

Adult Bible Study

in Simplified English

Living in the Spirit

Lesson 11: Be Filled with the Holy Spirit

Bible Text

Ephesians 5:18-19

Memory Verse

"Tell of your joy to each other by singing the Songs of David and church songs. Sing in your heart to the Lord." (Ephesians 5:19)

Word List

singspiration: a song service with the group singing of hymns

Live Full of the Holy Spirit

(Ephesians 5:18)

18 Do not get drunk with wine. That leads to wild living. Instead, be filled with the Holy Spirit.

What is controlling your life? Where do you find your joy, your comfort?

Some look for it in a bottle. Work or school gets hard, so it is tempting to take a drink. Or, there is pressure at home, so a few beers to try and forget about the problems. Before long, a person is dependent on the alcohol for inner peace.

It has been said, "A man must fill himself with something." As believers, what we want is for God to fill us with His Holy Spirit. God is to be our peace in times of trouble. Alcohol is a false way of finding joy or comfort. At first it may seem like an easy way to solve the problems of life. But it soon becomes a habit that cannot be stopped.

Paul warned the new believers about being controlled by alcohol. Turning to alcohol for peace, instead of turning to Jesus, is to fall into sin. Paul told us to be controlled and given power by the Spirit of God. He is the true way of everlasting joy and comfort. This is the way to be truly happy.

Paul wrote about the opposite of being drunk. He wrote about a good thing, "Be

Last year my husband and I walked around the old, beautiful city of Ephesus in what is now Turkey. It was wonderful. There was a grand library. There were old streets and gathering places for thousands of people. There were also temples and statues of many false gods. Many people had worshiped a god by getting drunk as they worshipped.

We thought how Paul walked those same streets. We thought of the new believers who were learning to live their new life controlled by the Holy Spirit.

filled with the Spirit.” Just as heavy drinking can cause a person to be controlled by wine, being filled with the Spirit causes a person to be controlled by the Spirit.

People try to forget their cares and worries by drinking a strong drink. They hope it will make them feel good. But the feeling does not last. This leads to a life out of control and hurts you and others. The choice is simple. Choose not to get drunk.

Paul does not want to take away our joys and pleasures. He writes that we should choose to be filled with the Holy Spirit. This is the way to experience a good life the way God planned.

The words “be filled” means to be filled up so much that it is spilling over the sides. We do not have to ask and beg for this filling. When we believe in Jesus, God gives His Spirit. That is how Jesus comes to live inside you. As a believer, He is in you.

Being filled with God’s Spirit depends on how much of our life we give to God for Him to fill, control, and use. Let God have every part of your life, your mind, and thoughts. Let Him give you His love and forgiveness. Let Him fill your ears and eyes to hear and see God at work in your life.

Joy in the Spirit (Ephesians 5:19)

19 Tell of your joy to each other by singing the

Songs of David and church songs. Sing in your heart to the Lord.

When I was a teenager, the young people from churches in our town gathered once a month after Sunday evening church services. My 8th grade math teacher was also our volunteer youth director and youth choir director. He would make sure everyone had a ride going to the different churches. We called this **Singspiration**. It comes from the word “sing” plus “inspire” or “inspiration.” We looked forward to these times with other believers as we sang hymns and songs of praise.

Paul told Christians to sing as they praise God. His words tell of different ways that His followers can do this.

When believers praise God together in song, they tell of God’s goodness to one another. And when we are alone we can use a song to praise God silently, in our hearts.

There are times that we sing with only our voices. Sometimes we use other things like a harp. King David often played this beautiful musical instrument with strings (1 Samuel 16:14-23). The early believers sang the Songs of David, which we call “Psalms.”

Church songs are songs to praise God. In addition to the songs in the Book of Psalms, the early believers probably wrote their own songs to praise God.

Finally, Paul tells of singing in your heart to the Lord. These can be songs that come from the Holy Spirit.

Paul said that believers are to sing to one another and to Jesus. We sing praise to both the Father and the Son through the Spirit.

There are many ways it helps us to sing praises to God. When we sing, we obey what the Bible says. The words of the songs help us remember the truth of the Holy Spirit in our lives. We are helping others as we sing together. It brings us together with other believers as we all sing. The songs also help those who don't yet believe.

Singing also can prepare us for difficult times. We might think that singing is just for when we feel happy, but there are sad times

when singing will help us feel better.

Once, Paul and Silas sang in jail. The other prisoners listened, an earthquake came, and they were set free. Then, the jailer asked them how he could become a believer (Acts 16:23-31).

If you need joy, you should sing. If you have joy, you should sing. God has planned for joy and singing to be part of who we are as we worship Him.

We sing in our heart "to the Lord." He is the reason for our praise. We sing to Him and about Him.

Singing has a special way of bringing heart, soul, mind, and strength together. There are so many things in our world today that try to get us to notice them. Singing helps us so we think only about God.

Things to Think About

1. Some people who drink a lot seem to talk too loud and too much. Have you allowed the Holy Spirit to control you so that you want to make sure you talk about God each day? Why or why not?
2. What kinds of things can you do to put yourself in a better place to "be filled with the Spirit"?
3. What is a song about Jesus that you like to sing, even when no one is around? What are some songs you like to sing in church with others? Do you listen to these kinds of songs when you listen to music?
4. Are you depending upon your own strength to be a better believer each day? Or, are you asking God to fill your life with His power by the Holy Spirit? Which of these two ways do you think will help make you a better follower?

Things to Remember

Anything which has the power to control, harm, or hurt a Christian needs to be handled with extreme care.

Alcohol takes away self-control, wisdom, and good judgment. The Holy Spirit does the opposite. He give us the strength to be better and do more for God and others.

When we are *filled with the Spirit*, we will have a desire to sing praises of worship to God, and to encourage others in their worship of God as we tell of our joy to each other.

Ephesians 5:18-19

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