

A Christian Life is: *A Spirit-filled Life*

1. Does being “filled with the Spirit” involve miracles? Special gifts or abilities?
2. What sort of non-miraculous examples of being filled with the Spirit do we read about in the New Testament?
3. What is the key message Paul is making in chapters 4-6 of Ephesians?
4. Paul tells the Romans how we “put on the new self” and “live a new life”. What’s the book, chapter, and verse reference for what he tells them?
5. How are we “transformed into his likeness” (2 Cor 3:18)? Is this something *we* do, something that God does *for* us, or a combination of both?
6. What’s the connection between being “filled with the Spirit” and freedom?

^{Eph 4:1} As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through the bond of peace. ⁴There is one body and one Spirit – just as you were called to one hope when you were called – ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all.

⁷But to each one of us grace has been given as Christ apportioned it... ¹¹It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, ¹²to prepare God’s people for works of service, so that the body of Christ may be built up ¹³until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

¹⁴Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. ¹⁵Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. ¹⁶From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work...

²²You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴and to put on the new self, created to be like God in true righteousness and holiness.

²⁵Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. ²⁶“In your anger do not sin” : Do not let the sun go down while you are still angry, ²⁷and do not give the devil a foothold. ²⁸He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.

²⁹Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³²Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. ^{5:1}Be imitators of God,

therefore, as dearly loved children ²and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

³But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. ⁴Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. ⁵For of this you can be sure: No immoral, impure or greedy person – such a man is an idolater – has any inheritance in the kingdom of Christ and of God. ⁶Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. ⁷Therefore do not be partners with them.

⁸For you were once darkness, but now you are light in the Lord. Live as children of light ⁹(for the fruit of the light consists in all goodness, righteousness and truth) ¹⁰and find out what pleases the Lord. ¹¹Have nothing to do with the fruitless deeds of darkness, but rather expose them. ¹²For it is shameful even to mention what the disobedient do in secret. ¹³But everything exposed by the light becomes visible, ¹⁴for it is light that makes everything visible. This is why it is said: "Wake up, O sleeper, rise from the dead, and Christ will shine on you."

¹⁵Be very careful, then, how you live – not as unwise but as wise, ¹⁶making the most of every opportunity, because the days are evil. ¹⁷Therefore do not be foolish, but understand what the Lord's will is. ¹⁸Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. ¹⁹Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, ²⁰always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

²¹Submit to one another out of reverence for Christ.

²²Wives, submit to your husbands as to the Lord. ²³For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. ²⁴Now as the church submits to Christ, so also wives should submit to their husbands in everything.

²⁵Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶to make her holy, cleansing her by the washing with water through the word, ²⁷and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. ²⁸In this same way, husbands ought to love their wives as

their own bodies. He who loves his wife loves himself. ²⁹After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church – ³⁰for we are members of his body. ³¹"For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh." ³²This is a profound mystery – but I am talking about Christ and the church. ³³However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

^{6:1}Children, obey your parents in the Lord, for this is right. ²"Honor your father and mother" – which is the first commandment with a promise – ³"that it may go well with you and that you may enjoy long life on the earth."

⁴Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord...

¹⁰Finally, be strong in the Lord and in his mighty power. ¹¹Put on the full armor of God so that you can take your stand against the devil's schemes. ¹²For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

¹⁴Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

¹⁹Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.