

Week 22: "Consequences of Being Filled"

Day One: "Speak to One Another"

Read: Ephesians 5:19-21

Reflect: Drawing on your experience and knowledge, what comes to your mind when asked "how do people act who are filled with the Spirit?"

Dig: The main verb (the "locomotive") in Ephesians 5:18-21 is "be filled". Four participles (following "freight" cars behind the "locomotive") explain what it means to be filled. The first clause begins with the word "speaking". The last of the four clauses begins with "submit". What are the other two actions (verbs) which take place when one is filled with the Spirit? (see verses 19 & 20)

How do we "speak to one another" through psalms, hymns and spiritual songs? (see Colossians 3:16 for some help in answering this question.)

What wisdom do you find in this text (Ephesians 5:19-20) regarding the church's worship wars about styles of music?

Apply: After reflecting on Ephesians 5:18-20, how should being filled with the Spirit affect your worship life and choice of music?

Week Twenty-Two: "Consequences of Being Filled"

Day Two: "Singing and Making Music"

Read: Ephesians 5:19-21

Reflect: In every period of church history, revival has been accompanied by an outburst of new songs and music that awakens the soul and empowers even more spiritual awakening. What songs has God used in your life to awaken your spirit?

Dig: Notice that the first clause ("speaking" to one another...) has a horizontal and group dimension ("to one another"). To whom is the second kind of singing addressed?

The song "I love you Lord, and I lift my voice" is to the Lord and very heart focused. Can you think of another song we sing in worship which is sung directly to God and is heart-focused?

How is the thought of the third clause-"singing and making music in your heart to the Lord"-connected to Ephesians 3:16-17?

Apply: Choose a song that is from your heart and directed to the Lord- a favorite song-and then ask God's Holy Spirit to fill you. Now sing that song with all your heart to God.

Week Twenty-Two: "Consequences of Being Filled"

Day Three: "Filled with Thanksgiving"

Read: Ephesians 5:19-21

Reflect: What are complaining and negativity usually a sign or symptom of in one's spiritual life?

Dig: Then are thankfulness and Spirit-led worship tied together in 1 Corinthians 14:16-17?

What is thankfulness contrasted to in Ephesians 5:4?

How many times is thankfulness stressed in Colossians 3:15-17?

According to 1Thessalonians 5:18, do the circumstances have anything to do with our level of thankfulness?

According to this text in Ephesians 5:18-21, what does account for how thankful we are?

Apply: Ask God to fill you with his Holy Spirit and then trust him to release a torrent of thanksgiving in your heart. In this space write out a long list of what your heart is now thankful for.

Week Twenty-Two: "Consequences of Being Filled"

Day Four: "Submitting to One Another"

Read: Ephesians 5:19-21

Reflect: How has opening your heart to the Holy Spirit at the same time opened your heart to your brothers and sisters in Christ?

Dig: If you are able, look up Ephesians 5:22 in several different translations (NIV, KJV, NASB, New Living, The Message). Which versions put a break (new paragraph) before verse 22 and which place the break before verse 21?

Scholars are divided as to where to place the break. "Submitting to one another" is the fourth and final way in which we show that we are filled by the Spirit (vs. 18) but this verse also functions as a link to the next section.

Read 1 Corinthians 13:1-4. How does it reinforce the thought that being filled with the Spirit results in submission (service) to one another?

Since submitting to one another is a consequence of being filled with the Spirit and verse 21 introduces the next section, how should Spirit-filled living affect our family life and marriages?

Apply: Ask God to fill you with his Spirit and then pray that he leads you to submit to your family in Christ.

Week Twenty-Two: "Consequences of Being Filled"

Day Five: Lectio Divina

Read: Ephesians 5:19-21 "Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."

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.