

Eph 5:18–20 (ESV) And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, ⁽¹⁹⁾ addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, ⁽²⁰⁾ giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,

Big Picture

Paul is continuing his teaching on being filled with the Spirit. We have seen that Spirit-filled believer is one who has submitted themselves to the Spirit's control, resulting in every area of their life coming under his influence. Now Paul turns his attention to the results of that influence. It will affect our worship, our gratitude and our relationship with others.

Outline

1. **The Spirit-filled life is a life of worship**
2. **The Spirit-filled life is a life of gratitude**
3. **The Spirit-filled life will affect our relationships (Next week)**

I. THE SPIRIT-FILLED LIFE IS A LIFE OF WORSHIP

1. The fruit of being filled with the Spirit is a desire to worship God

- A. I can tell when I'm under the Spirit's control – When I am being influenced by him rather than the flesh
- 1). I find worship is a spontaneous part of my life – there is a song to God in my heart

- B. This is something that Spirit does in me

Ps 40:3 (ESV) He put a new song in my mouth, a song of praise to our God.

Transition: Paul now gives us four characteristics of this singing heart

Where do we sing?

Eph 5:19 (ESV) *addressing one another* in psalms and hymns and spiritual songs...

1. This shows the importance of worshipping God together in church

- A. We sing alone – making melody in our heart to God

But the Lord loves it when we come together and sing – uniting to worship him

- 1). Jesus leaves us this example at the last supper

Mt 26:30 (ESV) And when they had sung a hymn, they went out to the Mount of Olives.

- B. Interesting verse in Hebrews – concerning Jesus singing with the redeemed in heaven

Heb 2:12 (NIV) He says, "I will declare your name to my brothers; in the presence of the congregation I will sing your praises."

- 1). The resurrected Messiah speaks of singing praise to the Father with his brothers in heaven

Point: So Jesus gives us the example of singing with others

What do we sing?

Eph 5:19 (ESV) addressing one another in *psalms* and *hymns* and *spiritual songs*...

1. I don't think the emphasis here is on strict categories

- A. Adam Clarke that great commentator

"We can scarcely say what is the exact difference between these three expressions."

Point: It seems to me the emphasis is on variety – teaching that God loves diversity in worship

- A. Churches today sing a combination of hymns and what we call choruses – modern songs

- 1). Wonderful as long as the songs are biblically accurate – theologically sound

- B. You also have different music styles – each culture brings a different style

- 1). I believe God loves it all – the reggae beats of the island churches – excitement in black churches
The more reserved expression of worship in the white churches – we try

- a). They all are beautiful to God

Where Does This Song Flow From?

Eph 5:19 (ESV) addressing one another in psalms and hymns and spiritual songs, singing *and making melody to the Lord with your heart,*

1. What is the heart? It is the totality of the person

- A. Will – intellect and emotions = we worship God with all that we are – wholehearted
Rom 12:1 (NIV) Therefore, I urge you, brothers, in view of God's mercy, to *offer your bodies as living sacrifices,* holy and pleasing to God--*this is your spiritual act of worship.*
- 1). Same as being Spirit-filled – under his influence - surrendered
 - 2). He will tune your heart to God – worship will naturally be the result
- B. The Spirit will produce worship even in times of trouble
- 1). Acts 16 - Paul and Silas are arrested – put in stocks – feet spread apart until cramping
Notice: Ac 16:25 (ESV) About midnight *Paul and Silas were praying and singing hymns to God,* and the prisoners were listening to them,
 - a). Filled with joy and singing praises to God
 - 2). That is the work of the Spirit in those he controls
 - a). The fruit he produces is joy and peace - His ministry is exalting Christ = results in worship
- C. But resist the Spirit and you will lose your song – watch what he produces instead
- 1). Warning the Israelites about the cost of sin
Am 8:10 (ESV) I will turn your feasts into mourning *and all your songs into lamentation...*
 - a). The Spirit will allow sorrow to fill your heart instead of song
 - b). That is meant to wake you up – long for that peace and joy again and return

To Whom Do the Believers Sing?

Eph 5:19 (ESV) addressing one another in psalms and hymns and spiritual songs, singing *and making melody to the Lord with your heart,*

1. We sing among ourselves but our songs are directed to the Lord

- A. Therefore our focus should not be on impressing others – gaining attention
 Our focus should be on the Lord alone – He is the audience we are singing too
- 1). This is why our singing should be whole hearted – focused – concentrated
 - a). We have an audience – he is listening
 - b). He sees if you're singing with your mouth but thinking about the Rams game after church

2. Why the words of every Christian song should be theologically accurate

- A. So many worship songs have bad theology – We are praising God with lies
- 1). That's not that fragrance that rises before him with a pleasing aroma
 - 2). Why we are very careful that our songs are theologically correct

Transition: The *evidence of being Spirit-filled* is having a heart filled with worship and song

- A. The Spirit produces that song in us
- 1). It is a fruit of the joy and peace he gives us
 - 2). It is also the fruit of the next point – he produces a grateful heart
 - a). You can't be grateful and a complainer at the same time
 BUT Gratitude leads to joy – which leads to song – songs that worship our Lord

II. THE SPIRIT-FILLED LIFE IS A LIFE OF GRATITUDE

Eph 5:20 (ESV) giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,

1. We live in a society that lacks gratitude – the age of entitlement

- A. We don't need to be thankful because we deserve everything we get
 - 1). Whether that is what we get at work – or what we get from God

Lk 18:11–12 (ESV) The Pharisee, standing by himself, prayed thus: ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. ⁽¹²⁾ I fast twice a week; I give tithes of all that I get.’

 - a). He believed he God owed him blessing – including heaven
 - 1a). He deserved it – earned it – so God should be thanking him
 - b). But Jesus said this man was praying to himself – God wasn't even listening
 - 2). The tax collector in the story knew he didn't deserve any of God's blessings – he deserved hell
 - a). But when he cried out for mercy God heard it – and he was justified - forgiven
 - b). I guarantee he was also grateful that God saved a sinner like him
- B. Here Paul says *the evidence of being filled with the Spirit* is having a thankful attitude
 - 1). I said before: The Spirit has been sent to bring glory to Christ
 - 2). One of the ways he does that is by reminding us of what Christ has done in our lives
 - a). He does this through the Scriptures he has authored
 - b). He does this by bringing Christ's gracious works for us to mind

Jn 16:14 (ESV) *He (the Spirit) will glorify me, for he will take what is mine and declare it to you.*

Transition: In v. 20 Paul explains how this thankfulness looks in the Spirit-filled believer

- A. Again this is evidence of being Spirit-filled – not tingles – chills – are you thankful?
 - 1). Complainers and grumblers lack the evidence of being Spirit-filled

But I get tingles and chills all the time – I speak in tongues – doesn't matter

When We Are to Be Thankful: **Always**

1. This is the fruit of recognizing God's control in every detail of our life

- A. Even in trials and difficulties – when we complain we are questioning his love, wisdom, and sovereignty
 - 1). Why when the children of Israel grumbled against Moses God took it personally

He said when they grumble against you Moses it is really against me – Why?

 - a). He is sovereign and brought those circumstances into the Israelites lives
 - b). They came through love and with divine precision – they were perfect

Transition: Let's look at three areas of thankfulness this “Always” is speaking of

- A. They move from easy to more difficult – but they all take the power of the Spirit

We Should Be Thankful When Things Are Going Good

- A. This is a no-brainer – when God blesses us we should be grateful
 - 1). But it's so easy to fail even here
 - a). Luke 17 – Jesus cleanses the 10 lepers – sends them to report it to the priests

As they go they are cleansed – but only one comes back to thank him
 - b). Jesus notices and questions – “We're not 10 cleansed? Where are the other 9?”
 - 1a). You would think they'd all return after such a miracle – all be grateful
- B. But we are like this - We could all up our gratitude game – giving God thanks for all he's done

- 1). We all have so much to be thankful for

Charles Spurgeon: “Every hour, yea, every moment has brought a favor upon its wings. Look downward and give thanks, for you are saved from hell; look on the right hand and give thanks, for you are enriched with gracious gifts; look on the left hand and give thanks, for you are shielded from deadly ills; look above you and give thanks, for heaven awaits you.”

Transition: So we should get into the habit of thanking God for all his benefits – should be the minimum

- A. But real gratitude goes deeper than this - why it takes the Spirit’s power

- 1). Why it’s only seen in those who are filled with him and influenced by him

We Should Be Thankful When We Anticipate Blessings in The Future

- A. The first one is thanking God *after* we’ve been blessed

This is thanking God in expectation of being blessed – *gratitude before the fact*

- 1). This requires faith and spiritual maturity – it requires the Spirit’s help

- B. We get our example from Abraham

Ro 4:18–20 (ESV) In hope he believed against hope, that he should become the father of many nations, as he had been told, “So shall your offspring be.”⁽¹⁹⁾ He did not weaken in faith when he considered his own body, which was as good as dead (since he was about a hundred years old), or when he considered the barrenness of Sarah’s womb.⁽²⁰⁾ *No unbelief made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God,*

- 1). Even when his and Sarah’s bodies were passed the age of being able to produce children Abraham still gave glory to God – why? - Because he had a promise from God who can’t lie

- a). Therefore he didn’t look at the circumstances that shouted out the impossibilities

He stood on the promise given by a God who knows no limitations

- C. This is how George Mueller lived – famous story of taking care of the children in the orphanage

- 1). He didn’t have any money or food for the children – bank account and cupboards were bare

Still he sat down with the children and gave thanks for their breakfast they were about to eat

- 2). Immediately, they heard a knock at the door – it was the local baker.

"Mr. Muller," he said, "I couldn't sleep last night. Somehow, I felt you had no bread for breakfast, so I got up at 2 o'clock and baked fresh bread. Here it is."

- a). Muller thanked him and gave praise to God.

- 3). Soon, a second knock was heard. It was the milkman.

- a). His cart had broken down in front of the orphanage.

- b). He wanted to give the children the milk so he could empty the cart and repair it.

- 4). How could George Muller pray with such confidence?

- a). Because he had seen God take care of the children many times before.

- b). AND because he was filled with the Spirit - therefore led by the Spirit

- 1a). He was given the faith to sit those children down and give thanks

Point: George Mueller had faith because the Spirit was leading him – influencing him – inspiring him

- A. Therefore he could pray with faith – expecting God to move – thanking him before he did

- 1). This is the exciting Spirit-filled walk – it has adventure to it – God leads and you see him move

Transition: The next one goes a bit deeper

We Should Be Thankful Even When the Battle Is Still Raging (In the midst of trial)

Eph 5:20 (ESV) giving thanks *always and for everything* to God the Father in the name of our Lord Jesus Christ,

- A. Always and for everything

- 1). When we are still undergoing trouble –when everything looks like it is against us

- B. This is Daniel after King Darius signed the decree forbidding the worship of any god or man other than the king himself

Da 6:10 (ESV) When Daniel knew that the document had been signed, he went to his house where he had windows in his upper chamber open toward Jerusalem. He got down on his knees three times a day and prayed *and gave thanks before his God*, as he had done previously.

- 1). God who is sovereign still deserved thanks even when the circumstances looked really bad
 - a). Why? He was still in control – he was still orchestrating events
He still never made a mistake in his timing or planning
 - b). King Darius didn't sign that decree without God approving it

- C. Watch the brilliance of God – how that signed decree would be used

- 1). Those who hated Daniel saw him continuing to pray and ran to the king
“Oh King. Didn't you say that anybody who prays to any god or man except you will be thrown into the lion's den? Daniel, one of the exiles from Judah is doing just that. He still prays three times a day to his God.”

- 2). King Darius liked Daniel and didn't want to throw him into the lion's den
but the law was the law – once he signed that decree it couldn't be changed

- 3). He has Daniel thrown into the lion's den – then spends a sleepless night worrying about him

Da 6:19–22 (ESV) Then, at break of day, the king arose and went in haste to the den of lions. ⁽²⁰⁾ As he came near to the den where Daniel was, he cried out in a tone of anguish. The king declared to Daniel, “O Daniel, servant of the living God, has your God, whom you serve continually, been able to deliver you from the lions?” ⁽²¹⁾ Then Daniel said to the king, “O king, live forever! ⁽²²⁾ My God sent his angel and shut the lions' mouths, and they have not harmed me, because I was found blameless before him; and also before you, O king, I have done no harm.”

- 4). Now watch the brilliance of this plan – what God does with these circumstances

Da 6:23 (ESV) Then the king was exceedingly glad, and commanded that Daniel be taken up out of the den. So Daniel was taken up out of the den, and no kind of harm was found on him, because he had trusted in his God.

Da 6:25–27 (ESV) Then King Darius wrote to all the peoples, nations, and languages that dwell in all the earth: “Peace be multiplied to you. ⁽²⁶⁾ *I make a decree, that in all my royal dominion people are to tremble and fear before the God of Daniel, for he is the living God, enduring forever; his kingdom shall never be destroyed, and his dominion shall be to the end. ⁽²⁷⁾ He delivers and rescues; he works signs and wonders in heaven and on earth, he who has saved Daniel from the power of the lions.*”

- a). It was a brilliant mission move by God wasn't it

Point: The knowledge that God is in control of all things – and he never makes a mistake in his planning

- A. That allows us to give thanks even when our world is being rocked
- B. It helps to know this is not an option – it is a command – a matter of obedience

1 Th 5:18 (ESV) give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

- 1). This is the will of God – whether you feel like it or not

Thought: Why is it helpful to see this – to see this is a matter of obedience
To see that complaining is an act of disobedience

- A. Because it forces us to think Biblically – why can I give thanks when trouble crashes into my life

- 1). Because God is in control – and he has designed this to work for my good
- 2). Because this trial is doing something so valuable – I'm growing – being strengthened
 - a). It is burning away the old me and replacing it with Christlikeness

- B. But this gratitude is produced by the Spirit when we are under his influence

- 1). Because he is the one that brings these truths into our mind
And gives us the understanding so we can apply them
Then he is the one who gives us the power to live them out

- 2). Watch the way it works in Colossians
Col 3:15 (ESV) And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.
- a). That peace is a fruit of the Spirit that grows when we are filled with the Spirit
 The result of having God's peace will be thanksgiving

2. But let's be honest – Thankfulness in all things is a process we grow into

- A. This is a part of that sanctification process the Spirit is always working on
- 1). He is always attempting to move us from weak faith to stronger faith
 - 2). From a faith that is defeated by circumstances to one that is victorious and thankful

Question: How does he produce this kind of faith that can thank God in the dark?

- A. By bringing trials into our lives that take us beyond ourselves and force us to trust in him
- 1). Trials that are beyond our ability to handle – that force us to look to God
 - 2). Result = We see God come through again and again and our confidence grows
 - a). Because we have this growing track record of God's faithfulness
 Those things that used to cause panic don't any longer – why?
 - 1a). The circumstances that threw me for a loop 5 years ago don't today
 Because I have a history of God coming through in circumstances like that
- B. At the same time produces the fruit of peace in us = God's peace

Turn: Jn 14:27 (ESV) Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. **(The result)** Let not your hearts be troubled, neither let them be afraid.

- 1). We are learning about God's faithfulness and we are given God's peace
 - a). God's peace! He isn't worried
 - 2). Where does that peace come from? Look at the verse before - context
Jn 14:26 (ESV) But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.
 - a). The peace of v. 17 is experienced through the influence and power of the Spirit
 - b). That influence and power that only comes when we are surrendered to him = filled
- 2). That peace that passes understanding linked to the knowledge of God's faithfulness
 Enables us to give thanks even in times of trial

CONCLUSION

1. The Spirit-filled life is the life that is controlled by the Spirit

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

- A. Just as drunkenness influences everything about us – our will, emotions, intellect
 We are to surrender to the Spirit to such an extent he is influencing everything about us

2. When we do that there will be wonderful results

- A. He will put a song of *worship* in our heart
- B. He will produce *thankfulness* – the joy of gratitude
- C. Next week we'll see how this will affect our *relationships*