



## OVERVIEW:

### He Fills (Ephesians 5:15-21)

The Holy Spirit does not come in doses. We receive all of the Spirit when we become Christians, and being filled with the Spirit is an ongoing and continual process of surrendering to the Spirit who is already dwelling within us. We are to relinquish control to the Spirit and as we do, we are joyful, thankful, and loving to those around us.



### LEAN IN: *BREAK THE ICE*

Would you consider yourself more of a rule-follower or a rule-challenger?



### LOOK DOWN: *LOOK AT GOD'S WORD*

Read Ephesians 5:15-21

What does this passage say about living as a wise person?

How does the filling of the Holy Spirit inform our actions?



### LOOK OUT: *IDENTIFY THE RELEVANCE OF GOD'S WORD IN THE WORLD*

What are the "external" results of unwise living?

What are the "internal" results of unwise living?



### LOOK IN: *APPLY GOD'S WORD TO YOUR LIFE*

What are you "filling" yourself with? What is the evidence?

**LEADER NOTE:** This week in Look Down we are going to explore the nature of unwise living and the results to our external life and internal experience. External circumstances as a result of unwise living could include relationship struggles, job loss, or addictions. Internal experience is how a person likely feels because of the external circumstances - fear, anxiety, worry, loneliness, or low self-worth.

LEADER  
PODCAST

