

GFBC Thursday Night's Scriptural Study
Lesson # 101
Scripture Reading: Ephesians 5:15-20 {KJV}
Teaching Verses: Ephesians 5:19-20 {TLPB}
January 18, 2024

TEXT – EPHESIANS 5:18-20

TITLE – A PRESCRIPTION FOR THE REFILL

VV-18-20-{TLPB}-“Don’t drink too much wine, for many evils lie along that path; be filled instead with the Holy Spirit, and controlled by him. *Talk with each other much about the LORD, quoting psalms and hymns and singing sacred songs, making music in your hearts to the LORD. Always giving thanks for everything to our God and Father in the name of our LORD Jesus Christ.”

The Holy Spirit is the Spirit of God. He is uncreated. He is eternal. He is the third person in the Godhead. It is imperative for the believer to understand that the chronological order of the Holy Spirit does not diminish His equality with the Father and the Son.

The Holy Spirit is in charge of managing all of the affairs of God. The coming of the Holy Spirit on the Day of Pentecost does not mark His beginning.

The Holy Spirit preexisted before creation. And because the Holy Spirit is God, He has no beginning or ending. The Holy Spirit is the eternal is-ness of God. Therefore, He is every thing that God is.

The manifestation of Jesus was the fulfillment of God’s prophetic word. In Galatians 4:4-6 in the King James translation of the Bible, the Scripture says:

“But when the fullness of the time was come, God sent forth His Son, made of a woman, made under the law, To redeem them that were under the law, that we might receive the adoption of sons. And because ye are sons, God hath sent forth the Spirit of His Son into your hearts, crying, Abba, Father.”

Like Jesus is the manifestation of the promised Messiah, the Holy Spirit also fulfills the prophet promise of the Father and the Son. In John 14:16 {KJV}, Jesus said, **“And I will pray the Father, and He shall give you another Comforter.”**

The Comforter is the Holy Spirit. The Comforter is not only responsible for walking along side of the believer, but He was also sent to convert, indwell, secure our salvation, guide us into all truth, empower the believer for witnessing, transform lives and lifestyle, sanctify us, complete the work that God has begun in us, authenticate our adoption, influence us, secure and seal us until the day of redemption {Ephesians 4:30}.

Being filled with the Holy Spirit keeps the believer at the top of their “game.” The prescription for being refilled with the Holy Spirit does not mean that He, the Holy Spirit can be diminished.

Watch this! The Holy Spirit is God. And because God is unchanging, therefore the Son and the Holy Spirit remains eternally the same. And because of the unchangeableness of the Holy Spirit, being refilled does not diminish Him, but He replenishes you!

You need to get this! Like God, the Holy Spirit can never be diminished or depleted. He has an eternal supply of Himself. The Holy Spirit is the difference between resource and source.

The Holy Spirit is not a resource. The Holy Spirit is the source. He is the source of our being, our strength, our sanctification, our help, our hope, our influence, and the prescription for refilling.

For clarity, the refilling of the Holy Spirit is not an issue of being full or empty. The issue is determining whether or not you’ve chosen disobedience over allowing the Holy Spirit to influence you.

(2)

The need for a Holy Spirit refilling is an indication that you've allowed something in you to be compromised. As a believer, you should always endeavor to live your life consistently in obedience to the word of God.

The teaching text provides the believer with a prescription for being refilled with the Holy Spirit. If you need to be refilled with the Holy Spirit, you've got to actively and consistently go to the "gym" for biblical exercises.

As believers, we need a spiritual "workout" every day and throughout the day. And the teaching text offers the believer a regiment that can be consistently applied daily.

Being refilled with the Holy Spirit requires a daily regiment of: **"Speaking to yourselves in psalms and hymns, and spiritual songs, singing and making melody in your heart to the LORD; Giving thanks always for all things unto God and the Father in the name of our LORD Jesus Christ" {Ephesians, 5:19-20, KJV}.**

Now keep in mind that the book Ephesians is not written to an individual but it is written to the church in Ephesus. The author of text gives the believers at the church in Ephesus a prescription for being filled with the Holy Spirit.

The teaching text says, you can be filled by **"Speaking to yourselves in psalms and hymns, and spiritual songs, singing and making melody in your heart to God."** "The Living Paraphrased" Translation of Ephesians 5:19a says, **"Talk with each other much about the LORD, quoting psalms and hymns and singing sacred songs, making music in your hearts to the LORD."**

In other words, if you want to be filled with the Holy Spirit, you've got to surround yourself with like-minded believers who don't mind talking about the LORD. "The Living Paraphrased" translation says, **"Talk with each other much about the LORD."**

The King James translation says, **"Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the LORD."** In the Greek New Testament language, the verb speaking is a participial, which means it is ongoing.

In other words, the teaching text is saying, this prescription for being filled with the Holy Spirit is for you! Don't stop speaking to yourself in psalms and hymns and spiritual songs and making melody in your heart to the LORD.

This prescription helps to keep us sensitive to the influence of the Holy Spirit. When you walk in the Spirit you can live in the Spirit. Galatians 5:16 says, **"Walk in the Spirit, and ye shall not fulfill the lust of the flesh."**

You can't live under the influence of the Holy Spirit and fulfill the lust of the flesh. Speaking to yourself in psalms and hymns and spiritual songs lifts the heart and soul to God in joyful adoration.

Speaking and singing psalms and hymns and spiritual songs are audible expressions of praise unto the LORD. Spiritual songs in worship are not for entertainment but they are purposed for praising God and participatory edification of each other in the LORD.

Sincere participatory praise unto the LORD in hymns and songs, condition and position the mind, the heart, and the soul in a place where the believer can exalt, magnify, and glorify the LORD. And when the LORD is being exalted, magnified, and glorified, the Holy Spirit will renew, refresh, revive, restore, re-gather, and refill us with His influencing presence and power.

Being filled with the Holy Spirit allows Him to coach and conform us into the likeness of Jesus Christ. Speaking to yourself in psalms and hymns, and spiritual, singing and making melody in our heart to the LORD is a transformative experience that re-aligns the mind, heart, spirit, and soul with the principals of God's word.

(3)

Speaking to yourself and singing psalms helps us to meditate and remember who God is. In Psalm 23, the psalmist said, **“The LORD is my shepherd.”** Singing psalms brings us into a deeper relationship with the LORD.

Psalms 34:6 says, **“O taste and see that the LORD is good: blessed is the man that trusteth in Him.”** In Psalms 8:1, the psalmist says, **“O LORD, how excellent is thy name in all the earth! who hast set thy glory above the heavens.”**

When the LORD called Isaiah into the prophetic ministry, he said, **“In the year that king Uzziah died I saw also the LORD sitting upon a throne, high and lifted up, and His train filled the temple” {Isaiah 6:1}.** Isaiah also saw and heard seraphims that, **“cried one unto another, said, Holy, holy, holy, is the LORD of hosts: the whole earth is full of His glory” {Isaiah 6:3}.**

Singing the psalms is really singing the inspired word of God. And when you sing and meditate on the inspired word of God, the Holy Spirit will draw you closer into the thickness of the LORD'S presence.

And like the seraphims, when you are in the presence of the LORD, you too can experience the transformative power of the Holy Spirit. Speaking and singing the word of God to yourself, and making melody in your heart to the LORD, allows the Holy Spirit to re-assert His influence in and over you without having any conflict of interest.

Speaking to yourself in psalms and hymns and spiritual songs, and making melody in your heart to the LORD, is not only a prescription for a refilling of the Holy Spirit, but by making melody in your heart to the LORD, the Holy Spirit will also create in you a spirit of praise.

Speaking to yourself in psalms, hymns, and making melody in your heart to the LORD creates a personal atmosphere of praise within yourself so that when you arrive at the “gathering place,” it gives the Holy Spirit the “green light” and freedom to rock the house.

While the “prescription is being filled,” the Holy Spirit will enhance, magnify, and influence our praise. Praise is an audible and physical expression that honors and magnifies the LORD.

A matter of fact, exalting and magnifying the LORD is the purpose of worship and praise. And when you are filled and influenced by the Holy Spirit, you can then give thanks always for all things unto God.

The teaching text says, **“Giving thanks always for all things unto the God and the Father in the name of our LORD Jesus Christ” {KJV}.** When you give thanks unto the LORD for all things, and when you are filled and under the influence of the Holy Spirit, He will develop in you a spirit of perpetual praise.

The psalmist said, **“I will bless the LORD at all times: His praise shall continually be in my mouth My soul shall make her boast in the LORD: the humble shall hear thereof, and be glade” {Psalm 34:1-2}.**

A prescription for the refill is: **“Speaking to yourself in psalms and hymns and spiritual songs, singing and making melody in your heart to the LORD. Giving thanks always for all things unto the God and the Father in the name of our LORD Jesus Christ.”**

