

## Small Group & Personal Bible Study

### Memory Verse: Ephesians 5:18

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

### Daily Meditation Readings:

- Day 1 Ephesians 1:1-23
- Day 2 Ephesians 2:1-22
- Day 3 Ephesians 3:1-21, 4:16
- Day 4 Ephesians 4:17-32, 5:1-21
- Day 5 Ephesians 5:22-33, 6:1-9

Note: We will get to the remainder of chapter 6 in a couple weeks!

### Discovery Bible Study Exercise:

In your journal or on a piece of paper make three columns and follow these steps:

- Step #1: Write out Ephesians 5:19-21
- Step #2: Re-write Ephesians 5:19-21 in your own words
- Step #3: Write out what you discover about the Christian life and the work of the Holy Spirit from this scripture.

### Lesson: Ephesians

1. In our memory verse this week, Ephesians 5:18, we see that we are commanded to be filled with the Spirit. What do you understand it to mean, “be filled” with the Holy Spirit?

I believe that the Holy Spirit fills me continuously as I fight off old self and put on new self. The command to “be filled” is reminding me that I must continuously allow the Holy Spirit to fill me. When I am filled with the Holy Spirit I am ready to be obedient to God and to be used by Him.

2. List three actions you think are important to take in order to be open to being filled by the Holy Spirit:  
Small Group Leaders: There are not specifically three actions. This is just to get people thinking and talking. Have them answer on their own first, then share with the group.

Here are just a few of my own thoughts:

- (1) One thing that is essential is to meditate on the Word. Drink in God’s word on a regularly basis. This is how the Holy Spirit speaks into our lives and fills us. I must not just read the word, I must believe the Word!
- (2) A second thing is obedience. That I not only drink in God’s word but I seek to obey it. I must be constantly putting off my old self and putting on my new self.
- (3) I think a third thing is that I must pray to invite the Holy Spirit to fill me and take hold of my mind, my heart, my soul, and my strength.
- (4) I also think that when sin is in my life, I must repent of my sin and be filled with assurance of forgiveness and power of renewal that comes from blood of Christ and through the remembrance of the Holy Spirit.

3. Identify ways in which the Holy Spirit is manifested in believers according to Ephesians 5

Verse 1 shows a desire to be transformed, to be an “imitator of God”. Living as children of light (v8) Purity is a result of being filled by the Spirit; making the most of every opportunity to show Christ (v16); worshiping God, sharing truth, serving others, being thankful to God in Christ, and submitting to one another for Christ (v19-21).

4. What does a Spirit filled life look like according to the chapters you have read in Paul’s letter to the Ephesians?

Let people share from their time reading from Ephesians. Included are how we love our wives and children. How we submit to others including our boss. Living a pure life in reverence of Christ. Desiring to be one in love with other believers as one body. Praying for others.

**It could be said that a Spirit filled life is continuously seeking to develop a deeper eternal relationship with God, His Word, and People. (Sound familiar)**