

LESSON SEVEN: HOW TO BE FILLED WITH THE SPIRIT

The Power of the Spirit-Controlled Life

“Every believer needs to learn how to be Spirit-filled, so that they can experience the full measure of the Christian life.”

Ephesians 5:18 – “Be not drunk with wine...but be filled with the Spirit.”

When we are filled with the Spirit, the Christian life will not be a _____
but a _____.

1. The _____ for the Spirit-filled life:

a. Our _____.

It is commanded:

Ephesians 5:18 – “...be filled with the Spirit.”

The command to be filled with the Spirit is:

_____ in mood.

_____ in tense.

_____ in number.

_____ in voice.

b. Our _____.

We need to be filled with the Spirit in:

Our _____ life.

Ephesians 5:19 - "Speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord."

Our _____ life.

How can a wife submit? By being filled with the Spirit.

Ephesians 5:22 - "Wives, submit to your own husbands, as to the Lord."

How can a husband love his wife as Christ loved the church? By being filled with the Spirit.

Ephesians 5:25 - "Husbands, love your wives, just as Christ also loved the church and gave Himself for it."

Our _____ life.

Ephesians 6:5 - "Servants, be obedient to those who are your masters according to the flesh, with fear and trembling, in sincerity of heart, as to Christ."

Our _____ life.

Ephesians 6:12 - "For we do not wrestle against flesh and blood,

but against principalities, against powers, against the rulers of darkness of this age, against spiritual hosts of wickedness in the heavenly places.”

Our _____ life.

Ephesians 6:19 - “...That I may open my mouth boldly to make known the mystery of the gospel.”

c. Our _____.

Ephesians 5:16 - “...redeeming the time, because the days are evil.”

John 15:5 - “I am the vine, you are the branches. He who abides in Me, and I in Him, bears much fruit; for without Me you can do nothing.”

2. The _____ for the Spirit-Filled Life:

a. Complete _____.

b. Continual _____.

c. Conscious _____.

3. The _____ of the Spirit-Filled Life:

a. In relationship to God, there will be a spirit of _____.

Ephesians 5:19 - “Speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord.”

- b. In relationship to circumstances, there will be a spirit of _____.

Ephesians 5:20 - "Giving thanks always for all things to God the Father in the name of our Lord Jesus Christ."

- c. In relationship to others, there will be a spirit of _____.

Ephesians 5:21 - "Submitting to one another in the fear of God."

LESSON SEVEN: DAY ONE

Start Your Engine!

Imagine a man saved his money for years to buy a brand new automobile. He parks it in his driveway, shows it to his friends, and sits in it all afternoon so people will notice his new car. But he doesn't know how to start it, so everywhere the car goes he has to push it. As silly as that seems, that's the way many Christians are with their spiritual lives. They know the Holy Spirit dwells in them, but they never have quite figured out how to be filled with the Spirit. They've got faith, but they end up pushing their faith around rather than allowing their faith to carry them.

Just as an automobile receives its power from the engine, the believer receives the power to live the Christian life from the indwelling Holy Spirit. The power to live victoriously, however, only comes when we surrender complete control to the Holy Spirit. This means turning over every area of our life to Him—our bodies, our will, our desires, our thought life, our finances—and letting Him control our actions.

What do the following verses tell us about the Holy Spirit?

Psalm 139:7-10

Matthew 28:19-20

John 3:5-8

John 14:26

John 15:26

John 16:13-14

LESSON SEVEN: DAY TWO

Don't Be Drunk, Be Filled

Paul tells the Ephesians, “Be not drunk with wine, wherein is excess; but be filled with the Spirit” (Ephesians 5:18). I believe many Christians have not understood that verse. They realize it warns us not to get drunk, but they don't recognize that it also commands us to be filled. The Christian life is not just a matter of “don'ts”, it is also a matter of “do's.” *Don't* be under the influence of alcoholic spirits; *do* be under the influence of the Holy Spirit.

God has commanded you to be filled. To not do so would be disobedient. Ephesians 5:18 is not just a good suggestion, it's a command! It is written in the imperative, which means it is necessary for you to do this. The Christian who is not Spirit-filled is living in rebellion against God. It is also written in the present tense, so it commands you, right at this moment, to be filled with the Holy Spirit. And the command is written in the plural, so it is not just for pastors and missionaries but for all Christians everywhere. Every Christian should be filled, right now, with the Holy Spirit.

In your own words, what does it mean to be filled with the Holy Spirit?

How can a Christian be filled with the Spirit?

Read John 16:5-15. What is the Holy Spirit called in verse 7?

According to verse 8, the Holy Spirit will:

According to verses 13 and 14, the Holy Spirit will:

According to 1 Corinthians 2:10-11, how do we know the deep things of God?

The Comforter

One of the names given to the Holy Spirit in the Bible is “Comforter.” The Spirit offers us comfort in our time of need. That word can also be translated “Advocate” and was commonly used that way in the courts of Jesus’ day to describe the one who was called to aid another. It can be translated “Strengthener,” meaning an element that invigorates another. However, the literal translation is “the one who stands by our side.” The Spirit is with you always conforming, strengthening, aiding, and assisting you as you live out your faith.

LESSON SEVEN: DAY THREE

Spiritual Fruit

Sometimes there is uncertainty about what it means to be filled with the Holy Spirit. Some people confuse being Spirit-filled with having and using spiritual gifts. The true mark of being Spirit-filled is not that we learn how to exercise our spiritual gifts, but that we bear the spiritual fruit of “love, joy, peace, kindness, goodness, faithfulness, longsuffering, gentleness, self-control” (Galatians 5:22).

When believers are not Spirit-filled, the results are obvious:

And I, brethren, could not speak to you as to spiritual people but as to carnal, as to babes in Christ. I fed you with milk and not with solid food; for until now you were not able to receive it, and even now you are still not able; for you are still carnal. For where there are envy, strife, and divisions among you, are you not carnal, and behaving like mere men? (1 Corinthians 3:1-3)

When we are controlled by our old sin nature, the flesh, our lives are characterized by envy, strife, and divisions. As we yield control of our hearts and minds to the Holy Spirit, and let Him completely fill every area of our lives, we will start to see our lives bearing the fruit of the Spirit.

According to Galatians 5:22-23, what does the Spirit produce in the life of a Christian?

How does He produce those?

Which of those has He produced in your life?

Which of these are you most looking forward to seeing produced in your life?

According to Ephesians 5:9, how will the fruit of the Spirit evidence itself in our lives?

LESSON SEVEN: DAY FOUR

Three Requirements for Filling

There are three requirements for being filled with the Spirit. The first thing you must do is make a *complete commitment* to Him. You open the door of your heart, welcome Him in, and give Him complete control of your life. You allow Him to come into every area of your life: your marriage, your job, your friendships, your finances. You open it all up to Him. Your complete commitment to Him is necessary before He can fill your life.

There must also be a *continual control*. The Spirit needs to be continually filling your life and controlling your mind. The reason Paul used the contrast of being filled with the Spirit to being drunk with wine is because they have a similar effect on people. When you are drunk, the alcohol takes over and controls you. The way you walk and talk and think are all altered. You may become generous, or violent, or talkative. You are dominated by the influence of the alcohol. So it is with the Holy Spirit. He controls you, and you aren't the same anymore. A person gets drunk by drinking and stays drunk by drinking more. Likewise a person commits himself to the Holy Spirit, then needs to continually be dependent upon the Spirit.

Third, there needs to be a *conscious claiming*. You must claim the filling of the Holy Spirit. "Just as you received the Lord Jesus, so walk in Him," the Bible says (Colossians 2:6). You received Jesus by faith, so you must continually walk in faith. Just say, "Lord I open myself up to you. Thank you for filling me with Your Spirit. I'm not looking for a feeling, I'm just claiming by faith the fact that I am filled."

Read Acts 2:1-15. How would you describe the apostles under the influence of the Holy Spirit?

In Ephesians 5:18-20, to what does Paul contrast being filled with the Spirit?

How are the two similar?

Complete this statement—Holy Spirit, in order to make a complete commitment of my life to you, I surrender control of the following areas of my life:

LESSON SEVEN: DAY FIVE

Walking in the Spirit

I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. (Galatians 5:16)

As you learn to walk day by day in the Spirit, you will see it in your relationship to God, your relationship to your circumstances, and your relationships with other people. Your relationship to God will be energized by a spirit of adoration. You'll want to praise God and sing to Him. You'll find yourself constantly singing and praising the Lord. You can't help but praise God when you are filled with the Spirit. Your relationship with God will be strengthened as you adore Him.

You'll also find you have a spirit of appreciation, giving thanks to God for all the wonderful things He has done in your life. Your outlook on your circumstances will change, because you will begin to see your life through the eyes of God. You will no longer be under your circumstances, but will praise God that each circumstance is a divine appointment to move you toward Christlikeness.

Finally, you will develop a spirit of accommodation, which will change your relationship to other people. You'll find the Spirit helping you to submit joyfully to others, as unto the Lord. You'll find yourself looking for ways to serve your brothers and sisters in Christ. That's because the Spirit of God has changed your heart.

Are you walking in the power of the Spirit?

Read Romans 8:11-16. According to verse 11, where does God's Spirit dwell?

According to verse 13, how do we put to death the deeds of the body?

According to verse 14, what characteristic is true of God's children?

How does the Holy Spirit assist our communication with God? See Jude 20, Philippians 3:3, and Romans 8:26 for your answer.

Jude 20

Philippians 3:3

Romans 8:26
