

# FILLED WITH THE SPIRIT

## SCRIPTURE:

*“Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is dissipation, but be filled with the Spirit” (Ephesians 5:15-18).*

## MATERIALS LIST:

(1) Air pump

**SONG:** “Trust and Obey”

## LESSON:

One of my daughter’s favorite things to do is go on a family bike ride. With six of us in our family, when we get our bicycles out of the garage, there is sure to be at least one flat tire. I have learned to go ahead and grab the air pump before we even get the bikes out because I know we are going to need it. The reason the air pump is so important is because a bike with a flat tire is useless. It doesn’t matter how fancy your bicycle is, if the tires are not filled with air, you may as well leave it in the garage.

Did you know that we can be useless to God if we are not filled with the right thing? Of course I am not talking about being filled with air. I am talking about being filled with the Spirit of God (Eph. 5:18). But what does that mean? There are a lot of different things to which people think this refers. Some people think that being filled with the Spirit means having some mystifying, spiritual experience happen to us. They believe that if I don’t “feel” the Spirit then I must not be “filled with the Spirit.” However, nowhere in the Bible does it tell us that we will ever have one of these supernatural experiences in order to know that we are Spirit filled.

What does the Bible say? Just before we are told to “be filled with the Spirit” in Ephesians 5:18, Paul tells us, “So then do not be foolish, but understand what the will of the Lord is” in verse 17. In other words, only someone who is doing the “will of the Lord” is someone who is Spirit filled. Notice what Paul writes to the Christians in Galatia: “But I say, walk by the Spirit and you will not carry out the desires of the flesh...But if you are led by the Spirit, you are not under Law” (Galatians 5:16, 18). Paul is saying that the reason faithful Christians are able to stay away from sinful activities is because they are being “led by the Spirit,” and are “walking by the Spirit,” because they are people who are “filled with the Spirit.”

The question then becomes, how do I fill myself up with the Spirit? God answers this question in 2 Peter 1:20-21 by telling us, “But know this first of all, that no prophecy of Scripture is a matter of one’s own interpretation, for no prophecy was ever made by an act of human will, but men moved by the Holy Spirit spoke from God.” 2 Timothy 3:16 says, “All Scripture is inspired by God,” which means that everything we have in the Bible came directly from God, and as Peter wrote, it was the Holy Spirit that God used to get this information to the men who wrote all of the books of the Bible. Since all of God’s Word was given by the Holy Spirit, how are you able to fill yourself with the Spirit today? That’s right! When you study, learn and obey what the Bible says, you are being “filled with the Spirit.”

**PRAYER:** Bless us as we fill our lives with the Your Spirit as we study Your word every single day.

## MAIN MESSAGE:

We have many things to choose from in which we can fill our lives. Whatever we choose will determine the consequences or the rewards we will face in life. Choose wisely!