

Ephesians 5:18-21 Walking in the Spirit

¹⁷ Therefore do not be unwise, but understand what the will of the Lord is. ¹⁸ And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, ¹⁹ speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, ²⁰ giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, ²¹ submitting to one another in the fear of God.

Unless you are Physically unable – walking is something that we do on a daily basis

A) Walking is associated with doing life – doing business

B) Bank – We are ready to walk together with you!

C) Walking together is symbolic of relationship

1) Takes practice – Art – surrender

I am 6ft – my wife Denise is 5'2 we have had to learn to walk together – literally – Longer legs – pulling

A) Holding hands – She will pull – my hand – slow down.

B) Sometimes – I have to say – you set the pace – I will follow.

C) Walking with my Grandson – real slow – frequent stops – this is going to take a lot longer

1) Enjoy the moment

Today we are discussing the idea of walking in the Spirit –

A) The ideas of Relationship – Pace – deference are just as vital and important

B) Important passage for every believer

Chuck Swindol

I don't know of a more important verse in the New Testament for the Christian than Ephesians 5:18—This verse tells the believer how to live an authentic, empowered life: “And do not get drunk with wine, for that is dissipation, but be filled with the Spirit.”

John MacArthur echoes the importance of this doctrine writing that...

If we do not obey this command, we cannot obey any other—simply because we cannot do any of God's will apart from God's Spirit. Outside of the command for unbelievers to trust in Christ for salvation, there is no more practical and necessary command in Scripture than the one for believers to **be filled with the Spirit.**

It is interesting to Note that in V.18 Paul gives us a Dual Command:

A) There is a negative: **Don't be drunk with wine, in which is dissipation.**

- Dissipation = wastefulness or excess

B) The Positive: **Be filled with the Spirit**

So why did the Holy Spirit choose to use this analogy?

A) This contrast **Drunkenness vs Being filled with the Holy Spirit?**

B) **Drunkenness = being under the influence of a substance – that influence creates an altered state.**

C) **Drunkenness makes a man or women worse than they were created to be**

Dr. Martyn Lloyd-Jones, was a brilliant physician who became a pastor and ministered for nearly forty years at Westminster Chapel, London, wrote:

Drink is not a stimulus, it is a depressant. It depresses first and foremost the highest centers of all in the brain. They are the very first to be influenced and affected by drink. They control everything that gives a man self-control, wisdom, understanding, discrimination, judgment, balance, the power to assess everything; in other words everything that makes a man behave at his very best and highest. The better a man's control, the better man he is... But drink is something which immediately gets rid of control; that indeed is the first thing it does.

D) Now the Bible is clear that drinking alcohol in and of itself is not a sin

1) but The Bible is ALSO clear that drunkenness is a sin! – Many warnings of its dangers

Now a great way to make sure – never get drunk is to not drink at all.

A)The Fallacy of being drunk:

B)Most people even Christians think – it refers to being passed out or out of control,

1)slurred speech, can't walk. – Sure that is drunk.

C)But the Bible commands us in Romans to obey the laws of the land –

1)Here in the USA – All states define being under the influence or drunk blood alcohol level of .08

D)So although you might not be falling over and passed out – but if your BAL is over .08

1)Legally drunk – legally under the influence – Biblically sinning – Drunk – not obeying laws

So if you are going to exercise this liberty to drink – Do so responsibly – don't get drunk.

A)Do so respectfully – Not everyone has that liberty

B)The Bible warns against both stumbling – or offending another brother or sister.

1)Some are stumbled into sinning – they don't have that liberty – passed abuses - -

C)They see you using your liberty and it causes them to think – **oh I can do that too – them it is a sin**

1)They get hooked – Seen many families destroyed by the effects of Alcohol

But Paul also warns in Romans 14 against offending a brother or sister –

A)They have experienced the negative effects of Alcohol on their own life or seen it in others

B)Foul taste – Bad memories – they are literally offended – see believers drinking

1)Conjures up those bad memories

C)Paul said – Exercise Love – **I will forfeit my liberty rather than see a brother or sister stumble or offended**

D)So if you are going to practice this liberty to do so carefully – respectfully – best is privately.

But back to the question: Paul's dual command: Why this contrast:

A)Negative: Don't be drunk

Positive: Be filled with the Holy Spirit

B)The focus is what you are going to be under the influence of and what are you going to allow to alter your state.

C)Paul has been calling us to live in an altered state. – Under a different influence

1)Influenced now by who we are in Jesus

That has been the point that Paul has been building upon since the beginning of Chapter 4

A)Began this discussion with this exhortation – Walk in a manner that is worthy to your calling or your identity in Christ.

B)We have summed up that idea with this statement: **Be who you are in Jesus instead of who you were in the flesh.**

C)Paul spent Chapters 1-3 discussing who we are now in Christ –

1)new spiritual identity and privileges of belonging to Jesus

Chapter 4 – He says so Walk in that New Reality

A)Walk in Unity – Walk differently from how you used to walk as a person living in the world

B)Walk in Love – walk in the light – Last week – walk in Wisdom.

C)Paul is making it clear that our NEW IDENTITY – should result in a new ALTERED state –

1)changed for the better- As opposed to Alcohol that changes someone for the worst

V.18 is the How to: How do we be who we are in Jesus instead of who we were in the Flesh

A)Be filled with the Holy Spirit!

B)The Word filled has a dual meaning: It means to permeate –

1) Like the idea of sugar in a cup of coffee.

C)The Coffee is permeated by the sugar – Bitter taste to sweet

D)Or cream in Coffee – not only does it permeate the taste but even the appearance –

1)it alters of the color – from black to cream colored

Well the life that is permeated by the Holy Spirit is an Altered life

A)In appearance and taste – Paul outlines this in Galatians 5 – Turn

B)Old life – the works of the Flesh – Read

C)New life – walking in the Spirit – life permeated by the Holy Spirit – results in the fruit of the Holy Spirit - Read

D)A life that is filled with the Holy Spirit/ that is permeated by the Holy Spirit - is going to replace the works of the Flesh for the fruit of the Spirit

E)Fruit is the natural byproduct of the branch being connected to the tree.

1)No effort – grunting – groaning – just happens
Back to Ephesians

So being filled with the Holy Spirit means your life is being permeated by the Holy Spirit

A)But how does that happen?

B)How is our life permeated by the Holy Spirit?

¹⁶Let the word of Christ dwell in you richly in all wisdom, - Colossians 3:16

C)Dwell in you richly or with abundance speaks of a life that is being permeated by the word of God!

1)It is a life that is being saturated in the word of God

2)Not simply reading but allowing the word of God to have its way in your heart/ life

D)See the Holy Spirit of God actively works through the word of **God to have a transforming affect upon the believer.**

Note there is a connection between the command to be filled with the Holy Spirit in Ephesians 5:18

A)and the command to let the word of Christ dwell in your richly – Col 3:16

B)They result in the same thing – Similarities between Eph 5:18-6:9 / Col 3:16-4:1

C)Be filled and let the Word of Christ dwell richly are both in the **present imperative sense**

1)Meaning – ON going – Be continually being filled – be continually dwelling in the word

D)Affects are similar: Affects your speech: Ephesians speaking to one another

1)Colossians teaching and admonishing one another

E)Affects your attitudes: Both mention singing and making melody and thankfulness

1)There is a Joy that marks your life.

SINGING and making melody with YOUR HEART to the Lord Eph 5:19	SINGING with thankfulness in YOUR HEARTS to God Col 3:16
Always GIVING THANKS for ALL things in the name of our Lord Jesus Christ to God, even the Father Eph 5:20	Do ALL in the name of the Lord Jesus, GIVING THANKS through Him to God the Father Col 3:17

Both mention – Family life – Wives subject to Husbands

A)Husbands loving wives / Children obey parents
Fathers not provoking kids

B)Both mention **Work life** – that culture Slaves as well as masters

C)Idea being – every aspect of our lives is being impacted by the Holy Spirit

1)Working through the word of God to transform us
To alter us into a new kind of HUMAN

Why the similarity? Because they are connected.

A)The more that we allow the word of Christ to dwell in our lives richly –

B)the more the Holy Spirit is going to permeate every aspect of our lives

C)The Holy Spirit is always working in us – through the word of God

D)So the degree of filling is going correspond to the degree of our intake and understanding of the word of God.

So first of all the word Filled = to permeate – but the word also means to empower.

A)Like the idea of the wind filling a sail on a sail boat – moves the boat – it empowers the boat

B)How are you and I empowered by the Holy Spirit – it happens when we surrender.

C)See the idea of the empowering of the Holy Spirit and even the permeating of the Holy Spirit is not you getting more the Holy Spirit

1)Saved – the Holy Spirit takes up residence in your life

D)You have him – can't get more of Him- so it is not you getting more of the Holy Spirit

1)but it is the Holy Spirit getting more of you.

The Wind in the Sail – partial – slow – Fully – fast

A)You in the River – toes – knees – waist – overhead – now you are being moved by the power of the river –

B)That is the idea: When we surrender ourselves to God –

1)we are inviting the Holy Spirit to do what he wants to do with us in every area of our lives

2)We want to be controlled by him – instead of by ourselves, our intellect -our inclinations

C)But as we are allowing the word of Christ to permeate our hearts **we are discovering what God wants – His will – his way**

1)We are inviting the Holy Spirit to move us in that direction – to do with us what he desires to do in us

What Paul describes next are the effects of when that happens:

A)It is going to affect every area of our lives and every relationship. –

B)Notice how Paul describes this: ¹⁹ **speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,**

C)First affects our communication: - **Speaking to one anotherSongs ...singing – making melody....–**

NOW this Isn't suggesting your life is going to become a walking musical –

A)Hi Rob how are you doing? **Praise the Lord Brother – I am doing well how about you?**

B)That would be weird and you would quickly find yourself with either no friends or some very weird friends.

C)The Phrase making melody in your hearts to the Lord is a key

The word melody means to strum like a person strums a guitar –

A)So the picture is one of a person permeated and empowered by the Holy Spirit

B)Jesus is strumming your life – His influence is going to affect your communication

³⁸ **He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water."**

³⁹ **But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified. John 7:38-39**

C)The Picture of the River is a great visual – like a River flows into the oceans –

1)what is flowing out or your heart is that which is connected to Jesus

D)Reflecting Jesus – Speech that is going to be uplifting –

1)rather than speech that is fowl & distasteful

E)James says: Spring isn't going to produce both bitter water and sweet.

1)So when the bitter stuff is coming out of us -it is simply the evidence of who our lives are being permeated by.

F)Today that guitar was making some sweet music – Eddie was playing it

1)If I picked it up -distasteful – horrible - - hinder worship –

2) All about the influence who is plucking the strings of your heart

So the first affect is seen in our communication

2nd Affect is Joy ²⁰ giving thanks always for all things to God the Father in the name of our Lord Jesus Christ,

The words of the late Pastor Warren Wiersbe are helpful here:

“Joy is one of the fruit of the Spirit (Galatians 5:22) Christian joy is not a shallow emotion that, like a thermometer, rises and falls with the changing atmosphere of the home. Rather, Christian joy is a deep experience of adequacy and confidence in spite of the circumstances around us.

The Christian can be joyful even in the midst of pain and suffering. This kind of joy is not a thermometer but a thermostat. Instead of rising and falling with the circumstances, **it determines the spiritual temperature of the circumstances**. Paul put it beautifully when he wrote, “I have learned in whatsoever state I am, therewith to be content” Warren Wiersbe

The spirit filled believer is going to be more of Thermostat than a Thermometer

A) Thermometers register the temperature –

B) Thermometers are constantly reacting to the circumstances around them.

C) A Thermostat on the other hand regulates the temperature. Sets it –

1) Needs to be colder – warmer

D) The Spirit filled believer is going to affect the atmosphere around him with a sense of Joy.

A heart of Joy – thanksgiving – blessed by the Lord

E) And Understanding – I have been blessed to be a blessing

John Stott - The grumbling spirit is not compatible with the Holy Spirit. Grumbling was one of the besetting sins of the people of Israel; they were always ‘murmuring’ against the Lord and against Moses. But the Spirit-filled believer is full not of complaining, but of thanksgiving.

3rd Affect – Respect and Care for others V.21

²¹ submitting to one another in the fear of God.

A) In the Greek text verses 18 to 21 form one long sentence, with mutual submission being the final result of the Spirit’s filling.

B) The supreme model for our submission is Jesus Christ.

C) **Philippians 2 – Turn there**

Because Jesus submitted himself to the Father – made himself dependent upon the Father –

A) He was able to be a Blessing to the world

B) The Same can be true of you and I – as we surrender to Jesus

C) The Spirit of Christ to lead us in our interactions we too will be a blessing to the world around us

Closing:

Notice – this effect of Mutual submission is mentioned before –

A) Paul starts talking to Wives about submitting to the Husband

B) And before - Husbands loving their wives

C) He is painting a picture of both being submitted to one another in the Fear of the Lord.

D) That mutual submission comes from being filled with the Spirit and walking in the fear of the Lord