

"Filled With The Spirit"

Pentecost 13

1)

Ephesians 5:15-20

2)

August 22, 2021

Grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory now and forever. Amen. ()

Dear brothers and sisters in Christ,

What's the best junk food that you've had lately? Just think about it for a moment, right? We had the state fair finished up here, this last weekend. The county fair this weekend. In Wisconsin, we are known for deep fried cheese curds and cream puffs. I've even heard of deep fried bacon with chocolate dipping sauce. If you went to the Fair perhaps you had one of the many things that we could probably categorize those junk food, right? Not exactly healthy. It's probably not the healthiest thing for you and most certainly your doctor is going to tell you. You need to cut down a little bit because your cholesterol and triglycerides are just a little bit too high.

When you think of things in a spiritual way is eating spiritual junk food, good for you. Might not have the fancy label on it on the back and it might not be ruled and kind of governed by the FDA. But we can't spot it and how can we spot it? Because as the Apostle Paul tells us in our lesson here, from Ephesians chapter 5 today, you have something, and I have something that is so wonderful and amazing that allows us to see junk food for what it really is, as unhealthy for us, and it allows us to see what is really healthy and really beneficial for us, spiritually.

The Apostle Paul says, in just a few simple words and this, by the way, is one of five imperatives in the section where he says, **be filled with the spirit**. I want us to think about that here today. What does it mean to be filled with the spirit? Why is it so important? What are ways that takes place practically in our lives.

¹⁵ Be very careful, then, how you live—not as unwise but as wise, ¹⁶ making the most of every opportunity, because the days are evil.

“Be very careful”

- The little yellow sign at a restaurant – Careful, wet floor
- It says watch out slippery you travel on a bridge.

But what about the warnings that we have in a spiritual sense? The apostles Paul says, be very careful. But then if you track down to the end of this section, it says, because the days are evil.

Be very careful how you live b/c the days are evil.

Have you watched the news lately? I encourage you not to write, it's not a healthy thing. It certainly is a drain on us physically and spiritually and mentally and emotionally it causes great levels of anxiety and worry. Why? Because all of these things are happening in different places around the world or perhaps even here nearby.

But the thing you and I need to continue to remember his just like we pray in the petition but Deliver Us from Evil. Yes, it's safe to admit the days are evil. You watch the news today. You see another crazy person in the nation's capital threatening to blow something up. And yet these things happen. But the hard thing for us, in the midst of all of this is to remember who's in control.

And who's in charge and authored every single day of your life in mind? Sometimes it's easy to forget about that. That God is in control. He's the one that allowed us to wake up here today, and he'll be the one that will allow us to wake up tomorrow to a new day. So, when you wake up in the morning, what do you think about? Do you think about the days being evil or do you think about the ways in which you can live?

Because that's the exact phrase and sentiment Paul gets that when he says be very careful then how you live and then he goes on to say, right, the make the most of every opportunity opportunities are placed before us. All the time. Do I do this or do I do that? An opportunity to accept a job promotion. You might spend a lot of time in prayer. Is this, a good thing for myself? Is this a good thing for my family? Are these where my strengths fit, might I help better the team and the company in this roller, in this capacity.

But what about those opportunities that you have to grow spiritually?

It's not going to help you very much if you come to church, but just dabble in it. It's not going to help you very much. If you buy a Bible, but then just leave it sit on your shelf or in your

bookcase and allow it to collect dust. Make the most of every opportunity. So what does that mean for you? And I spiritually it means getting into God's word because it's there that we know that we are indeed filled with the spirit.

And we'll get to what it means to be filled with the spirit here in a moment. But when you make the most of every opportunity, we come to church regularly because we know that we hear God's word and we are indeed filled with the spirit. We open up our Bibles at home more often than we turn on the news because we know that's how we're filled with the spirit. We study the Bible, with our children, with our spouses with anyone we can, because within the framework of a Christian Community, that's how we grow.

He said that two thousand years ago. Has much changed in the last 2000 years, not really. We pray in the Lord's Prayer, but Deliver Us from Evil, because the devil World in our sinful flesh are always on the prowl ready to attack us and tear down our faith. It might happen in school and might happen at work. It might happen amongst neighbors or friends.

But God is there and God is with us and wants us to be filled with the spirit. Now, the Apostle Paul would go on to say here. In our lesson says, therefore write another one of those imperative as we studied last week and the week before God gives us through Ephesians chapters 4 through 6. A lot of encouragement in how we ought to live our life encouragement for Christian Living and right now, Paul is being very blunt, right? He says, do this be very careful on how you live then.

Designed to say do not be foolish. Understand what the Lord's will is.

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

So, I want to focus on those two verses here for a moment and think about, in terms of, what does it mean to be filled with the spirit? Well, for starters, let's think, first of all of why he puts this phrase in here of be filled with the spirit, but adversely in at the beginning of the sentence. He says, therefore do not get drunk on too much wine.

If we're filled with alcohol and too much alcohol. The aspect of that. And as we've learned through the years through psychology and the study of chemicals and what they do to the body, it's a depressive and it's meant to take us out of that sense of reality. And when you get the very aspects of drugs, alcohol, any of these types of things that might be tempting to fill yourself with.

God says adversely here instead, fill yourself with the spirit because being filled with the spirit will give you the truest sense of reality. What does God mean by that? Think of the ways for example, in which we hear that phrase being filled with the spirit throughout the Bible.

King David, for example, in Psalm 51 had said – **“ Create in me a pure heart...steadfast spirit...do not....take your Holy Spirit from me.”**

He was praying because he knew in the midst of everything that was taking place in his life. And if you read the heading in Psalm 51 in your Bible, you'll notice that it says, A psalm of David after the prophet Nathan went confronted him over his sin of adultery with Bathsheba. And if you remember the story, David then tried to cover it up and committed murder by sending Uriah the Hittite, Bathsheba's husband, to the front of lines. And yet, David knew The Importance of Being filled with the spirit.

Jesus, the greater David, cried out on the cross – “My God, my God, why have you forsaken me?” God's spirit was taken from him as he was totally and completely abandoned by God. Not because he sinned, but b/c he took David's place, and our place.

David prayed that God Spirit wouldn't be taken from him a sinful man. And yet, God gave that to him. And then, yet, Jesus prayed that the spirit stayed with him and yet it was taken from him saying, why have you forsaken me? It doesn't seem fair or right? But what a blessing it is for you and for me.

All those times where we've looked at the world as evil and have chosen to live that way. God has forgiven everyone of those sins. Because the spirit left Jesus and he died on the cross to pay for the sins of the entire world. When God encourages us to be filled with the spirit, he wants us to be filled with that, goodness of love, and grace of our Lord and Savior Jesus Christ. In the midst of

all the chaos that could be happening in your life right now in the midst of all, the chaos that's happening in our world right now.

Do you see his hand at work in your life? How when we continue to open up our Bibles and read through the pages of scripture, the promises that God has for us. For example, if we're down in the dumps, if we're suffering from anxiety, worry, fear, depression, whatever it might be. How common is it to know? That we have an invitation from our savior. To come to him anyone. Whatever it might be,

- **whoever's weary and burdened come to Jesus and I'll give you rest.**

- If you're wondering and worrying about your future free, Jeremiah 29. **And remember the plans and promises that God has for you.**

Every time that the devil world and your sinful flesh, try and lure, you into that world and realm of where evil lies in exist because it will never leave this earth. Until the day of judgement. Come back to that Solid Rock and solid foundation. Were, you know, that you're filled spiritually? With solid food. And not junk food, not something that's going to ruin your diet and then weeks, or even months later. You're totally going to be wondering. Well, how can I get to the gym and get this weight off? Right? But continue to fill yourself with the spirit because that's where you hear that good news of your savior and what he's done for you. So we know what that being filled with the spirit is like

And we think of ways that we might put it into practice

¹⁹ Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, ²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Did you find yourself in that realm of sitting at home over the last year and a half watching church and perhaps singing songs...and then you think to yourself, "It's good to be around singers who can sing a great tune." It's great to be in church and it's great to have that singing and making music to the Lord. So what does that look like practically in your life in Mike? Well for starters, how do you speak to those who are sitting next to you in the to here today? Start with your spouse or your children, or your

siblings? Are you singing and making music to the Lord or are we tearing others down? So that we might feel better for ourselves. But then in the end minutes later, we realize, man. I probably shouldn't have said that and it made a mess of this relationship. When we think of singing and making music to the Lord. It comes in many different shapes and fashions.

But it starts with your family. It starts with those in your close, personal Network. It starts with those who you go to work with. Right? What does it mean to be a good co-worker and teammate? What does it mean to be a good spouse? What does it mean to be a good brother or sister? We think of all of these roles and hats and titles that we wear, but it all comes back down to of being filled with the spirit. When we think of and we act on those things that were filling inside of ourselves. Good things will come out when we think of and remember the good things that our savior did for us.

Why do we do it? We love because he first loved us.

Jesus loved you. It's your motivation to go and love others. How does it look in your life? Well, be that friend. Be that good teammate, co-worker spouse neighbor, sibling, whatever it might be and do it to the best of your ability.

Do it. Not thinking, what am I going to get out of this relationship? But think more along the lines of God has given everything to me. What might I give to others. When we do that unselfishly, not looking at her own interest, but looking at the interest of others. We're doing those very things that God encourages us and wants us to do. And that's how dear friends we show that were filled with the spirit.

If you read in the book of Galatians, if you read in Ephesians, if you read in any one of these letters of the Apostle, Paul, you'll continue to hear these words of encouragement along these lines of how we live our lives. And how we're filled with the spirit. For example, you read in Galatians, you think of that list of the fruits of the spirit love, joy, peace, patience, goodness, kindness gentleness and self-control. What might I need? Just a little bit more of in my life. Lord.

Help me with that, go to him in prayer, and listen to him, speak to you in his word. Here, the goodness of our God,

everything he's done to save. You give thanks to God and let it show in your life.

What are you eating? Is that good food or junk food. Is it spiritually healthy or unhealthy? I didn't go to the State Fair. So they didn't have an opportunity to eat any of that unhealthy food. Although I will say in Iowa, they have a thing called pork chop on a stick. It is out of this world and I'm pretty sure that's mostly protein. So you can do that.

But that spiritually healthy food that you crave and desire, right? You're not going to find it on the news. You're only going to find that on the pages of scripture. And only when you hear of what your Savior has done for you.

Let's pray – Dear heavenly father. We thank you for this encouragement here tonight. The opportunity to fill ourselves with the spirit, to walk in step, with the spirit, to live, filled with the spirit, Living For You, singing, Psalms, hymns, and spiritual songs with gratitude in our hearts to you. Continue to be with us and bless us as we look to you. And to the cross of your son, Our Savior Jesus Christ to see everything that he's done for us and then allow us to live for you in everything that we say and think and do. we ask this all in Jesus name? Amen.

The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Amen. (Phil.4:7)

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