

Thrive by Living a Spirit-Filled Life (Ephesians 5:18–21)

18 And do not get drunk with wine, for that is dissipation, but
be filled with the Spirit, 19 speaking to one another in psalms
and hymns and spiritual songs, singing and making melody with
your heart to the Lord; 20 always giving thanks for all things in the
name of our Lord Jesus Christ to God, even the Father; 21 and be
subject to one another in the fear of Christ.

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1. What Does It Mean to Be Filled with the Holy Spirit?

“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.” (Ephesians 5:18)

A. It means to be continually under the Spirit's influence and control.

B. It means to live by the Spirit's power rather than our own strength.

C. It means to experience the Spirit as God's provision for spiritual life.

2. What Are the Results of Being Filled with the Holy Spirit?

A. A Spirit-filled life produces joyful, Christ-centered worship.

"Speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord." (Ephesians 5:19)

B. A Spirit-filled life produces gratitude in every circumstance.

"Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ." (Ephesians 5:20)

C. A Spirit-filled life produces humility and mutual submission.

"Submit to one another out of reverence for Christ." (Ephesians 5:21)

D. A Spirit-filled life produces Christ-like character and transformation.

“We all ... are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.” (2 Corinthians 3:18)

E. A Spirit-filled life produces power for ministry and witness.

“You will receive power when the Holy Spirit comes on you; and you will be my witnesses.” (Acts 1:8)

3. What Are the Means of Being Filled with the Holy Spirit?

A. Cultivate a sincere desire to be filled and directed by the Spirit.

Matthew 5:6; John 7:37–39; Ephesians 5:18

“Blessed are those who hunger and thirst for righteousness, for they will be filled.” (Matthew 5:6)

John 7:37:

“Let anyone who is thirsty come to me and drink.”

The Spirit-filled life begins with a recognition of our need and a desire for God's presence and power.

B. Confess and turn away from anything that grieves or quenches the Spirit.

- “Do not grieve the Holy Spirit of God” (Ephesians 4:30).
- “Do not quench the Spirit” (1 Thessalonians 5:19).

C. Surrender every area of your life to the Lordship of Jesus Christ.

“Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” (Romans 12:1)

Galatians 2:20

“I have been crucified with Christ and I no longer live, but Christ lives in me.”

D. Ask the Father in faith for the Spirit's empowering and filling.

“How much more will your Father in heaven give the Holy Spirit to those who ask him!” (Luke 11:13)

E. Walk in continual dependence upon the Holy Spirit.

“So I say, walk by the Spirit, and you will not gratify the desires of the flesh.” (Galatians 5:16)

“Since we live by the Spirit, let us keep in step with the Spirit.” (Galatians 5:25)