



THE HOLY SPIRIT – YOUR LIFE COACH

THE FILLING OF THE HOLY SPIRIT

Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit...
Ephesians 5:18

Spirit Baptism, Spiritual Birth and Indwelling all happen automatically when you trust Christ and never need to be repeated, you are not commanded to do them.

You are commanded to be “continually be being filled by the Spirit” according to the literal text of Eph 5:18.

Filling of the Spirit is NOT automatic, and you must play a role in the filling of the Holy Spirit. You CANNOT fill yourself with the Spirit. But you CAN allow yourself to be filled with the Holy Spirit.

What is it?

- When you allow the Holy Spirit to operate unhindered in your life and you purposely yield yourself to be available to God.
- Then you are operating by the divine influence of the Holy Spirit in your daily life.
- Trusting God to work in your daily life.

How?

- Yield yourself to God to be available to do His will, then you are filled by the Spirit as a result.
- Don't Grieve (Eph 4:30)/Don't Quench(1 Thess 5:19) the Spirit are warnings to stay yielded to the Holy Spirit
- Being yielded to God is being available to God for anything and everything He wants for you. Jesus said, “not my will, but Your will be done.” Remember, the Holy Spirit already indwells you.

What is it not?

- Not you getting more of the Spirit (He already fully indwells you as a believer), but the Spirit getting all of you
- It is not Christian auto-pilot. You are still you, but under the influence of God the Spirit.
- It is not abandoning fun, amusement or helpful diversions.
- It is not a pious pose or an attitude we psyche ourselves into.

SMALL GROUP QUESTIONS for Wednesday Feb 7 2024

The Filling of the Holy Spirit - What does it mean for teenagers? What if God could influence and guide your daily life from inside you?

What do you think a young person would be like who was filled with the Spirit and was under the influence of God? How would they be different from an unbelieving young person?

Let the students come up with these on their own. Try to get them to really think through this.

What are some of the behaviors/actions that the filling of Spirit produces as seen in Eph 5:19-21? What would these look like in young people?

Peace within (making melody in your heart to the Lord) , thoughtful of others (speaking to others in Psalms and hymns -focus on happy stuff with others) , thankful to God, submissive to others (not only trying to get our way). Let this sink in. A Spirit filled person has peace within and is thankful and is not fighting to get their own way. A Spirit filled person is not acting like some Spiritual Superman who is jumping over buildings and "saving the world". Being Spirit filled is a simple and yet profound effect on us in the very basics of life.

What is the main thing the Holy Spirit wants young people to focus on in their behavior? What would you say is the most important thing He wants to emphasize?

If you look at few verses after the command to be filled with the Spirit you will see commands to wife (5:22) , to Husband (5:25) to children/young people (6:1) and then to employees(6:5). How does Holy Spirit filling manifest itself for children/young people? Obey your parents! The key thing the Holy Spirit focuses on for young people is obey your parents! This is the mark of a spiritual pre-teen or teenager. You are respecting and obeying your parents. Why is obeying parents so important? It prepares you for success in life. If you learn now to obey your parents, it will help you get along with your boss in your professional life and with your husband or wife in your personal life and it will help you get along with other people instead of trying to get your own way all the time. Learn now to get along and respect and obey your parents. It honors God and God knows that this is a major life skill that will serve you well.

What about relationship boyfriends or girlfriends? How would be filled by the Spirit impact your relationship with Boyfriend of Girlfriend?

It will help you NOT be controlled by your boyfriend or girlfriend and get into unhealthy relationship dynamics. When you are filled with the Holy Spirit you will not need your boyfriend or girlfriend to prop you up in life. You will not become dependent on them for how you feel about yourself and life. You will also not be tempted into sexual sins. Sexual sins (Any and all sexual activity outside of marriage is a sin) will further send you down a spiral of very unhealthy relationship dynamics.

If your are a young person , what would being filled by the Spirit impact your emotions or moods, what would their emotions and moods be like?

Being filled with the Spirit will allow you have more stable moods. You will still have ups and downs, but you will know that God cares for you and you will trust Him for things that happen in your life. You will experience more true joy and true sorrow because your emotions are influenced by the Holy Spirit. You may feel things more deeply because you care about life and people more. Some teens or pre-teens and adults struggle in life and complain they just don't feel anything or nothing seems to matter. When you are filled with the Spirit you will feel and enjoy life more! See Galatians 5:22.

Would being filled with the Holy Spirit make you the real you or a fake you? How so?

The real you or a fake you? It allows you to operate as who you are under the influence of the Holy Spirit. You will be the you that God made you to be. You are in God's will for you. God's will is that you be a Spiritual person, so your unique life can shine out for his glory. Be yielded and you will be in His will because you are willing to do His will. That is the center of God's will. As you are willing to let Him use you then He will guide and influence you. It will be you under the influence of God. He will guide and influence your thinking, attitudes, emotions and actions. This not you acting good, this is your trusting God and God the Holy Spirit producing goodness IN you that spills out of you. You spill what you are filled with. Also - It can keep you from self-sabotage. We are often our own worst enemies. Being filled with the Holy Spirit will help you overcome laziness and making excuses for yourself and negative thinking about yourself.

If you as a believer are not filled with the Holy Spirit, then what version of you are you?

If you are not filled with the Spirit, you are living under your own resources that are contaminated by your sin nature. If you are not filled with the Spirit, you will be brought down to living just like someone who has not believed in Jesus! A Christian who is not filled with the Spirit and who is living according to his own wisdom and strength is called a Carnal (fleshly) Christian. A believer filled with the Holy Spirit is called a Spiritual Christian. For a biblical example of this see 1 Corinthians 2:14-3:4. See the difference between a spiritual and carnal believer? In this passage the unbeliever is referred to as a natural man or mere man. Believers are either Spiritual or Carnal depending on whether they are trusting God or ignoring Him for living their daily life.

What has more influence of your life currently, your social media/phone or the Holy Spirit?

Can you explain what is required to be filled by the Spirit?

Is this easy or hard?