

Unity of the Spirit – One Spirit Eph. 5:18-33

Introduction:

For the purpose of this lesson, we are going to look at how we can have the Spirit today. We know that it was through the Spirit that Bible was penned (by inspiration). We know that it was through the Spirit that miraculous gifts were given. But today we are going to notice how we can “be filled with the Spirit” in this day and time.

I. What does it mean to “be filled with the Spirit?” (5:18).

- A. Notice the definition of “be filled” (5:18).
 - 1. “To be filled” means that we are “controlled by” or “dominated by” something.
 - 2. In this context, we are “controlled by” or “dominated by” the Spirit.
 - 3. It is something more than just a casual influence of the Holy Spirit; it is to be completely controlled by the Spirit.
- B. Paul is commanding his readers to be filled with the Holy Spirit.
 - 1. The Spirit should have more than just a foothold.
 - 2. He should be in full control of our lives.
 - 3. He does this when we are willing to let Him have that control and are obedient to the commands of God.

II. How do we obtain this Spirit?

- A. Before we look at how to know if we have this Spirit, it is important to understand exactly how we obtain this Spirit.
 - 1. We receive this Spirit when we are obedient to God.
 - a. Acts 5:32 (Peter speaking about the great works of God) - And we are His witnesses to these things, and so also is the Holy Spirit whom God has given to those who obey Him.
 - b. Gal. 4:6 - And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying out, “Abba, Father!”
 - c. Eph. 1:13-14 - In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise, { 14 } who is the guarantee of our inheritance until the redemption of the purchased possession, to the praise of His glory.
 - 2. More directly, we receive the Spirit when we are baptized into Christ.
 - a. Acts 2:38-39 - Then Peter said to them, “Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit. { 39 } For the promise is to you and to your children, and to all who are afar off, as many as the Lord our God will call.”
 - b. I Cor. 12:13 - For by one Spirit we were all baptized into one body-- whether Jews or Greeks, whether slaves or free-- and have all been made to drink into one Spirit.

- B. We also understand that it takes work on our part in order to maintain this Spirit.
1. Remember that we must be “controlled by” or “dominated by” this Spirit.
 - a. Because of this, we must work diligently to maintain the Spirit.
 - b. It does not come naturally; but rather is something that is maintained only by hard work.
 2. Notice some things that we must do in order to “be filled with the Spirit.”
 - a. We must understand that our bodies are His temple.
 - 1) **I Cor. 6:19** - Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?
 - 2) **II Cor. 6:16** - For you are the temple of the living God.
 - 3) When we understand this, we will treat our bodies as such.
 - b. We must understand that the Bible is inspired of God and we must read His word.
 - 1) **II Tim. 3:16-17** - All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, {17} that the man of God may be complete, thoroughly equipped for every good work.
 - 2) **II Tim. 2:15** - Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.
 - c. Do His word (keep His commands).
 - 1) Remember that the word of God comes from the Holy Spirit.
 - 2) **Js. 1:22** - But be doers of the word, and not hearers only, deceiving yourselves.
 - 3) **Gal. 5:16** - I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.
 - 4) When Paul is telling the church in Thessalonica to obey the commands of God, he says that “he who rejects this does not reject man, but God, who has also given us His Holy Spirit” (**I Thes. 4:8**).

III. How can we tell if we are “filled with the Spirit?” (5:19-33)

- A. We will be joyful (**5:19**).
1. **Ps. 92:1-3** - It is good to give thanks to the LORD, and to sing praises to Your name, O Most High; {2} To declare Your lovingkindness in the morning, and Your faithfulness every night, {3} On an instrument of ten strings, on the lute, and on the harp, with harmonious sound.
 2. **I Cor. 14:15** - What is the conclusion then? I will pray with the spirit, and I will also pray with the understanding. I will sing with the spirit, and I will also sing with the understanding.

3. **Js. 5:13** - Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.
- B. We will be thankful (**5:20**).
1. **Ps. 100:4** - Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name.
 2. **Col. 3:17** - And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.
 3. **I Thes. 5:18** - in everything give thanks; for this is the will of God in Christ Jesus for you.
- C. We will be submissive (**5:21-33**).
1. There are times in which we should all be submissive to one another.
 2. We should always be submissive to God and His church.
 - a. **Js. 4:7** - Therefore submit to God. Resist the devil and he will flee from you.
 3. Christ was submissive to the Father.
 - a. **Phil. 2:8** - And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross.
 - b. **Mt. 26:39** - He went a little farther and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will."
- D. We will have the fruits of the Spirit.
1. **Eph. 5:8-10** - For you were once darkness, but now you are light in the Lord. Walk as children of light {9} (for the fruit of the Spirit is in all goodness, righteousness, and truth), {10} finding out what is acceptable to the Lord.
 2. **Gal. 5:22-25** - But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, {23} gentleness, self-control. Against such there is no law. {24} And those who are Christ's have crucified the flesh with its passions and desires. {25} If we live in the Spirit, let us also walk in the Spirit.

Conclusion: