

Ephesians Chapter 5
Week 8, v. 18-20

Last week we looked at Eph 5:15-17. We are to walk in wisdom by making the most of our time and by understanding what the will of the Lord is. Today, we will begin with verse 18, which tells us that walking in wisdom means we are to be filled with the Spirit.

Eph 5:18 And do not get drunk with wine, for that is dissipation, but be filled with the Spirit,

According to this verse, what are we not to do?

What does it mean to be intoxicated? What happens to your behavior? To be drunk with alcohol causes you to lose control over behavior, movement, and speech. Your thinking is impaired and you are under the influence of the effects of alcohol.

Being drunk was common among the Ephesians as they sacrificed to their pagan god of wine. This led to all kinds of debauchery.

The word dissipation means overindulgence in the pursuit of physical pleasures. It is an excess use of something.

Pr 20:1 Wine is a mocker, strong drink a brawler, and whoever is intoxicated by it is not wise.

Pr 23:29-30 Who has woe? Who has sorrow? Who has contentions? Who has complaining? Who has wounds without cause? Who has redness of eyes? Those who linger long over wine, those who go to taste mixed wine.

Isa 5:11 Woe to those who rise early in the morning that they may pursue strong drink; Who stay up late in the evening that wine may inflame them!

Isa 28:7 And these also reel with wine and stagger from strong drink: The priest and the prophet reel with strong drink, They are confused by wine, they stagger from strong drink; They reel while having visions, They totter [when rendering] judgment.

Go back to Eph 5:15-17. What was the warning?

In order to be wise and not foolish we need to be led by the Spirit, being completely filled by the Spirit. Only then can we understand what the will of God is. What should be controlling our behavior, thinking and speech is the influence of the Holy Spirit.

What does it mean to be filled by the Spirit?

be filled <pleroo> to make replete, i.e. (literally) to cram; to furnish or influence, to satisfy, to be complete, to fill up, fulfil, to make full, supply

Being filled carries the meaning of completeness; to cram until there is no room left.

Do you know what it is to have a drawer, closet or shelf crammed with stuff to where absolutely nothing else fits? Have you ever crammed information into your head for a test until you feel like you will explode?

Think about this scenario: you have not eaten all day and are feeling extremely hungry. You sit down, enjoy a wonderful meal, and are fully satisfied wanting or needing nothing more.

We are to be stuffed or filled with the Spirit in our lives rather than wine or anything else. The Spirit furnishes everything we need in every area of our life. There is no need to search for someone or something else to complete us. Someone or something else cannot fill the void in our soul.

Col 2:10 and in Him you have been made complete, and He is the head over all rule and authority;

Joh 1:16 For of His fulness we have all received, and grace upon grace.

Instead of seeking after the altering affects of alcohol, we should be seeking the altering affects of the Holy Spirit.

Ps 63:3-8 Because Thy lovingkindness is better than life, My lips will praise Thee. So I will bless Thee as long as I live; I will lift up my hands in Thy name. My soul is satisfied as with marrow and fatness, And my mouth offers praises with joyful lips. When I remember Thee on my bed, I meditate on Thee in the night watches, For Thou hast been my help, And in the shadow of Thy wings I sing for joy. My soul clings to Thee; Thy right hand upholds me.

How will we respond when we are filled with the Spirit?

Eph 5:19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord;

When we are filled with the Spirit we will speak of spiritual things, we will sing of spiritual things and think upon spiritual things. This is not just praise to God and edification to others from our lips only. It originates in our heart and it is not dependent upon surrounding circumstances.

Ac 16:25 But about midnight Paul and Silas were praying and singing hymns of praise to God, and the prisoners were listening to them;

1Co 14:26 What is [the outcome] then, brethren? When you assemble, each one has a psalm, has a teaching, has a revelation, has a tongue, has an interpretation. Let all things be done for edification.

Col 3:16 Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms [and] hymns [and] spiritual songs, singing with thankfulness in your hearts to God.

Ja 5:13 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praises.

Is your heart full of praise and worship to God? In every circumstance?

Ps 95:2 Let us come before His presence with thanksgiving; Let us shout joyfully to Him with psalms.

Ps 105:2-3 Sing to Him, sing praises to Him; Speak of all His wonders. Glory in His holy name; Let the heart of those who seek the LORD be glad.

Ps 47:7 For God is the King of all the earth; Sing praises with a skillful psalm.

Ps 62:8 Trust in Him at all times, O people; Pour out your heart before Him; God is a refuge for us. Selah.

Ps 86:12 I will give thanks to Thee, O Lord my God, with all my heart, And will glorify Thy name forever.

Ps 147:7 Sing to the LORD with thanksgiving; Sing praises to our God on the lyre,

Is it possible to say words of praise with our lips and service but not with our hearts?

Isa 29:13 Then the Lord said, "Because this people draw near with their words And honor Me with their lip service, But they remove their hearts far from Me, And their reverence for Me consists of tradition learned [by rote,]

Mt 15:8 'THIS PEOPLE HONORS ME WITH THEIR LIPS, BUT THEIR HEART IS FAR AWAY FROM ME.

Eze 33:31 "And they come to you as people come, and sit before you [as] My people, and hear your words, but they do not do them, for they do the lustful desires [expressed] by their mouth, [and] their heart goes after their gain.

God looks at our heart. True worship begins in our heart.

Pr 4:23 Watch over your heart with all diligence, For from it [flow] the springs of life.

1Ch 28:9 "As for you, my son Solomon, know the God of your father, and serve Him with a whole heart and a willing mind; for the LORD searches all hearts, and understands every intent of the thoughts. If you seek Him, He will let you find Him; but if you forsake Him, He will reject you forever.

Ps 57:7 My heart is steadfast, O God, my heart is steadfast; I will sing, yes, I will sing praises!

1Ki 8:61 "Let your heart therefore be wholly devoted to the LORD our God, to walk in His statutes and to keep His commandments, as at this day."

Ps 125:4 Do good, O LORD, to those who are good, And to those who are upright in their hearts.

Heb 10:22 let us draw near with a sincere heart in full assurance of faith, having our hearts sprinkled [clean] from an evil conscience and our bodies washed with pure water.

Verse 19 says we are to be speaking to one another in psalms and hymns and spiritual songs, singing and making melody with our hearts to the Lord. **Where are your thoughts focused during your day? Do your interactions with others praise God?**

Eph 5:20 always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father;

Notice specific words in this verse: always and in all things.

Always means always – at all times. All things means all things – everything.

What do we typically thank God for in our lives? What does this verse tell us to do?

Ps 34:1b I will bless the LORD at all times; His praise shall continually be in my mouth.

1Th 5:18 in everything give thanks; for this is God's will for you in Christ Jesus.

Heb 13:15 Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.

Eph 5:4 says we are to give thanks rather than take part in foolishness.

Look at Eph 5:19 again. When we follow this verse and praise God, our hearts are directed towards giving Him thanks.

What do we deserve? What have we been given? How have you seen His mercy and goodness in your life? What do you concentrate on: the calamities or the blessings in your life? Where is your hope?

We are to give thanks continually, always for all things – in prosperity and adversity; whether we are experiencing illness or health, we are to give thanks at all times in all places.

We give thanks through Jesus – our worship is through His name - He is the reason we can approach God.

We are often prone so to magnify our calamities, and to contemplate the woes of the race, that we overlook the occasions for gratitude; and we should, therefore, look upon the mercies which we enjoy as well as the miseries which we endure, that our hearts may be right. He who looks only on his trials will soon find his mind soured and complaining; he who endeavours to find how many occasions for gratitude he has, will soon find the burden of his sorrows alleviated, and his mind tranquil and calm. Yet, if the words here are to be taken as in our translation, "for all things," they are full of force and beauty. At the close of life, and in heaven, we shall see occasion to bless God for all his dealings with us. We shall see that we have not suffered one pang too much, or been required to perform one duty too severe. We shall see that all our afflictions, as well as our mercies, were designed for our good, and were needful for us. Why, then, should we not bless God in the furnace, as well as in the palace; on a bed of pain, as well as on a bed of down; in want, as well as when sitting down at the splendid banquet? God knows what is best for us; and the way in which he leads us, mysterious though it seem to be now, will yet be seen to have been full of goodness and mercy.
Albert Barnes' NT Commentary

Job 1:21 And he said, "Naked I came from my mother's womb, And naked I shall return there. The LORD gave and the LORD has taken away. Blessed be the name of the LORD."

Ac 5:41 So they went on their way from the presence of the Council, rejoicing that they had been considered worthy to suffer shame for [His] name.

Php 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

This week: Read Ephesians 5. Consider the questions below and use the “Apply It” bookmark and your journal notes to guide you. Ask God to show you His will for your personal application. You may want to record additional insights in your journal. We will use these questions as a quick review next week. Review **memory** verses **Eph 5:1-2** in the NAS version and if you are trying the memory challenge, review Eph 5:15-18 and add Eph 5:19 to your memory verses.

According to Eph 5:18-20 what character qualities should be seen in a child of God? Think about your character before you were God’s child. How are you different? Take time right now to praise God and thank Him for the work He is doing in your life.

Being filled with the Spirit is a continuous “keep on being filled” not just a one time, special experience. It is not a work we do, but a work the Spirit does. We are all controlled by something. In Eph 5:18, we are told not to be filled (or controlled) by wine. What controls you? Your thoughts or God’s thoughts? Your desires or God’s will? How is your answer to these questions displayed in specific areas of your life?

How is it possible to be thankful for all things – even those things that are devastating to us and those around us? Are there circumstances in your life right now that you are having a difficult time being thankful for? Look up 1 Thess 5:18 and Ps 34:1. Work hard to focus on the blessings in your life no matter what uncertainties befall you.

According to Eph 5:19 and 20, if we are Spirit-filled we will be joyful and thankful. What is concerning you most right now? Take time to write a list of things you can be joyful and thankful for even in the midst of difficulty. Read Job 1:21 and Phil 4:6-8.

What verses can you think of to help you re-focus when you are struggling? Consider writing them out so they will be available to you when you realize your attitude is not praising God in all things.