply:** What areas of your lifestyle (habits of thought and action) should change so that your life reflects a more accurate and biblical contrast to the way the world lives?

**Week Twenty-One: "Be Filled With the Spirit"**  
**Day Four: "Keep Being Filled"**

**Read: Ephesians 5:18**

**Reflect:** Based on your experience, would you say that being filled with the Spirit is a common experience for Christians? Why or why not?

**Dig:** Is this sentence (verse 18) a command?

Read Ephesians 3:19. What does it say about fullness?

Read Ephesians 1:23. How is fullness described here?

This is an ongoing command, i.e. "keep being filled." If we need to keep being filled, what might cause us to "leak" the Spirit? See Ephesians 4:1-3 and Ephesians 5:3-5 for a biblical answer.

**Apply:** Read Psalm 51:10 and then specifically confess sin which is causing you to leak the Holy Spirit. Then sincerely ask God to fill you again.

**Week Twenty-One: "Be Filled With the Spirit"**  
**Day Five: Lectio Divina**

**Read: Ephesians 5:18** "Be very careful, then, how you live-not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what

the Lord's will is."

Lectio divina (a Latin expression which means Sacred reading) is done in three stages:

- reading: you read the passage slowly and reverentially, allowing the words to sink into your consciousness: after you have memorized the text, write down one word which strikes you and draws your attention and note why you chose that word.
- meditation: you allow the passage to stir up memories within you, so that you recognize in it your own experience or that of people who have touched your life: write down memories of events or conversations or other scripture passages.
- prayer: you allow the meditation to lead you to prayer -- thanksgiving, humility and petition. Write out a prayer based on the passage.