

**MAINTAINING A SPIRIT-FILLED LIFE**  
**MAY 18, 2016**

**EPH. 5:15-21**

**INTRODUCTION:** As we study the Gospels and book of Acts, we discover there is a work of the Spirit that goes beyond salvation. Jesus said salvation is a well of water, but being spirit-filled is river's of living water flowing without. The purpose being to witness for Jesus.

Paul said God wills all men saved, spirit-filled and maintaining a spirit-filled life. The subject of tonight's message.

1. Redeeming the time. – **EPH. 5:16**
  - A. Defined – To recover our time from waste. To use it for great and important purposes.
    - To gain knowledge of spiritual things.
    - To embrace every opportunity to glorify God.
    - To win souls.
    - To examine our lives.
    - To do good, pray, work, resist time wasting temptations.
  - B. Why? The days are evil.
    - Written between 60-63 AD, many would soon face death. They were admonished to use their time with eternity in mind.
  
2. Learn God's will. – **EH. 5:17**
  - A. It's our duty to renew our minds and learn God's will so we can do it and glorify Him.
  - B. **ROM. 12:2**
  
3. Don't be intoxicated with wine. **EPH. 5:18**
  - A. **LUKE 21:34** – All intoxication is forbidden in scripture. Bacchus was the god of wine. They would worship, sacrifice, get intoxicated and run the streets singing wild songs.
  - B. God doesn't want us turning to alcohol to meet our emotional needs. If we have issues or deficiencies He wants us to turn to Him.
  
4. Being filled with the Spirit. – **EPH. 5:18**
  - A. The spirit-filled life includes receiving the Spirit and maintaining a spirit-filled life by constantly drinking from waters of life.
  - B. Being spirit-filled is not a one time experience. In Acts we read of believers constantly being filled.
  - C. We face many challenges and the temptation is to begin seeking vain things that can't profit or benefit us. Some turn to alcohol, drugs, food, sexual pleasures and more.
  
5. Four ways to maintain the spirit-filled life. – **EPH 5:19-21**
  - A. Speaking to ourselves
    - David encouraged himself in the Lord.
    - We can speak the Word over our lives, or in tongues.
  - B. Singing to ourselves.
    - **PS. 40:1-3**
    - **PS. 96:1-4**
    - Paul and Silas knew the value of sacrificial praise.
  - C. Giving thanks always. – **1 THES. 5:18**
    - **PS. 136:1-3** – Our attitude determines our altitude.
  - D. Submitting.
    - Submission to authority is a sign of humility. God gives grace to the humble.
    - By practicing these instructions, we open the door to spiritual gifts and manifestations.