

## Ongoing Effects of a Spirit Filled Life

### Ephesians 5:19-21

*“Let the word of Christ dwell in you richly...”*

**Introduction:** One of the privileges of working and serving in a place for many years is not only watching your own kids grow up, but watching other kids become young men and women. We all have a goal of having our kids becoming **mature**, to reach the top side of the funnel to make decisions on their own and be able to live life independently but wisely. And though every young person is different and will express maturity in a variety of ways, there are certain markers that identify adulthood. As they march toward driver’s licenses, jobs, colleges, and marriages, we hope to see a growing level of **consistency, responsibility, selflessness, and conviction**, with the goal that they would do all of this to the glory of God through the work of Jesus Christ. We all have experienced that moment when we wanted to have the mantle of adulthood BEFORE we were willing to do the work required, but maturity is where the desire meets the actual, where the declaration of readiness intertwines with the willingness to pay the price. In other words, true maturity will show itself in real life, and will be obvious to all who observe.

The Spirit filled life will be obvious because it will breed ongoing effects and results. Last week we looked at a short verse that set the course for every believer in Jesus Christ, which is to be **filled with the Holy Spirit**. The often misunderstood aspect of salvation, having the Holy Spirit is one of the greatest blessings we could have been given, one that Jesus reiterated by saying it was **better** that He went away physically so that the Helper would come. At the point of salvation, where we trust by faith in the work of Christ, are forgiven of our sin, and are declared righteous, the Holy Spirit **indwells** us (Rom. 8:9), baptizes us into the body of Christ (1 Cor. 12:13), and seals us as a guarantee of our future glorification (Eph. 1:13; 2 Cor. 5:5). Every believer HAS the Holy Spirit in full, but the question posed last week was this: *“Does the Spirit have us in full?”* The Holy Spirit fills us in the sense that He guides, convicts, and leads us, as we yield control of our life to Him. How does He do this? When we are filled with the “word of Christ” (Col. 3:16), He points us continually to Christ as we **behold His beauty and glory**, seeing the glory of God in the face of Jesus Christ (2 Cor. 4:6). The more we see the Person and work of Christ the more we will love Him, the more we love Him the more we will hate our sin, and the more we hate our sin the more we will WANT to obey to please Him in all things. The Spirit is essential in our life to deepen us in the Word so we can plumb the depths and vastness of Christ.

*But how do I know if I am filled with the Spirit?* This is a little like asking how one knows they are mature, but the answer is that it will be obvious. People will often equate something emotional or ecstatic with the presence of the Holy Spirit (spoke in tongues, felt special power, was healed, etc), but that is NOT how Paul describes filling at all! The way we know that we are filled with the word of Christ and the Spirit will be by the results He produces. **Filling has nothing to do with gifting but has everything to do with fruit.**

This morning we will look at **three specific results of being filled with the Spirit**, which will then lead to relational results to follow. These three are distinctive, ongoing, and only categorically different than what we did before salvation or can do without the leading of the Spirit. That means that the Spirit filled life is **glorious and joyful, leading to the proper affections and full satisfaction.**

### **A Spirit Filled Life Sings Wholeheartedly**

*“...Addressing one another in psalms and hymns and spiritual songs, **singing and making melody to the Lord with your heart...**”*

The first thing we should look at is the language and words of these verses. Notice that there are **5 participles** here, all ending in “-ing”. “Addressing, singing, making melody, giving thanks, and submitting” are all participles of result, meaning they describe what happens when one is filled with the Spirit. They are NOT independent commands but tied directly to the command to be filled. For sake of clarity, these 5 are actually given in **three areas of effect**: our *singing*, our *thanksgiving*, and our *submitting*.

- **Distinctive Singing** – The fact that Christians sing is NOT distinctive in itself. I was just in Nashville for a few days and what stood out is that EVERYONE sang and played an instrument, from the wannabe country bands to the young lady covering Michael Jackson songs in a BBQ restaurant. But music has a way of displaying the beliefs and values of any culture. Most music in our time moves from the nonsensical to the inane to the straight up offensive. Christians, however, not only **SING** (which the first three participles are about), but they sing distinctly, with both a new song and new purpose. In fact, **singing is not simply a traditional part of worship, it is the lifeblood of worship to God**, an expression of praise and joy that all believers for all time have enjoyed and engaged in. Let’s look at a quick glance through Scripture to see the emphasis God puts on singing in terms of worship and joy.

**Singing a NEW SONG** – Salvation brings a new motivation and ability to worship. We sing with joy because we know that we have been saved from death to life and have been loved infinitely by a Savior who died in our place. Listen to how this new song is described in the Psalms of the past and a glimpse of heaven in the future:

**Psalm 33:1-3** - Shout for joy in the LORD, O you righteous! Praise befits the upright. Give thanks to the LORD with the lyre; make melody to him with the harp of ten strings! **Sing to him a new song**; play skillfully on the strings, with loud shouts

**Psalm 40:3** - He put **a new song in my mouth**, a song of praise to our God. Many will see and fear, and put their trust in the LORD.

**Psalm 96:1-2** - **Oh sing to the LORD a new song; sing to the LORD**, all the earth! Sing to the LORD, bless his name; tell of his salvation from day to day. (cf. 98:1; 144:9; 149:1)

**Revelation 5:9** - And they sang **a new song**, saying, “Worthy are you to take the scroll and to open its seals, for you were slain, and by your blood you ransomed people for God from every tribe and language and people and nation,

**Singing as a RESPONSE to God’s Deliverance** – In the Old Testament we see Israel SINGING to praise the Lord for His provision and deliverance, whether it was **Moses** singing with all the people (“*I will sing to the LORD, for He has triumphed gloriously; the horse and his rider he has thrown into the sea* – Exodus 15:1-8), or **Deborah** singing and telling of the victory over Sisera (“...to the LORD I will sing; I will make melody to the LORD, the God of Israel.” – Judges 5:1-11) or at the dedication of the wall in Jerusalem in **Nehemiah** (they celebrated the dedication with “singing, cymbals, and harps”, “for God had made them rejoice with great joy” – Nehemiah 12:27, 43).

**Singing was ESSENTIAL in the Temple** – David sang as a prelude to the Temple as the Ark of the Covenant was returned (1 Chron. 16:8-36) and Solomon assigned singers and musicians as the Ark was finally brought to the Temple (2 Chron. 5:12-14). Of the 38,000 Levites assigned to service in the

Temple, **4000 were assigned to singing** (1 Chron. 23:2-5), and **288 were specially trained singers** (1 Chron. 25:7), including Asaph and Heman!

**Singing in light of FUTURE REDEMPTION** – Israel would sing in hope of redemption and comfort of a future restoration:

**Isaiah 35:10 (51:11)** - And the **ransomed** of the LORD shall return and come to Zion **with singing; everlasting joy shall be upon their heads**; they shall obtain gladness and **joy**, and sorrow and sighing shall flee away

**Singing in RESPONSE to worship** – Jesus sang with His disciples at the end of the Passover meal that He taught the new expression of Communion (Matt. 26:30)

**Singing in times of PAIN** – Paul and Silas sang in prison after being beaten unjustly (Acts 16:25)

Singing is not, then, formulaic or merely for corporate worship, but is the appropriate response to those redeemed and saved by God through Christ and entering into a life of worship. Notice how often **joy is accompanied with singing**. One of the fruit produced by the Spirit is joy, an often missing component in our worship and singing. But if singing is important to the Lord, what purpose does it play in our life and how does the Spirit fill us to do it?

- **Dedicated Singing** – Often singing in public and even corporate worship can be **performances** that can far too easily be focused on the singer, not God or each other. But notice that Spirit filled singing is actually directed at **one another**. The word for “addressing” is the word for “speak or communicate” with each other, meaning that our songs actually play an active role in each other’s lives. In fact, Colossians 3:16 says it this way:

*“Let the word of Christ dwell in you richly, **teaching and admonishing one another** in all wisdom, singing psalms and hymns and spiritual songs...” (Colossians 3:16a)*

Our corporate singing should have a corrective, helpful, and encouraging bent to them. The types of songs, psalms, hymns, and spiritual songs, are overlapping forms of praise, with *psalms* potentially being sung with stringed instruments (the word meant “the plucking of strings”), *hymns* having to do poetic compositions of praise, and *spiritual songs* lyrical poetry. How does singing these type of songs bring encouragement and admonition?

1. **Psalms are written in the real experiences of life, but return everything back to the Lord** – we have 150 Psalms given to us, and most were composed to be sung. The Psalms deal in real emotion, real experience, and deal with the real tensions of life without leaving us feeling sorry for ourselves, being the victim, or blaming others, but moves our minds and hearts back to trusting in the Lord and longing for Him.
2. **Hymns connect our mind with our heart** – The content of our songs matter! Scripture saturated songs help lift our minds above circumstances, captivate our minds with the glories of Christ, and align our affections to be satisfied in Him.
3. **Spiritual songs bring us hope through reminder** – In singing to each other, we remind ourselves we are not alone, that other hurting people experience joy, and that we have a sovereign, good, and gracious God.

- **Directed Singing** – But we also have a vertical component to singing, and that comes **with or out of our heart**. The heart is the seat of emotions, will, and affections. This is where worship is sourced. Notice that we sing AS AN OUTFLOW OF WORSHIP, not AS worship. A Spirit filled heart will seek to worship God in Christ in all areas, and a specific expression will be in song. This is so important for our corporate gathering. We are not motivated to worship by EXTERNAL mean but INTERNAL. Those who are Spirit filled will worship and will be able to **sing praises with joy with all their heart**. A non-Spirit filled person can sing and make music, but it will not be true praise but rather a resounding gong since it does not come from a place of worship.

Singing praise to the Lord is a necessary part of a Spirit filled life. It is not a throwaway part of corporate worship. Our songs instruct, edify, and encourage. They are there for remembrance in hard times and as expressions of praise in good (James 5:13). They signal an understanding of our salvation, our hope of the future, and trust in the finished work of Christ on our behalf. This is why we dedicate time to cultivating the songs we sing, how we sing them, and call every believer to be Spirit filled and sing with joy to each other and to our God in Jesus Christ.

#### A Spirit Filled Life Thanks Completely

*“...giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ...”*

- **Frequency of Thanksgiving** – The language of the world, apart from Christ and the Spirit, is **complaint**. And it makes sense, since this world is hard, broken, and sin touched in every aspect. Complaint is the hearts response to the tension we feel, that things are not right, injustice abounds, and satisfaction is fleeting. Complaining is easy, our default setting, and we always find an audience to join in. But a Spirit filled life is **characterized by thanksgiving**, and we seek to *constantly* give thanks, leaving no room for complaining to take hold. In fact, there are no caveats or exceptions to when complaining would be acceptable, but when it comes out of our mouth and heart, it signals that the Spirit is NOT FILLING but that WE ARE FILLED with self and controlled by our own will.
- **Grounds of Thanksgiving** – Note that the grounds of thanksgiving is *“for everything”*, which includes good and bad, comfortable and painful, happy and sorrowful, just and unjust, kind and unkind, etc. How do we give thanks in all circumstances (1 Thess. 5:18)? We understand who God is, what God is doing, and we ask Him to help us see it:

**Psalm 118:1** - *Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!*

**Romans 5:3-5** - *Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance,<sup>4</sup> and endurance produces character, and character produces hope,<sup>5</sup> and hope does not put us to shame, because **God’s love has been poured into our hearts through the Holy Spirit** who has been given to us.*

**Philippians 4:6-7** - The Lord is at hand;<sup>6</sup> do not be anxious about anything, but **in everything by prayer and supplication with thanksgiving let your requests be made known to God.**<sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

- **Source of Thanksgiving** – We give thanks *“in the name of our Lord Jesus Christ”*, who has secured the victory over sin on the cross and has reconciled us to the Father, and no matter the circumstance, that cannot be changed or taken away.

**2 Corinthians 2:14** - *But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere*

- **Goal of Thanksgiving** – We direct our praise and thanks to God, who is in control of all things. Every complaint is a declaration of distrust in Him, and every utterance of praise recognizes that we believe by faith that He is satisfying and glorious.

**Giving thanks constantly in all circumstances to God through Christ** is ONLY possible when we are filled with the Spirit, and when we find ourselves complaining it is a signal that we are filled with self.

### A Spirit Filled Life Submits Freely

*“...submitting to one another out of reverence to Christ.”*

- **Meaning of Submission** – Finally, a Spirit filled life will be willing to submit to the authority placed over us. One of the most misunderstood words in Scripture, submission to God given authority is a gift and gives freedom to His people. Submission has nothing to do with one party being **better, more valuable, more capable, more intelligent, or stronger**, but rather to a structure of authority. The word “*upotasso*” was a military term that meant to “line or arrange oneself under, or order oneself under a leader”. A Biblical usage has to do with **willingly placing oneself under the authority of another**. It must be WILLING, since forced submission is no longer a Spirit filled venture. Placing ourselves under means, we humble ourselves before the Lord, and then recognizes the source of authority. To illustrate that submission is a glorious thing, **Christ Himself submitted to His Father, even though they are One** (John 10:30). Christ willingly placed Himself under the leadership of earthly parents (Luke 2:49) and His eternal Father (Matt. 26:39, 42; Mark 14:36) in the Garden of Gethsemane before the cross, and did it all out of humility and emptying Himself (Phil. 2:5-9). Christ’s submission to His Father gives us a model to follow and validates the command.
- **Mutuality of Submission** – Notice that EVERYONE SUBMITS. We will study how wives specifically do this next week, but the main command is here in v. 21 and is picked up particularly in v. 22. We all submit first and foremost to the Lord (James 4:7), to governing authorities placed there by God (Rom. 13; 1 Pet. 2:13; Titus 3:1), the church to Christ (Eph. 5:24), and members in the church to God ordained elders (Heb. 3:17). All authority is ordained by God, so we submit to these as an expression of submission to Him. Submission is hard, since we don’t like authority. Submission is impossible without first **yielding to the Lordship of Christ and being filled with the Spirit**. But submission to authority is no small thing and imperative for every believer to humble themselves in those areas. What’s at stake?
- **Motivation for Submission** – We submit out of “reverence” to Christ according to the text, but truly the word here is “fear”. We have a healthy, full, and deep fear of Jesus Christ because He is our ultimate authority. We seek to please Him, are secure in Him, love Him, but also understand that we will give an account before Him. Why do we submit to a sinful government? We fear Christ! Why do we submit to lazy bosses? We fear Christ! Why do we submit in the church to imperfect elders? We fear Christ? Why would a wife submit to a husband? We get the picture.

In a world where music is self-glorifying, complaint is normalized, and submission is foreign, Christians shine brightly. We seek to be filled with the Spirit each day, each moment, so that we sing new songs of salvation, thank God for everything, and submit willingly as we humble ourselves before the Lordship of Jesus Christ. This is the answer to the “how” question of life, as we seek to glorify Him in every aspect of our lives.