

*New Sermon Series: The Holy Spirit, My Best Friend*

7/14/24 "Overcoming," Ephesians 5:15-20, NLT

**INTRODUCTION:** generally try to eat things good for us?

Generally try to avoid what is harmful?

**MAIN IDEA: Seek life.** How? Here are 3 things to do.

**I. First, choose what will influence us (18-20)**

- A. alcohol, representing an attempt to fill a void within us,  
find comfort, find peace from worldly things... RUIN

**Ruin/reckless living (MEV):** character of an abandoned man, 1 that cannot be saved (*Thayer*)... extreme indulgence in bodily pleasure

1. distorts our mind
2. warps our senses & sense of reality
3. disables our guard against the demonic

- B. the Spirit, who fills us (giving us peace & joy, comfort,  
help, leading, empowerment)

**Be filled:** Present tense (*repeated filling*), passive voice (*something we can't manufacture*), imperative mood (*not an option*)

**Speak:** this word focuses on the articulated, distinct sound of the formed word in human language [I suggest...spoken & sung]

1. as we sing with others to God
2. as we rejoice in Him in our hearts
3. as we give Him thanks for everything

**ILLUSTRATION:**

**II. Second, use the Spirit's help to live wisely (15)**

- A. to imitate God... loving as Jesus does (1-2)
1. in myself, I can't imitate God successfully
  2. I can't love like Jesus without help
  3. the Spirit can help me with both; the more of Him  
the better I am
- B. to determine what pleases God (10)
1. He knows and wants to lead us
  2. we must cooperate with Him (Gal. 5:16)

- C. to make the most of every opportunity (16)
1. for good & for God's glory
  2. Holy Spirit wants to help us (John 14:26)

- D. to understanding what the Lord wants us to do (17)
1. rather than living by instinct, impulse
  2. only the Spirit can help us overcome ourselves

**ILLUSTRATION:** Larry Parker & light, talk about Jesus

**III. Finally, be full of the Spirit so temptation seems weak**

*full of Holy Spirit = full of Jesus*

- A. temptation to personal sin (3-5)

**LIGHT VS** 1. *porneia*, impurity, greed (idolatry)

**HOLINESS VS** 2. obscene stories, foolish talk, coarse jokes

**Matthew 12:36, NLT:** And I tell you this, you must give an account on judgment day for every idle word you speak.

- B. temptation to minimize our sin (6-7)

**CONVICTION** 1. "it's not that bad"

2. God understands our needs

3. grace!

**ILLUSTRATION:**

**CONCLUSION:** If I seek life—and want to avoid those things that will harm me—I need all of the Spirit I can get, and I want His help.

**ALTAR:** Alcohol? Pot? Other drugs?

Salvation? BofHS, refilling

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