



## The Filling Of The Holy Spirit (Ephesians 5:15-21)

1. In Ephesians 5, Paul tells us how we should live, and how we should not live, but emphasises the Spirit's role in enabling us to put on our new selves. What do we learn about the Spirit from Paul's wider teaching in Ephesians? Look at 1:13-14; 2:22; 3:16; 4:3-4 as well as 5:18.
2. If you were to write a job description for the Holy Spirit in the life of CBC, what would He be expected to do? Are there gaps between our expectation of the Spirit's role and the reality that we experience? Why? Why not?
3. Reflect upon your personal journey of faith. Are you genuinely open to the ministry of the Spirit in your life? Is there any sense in which you are limiting the work of the Spirit? Why? Why not?
4. How have you previously understood Paul's command to be 'filled with the Spirit'? How might you previously have identified if a person was 'filled'? How does this understanding differ, if at all, from what Chris shared on Sunday? Do you think there is sufficient emphasis upon 'being filled' in the life of CBC? Why? Why not?
5. What do you make of Paul's suggestion that we should "*speak to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord...*"? What does Paul mean and do we do it? Can you think of times when you have seen or personally engaged in such Spirit-empowered activity?
6. Chris said there is **a contrast** (v18a). What contrasting activities or lifestyle choices, in addition to excess consumption of alcohol, might Paul cite today? Do any of these resonate with your own life journey in full or in part? Share openly.
7. Chris said there is **a command** (v18b). How does Paul's command here develop his words from Ephesians 1:14? Given what Paul says, is '*being filled*' an optional extra for some?
8. Chris said there is **a consequence** (v19-20). Can you identify/recall the consequences of being filled? Which of these do you find most encouraging and/or challenging? Why?
9. Paul says that our worship together should be marked by gratitude. What do you have to be thankful to God for? Spend some time sharing and praying with one another.
10. How are you feeling about the possibility of gathering physically in larger numbers at church? We would really value hearing your thoughts directly or via your small group leader.