



EPHESIANS 5:1-21 WEEK 5

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS) IN THE FOLLOWING EXERCISES THIS WEEK

Ephesians 5 is full of rich instruction for us as believers.
All month we will work out our souls in verses 1-21 of those instructions.
Our focus for Week 4 will be verses 18-21.

1. **Warm up... READ and COPY.** Read Ephesians 5:1-21 and Copy verses 18-21.

2. **Memorization...** Memorize Ephesians 5:18-19. For extra challenge add in verses 20-21 as well.

*Tips for memorizing Scripture are available on our website under Women's Ministry/Resources/Memorization Projects

3. "Drunk"

Verse 18 continues to give instructions for us to live out the goodness of the Gospel in our lives by saying, ***"do not get drunk with wine for that is dissipation, but be filled with the Spirit."*** The heart of this instruction is now that we have the Holy Spirit alive within us, nothing should fill/control us other than Him. But sadly, even though He does live within us, we still have a tendency to reach for other things to ***"fill"*** us. For some, it is wine, as mentioned here, but for some it is drugs, for others food or shopping or approval, or social media... I think you get the point. We can get ***"drunk"*** on anything. And as we do it will begin to control us. With that in mind, workout your soul in verse 18 by answering the following:

- When a person gets ***"drunk with wine"*** how does the wine/alcohol tend to show forth its control over that person?
- What things do I tend to fill my life with? And how do these things sometimes have a controlling influence over me?
- How can I follow this instruction from verse 18 more fully, ***"...but be filled with the Spirit?"***

4. "Filled" Part 1...

Verses 19-20 reveal various ways that our lives will show we are ***"drunk"*** in the Spirit... i.e. daily filled and controlled by Him.

Verse 19 specifically reveals ways the Spirit will affect the words that flow from our mouths. It says, ***"speaking to one another in Psalms, hymns and spiritual songs, singing and making melody in your heart to the Lord."*** Thinking of

"Psalms" – as Scriptures which encourage the heart

"Hymns" – as declarations of the wonders of God

"Spiritual Songs" – as flows of thoughts that reach beyond the flesh and into the deeper spiritual matters of life

"Melodies" – as joyful words of worship and gratitude spoken and sung to the Lord

- Lay your life alongside each of these descriptions and allow the Lord to reveal just how ***"filled"*** you really are.
- Journal a prayer about your desire to be ***"filled"*** with Him.

5. "Filled" Part 2...

Verse 19 specifically reveals the way the Spirit will affect our attitude. It says, ***"always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father."*** Just as a breathalyzer test would reveal the amount of alcohol within a person, allow this verse, and specifically the words ***"always"*** and ***"all"*** to test the fullness of the Spirit within you. Journal your thoughts and a prayer to the Lord asking for more of Him.

*Bonus. "And..."

Verse 21 is a bonus verse, using the word ***"and..."*** to add on another description of a life ***"filled"*** by the Holy Spirit. It says, ***"and be subject to one another in the fear of Christ."*** Read verse 21 in at least three other versions of the Bible. Ponder its meaning and how it describes or does not describe you. Journal your thoughts.

6. **Use the Scripture Prayer Image** to make a heartfelt prayer based on the instructions of Ephesians 5:18-21. We can't self will any of these manifestations of the Spirit in our lives. They come as He fills and we drink of Him fully. O Lord let it be so!