

TITLE: What's In Your Cup?

TEXT: Ephesians 5:17-21

I. The Control of a Substance-Fueled Life (v18)

v. 18 And be not drunk with wine, wherein is excess [debauchery]; but be filled with the Spirit

- Drunkenness is a timeless example of sin that takes **control** over your life.
 - **True for the Ephesians**
 - **True for Solomon - Prov 20:1**
 - **True in our Day** - Gal 5 and 1 Cor 6
- Why would someone “sign up for this kind of control being taken over their life?”
 - When I drink alcohol, it helps me **celebrate**
 - It helps me **socialize**.
 - It helps me be **accepted**.
 - When I drink alcohol, it helps me **commiserate**.
 - It helps me drown out my **sorrows**.
 - It helps my **anxiety**.
 - Alcohol **offers** a SOLUTION to these situations.
 - But it is a **COUNTERFEIT**...
 - Because it **never solves** the problem.
 - If we are being controlled by anything other than the Holy Spirit of God – we are not where God wants us to be as his people.
 - **Eph 5:17 – “Wherefore be ye not unwise, but understanding what the will of the Lord is.”**
 - It is not God’s Will for your life that substances control you.
 - **Titus 1:7; 1 Timothy 3:8**
 - **Titus 2:3; Titus 2:6**

It's not the WILL of GOD for our lives to be CONTROLLED by a substance. It's God's Will for your life to be CONTROLLED by His SPIRIT.

II. The Control of a Spirit-Filled Life (v18b)

Ephesians 5:18-21: *And be not drunk with wine, wherein is excess [debauchery]; but be filled with the Spirit;*

- Just like the drunkard needs to keep drinking, the Spirit-filled believer needs to keep yielding HIS WILL, HIS FLESH to God.
- THIS IS WHAT IT MEANS TO BE FILLED WITH THE SPIRIT?
 - **We would yield ourselves to God in a moment-by-moment basis that he might take CONTROL of us and make us live more like Jesus Christ by the power of the Holy Spirit.**
 - To be filled by the Spirit is an on-going activity.
 - **You have all the Holy Spirit that you need.**
 - Here's the key – **does the Holy Spirit have all of you?**
 - Are you being **controlled** by Him?
 - Is **your cup** marked by a life **fully-yeild** to him?
 - Or are you grieving Him (Eph 4:30)
 - Are you quenching Him? (1 Thess 5:19)
 - Are you resisting Him? (Acts 7:51)

APPLICATION: How do we “be being filled” and “stir up” the Spirits work in our lives?

1. Mortify the Flesh.

- a. Col 3:5
- b. Rom 8:13
- c. Gal 5:16-17

2. Live in the Word

- a. Col 3:16
- b. John 16:13

3. Yield to Him Moment-by-Moment

- a. As you come to a moment of decision in life...you ought to slow down, seek the truth of the Scriptures, let the Holy Spirit go first.
- b. It doesn't matter if “my flesh, my opinion, my preference, my liberty” tells me I want to do this, but God's word clearly commands me to do something else...”

III. The Content of a Spirit-Full Life (v19-21)

- Does the SPIRIT help us **celebrate**? More than that.
 - Gal 5:22 – “But the fruit of the Spirit is love, **joy**...”
 - Not just artificial joy
 - But supernatural joy that can exist even in the worst of circumstances.
- Does the SPIRIT help us **socialize**? More than that.
 - He helps **every one of relationships with one another.**
 - Rom 8
 - Eph 5:21
- Does the SPIRIT help us be **accepted**? More than that...
 - We’re not just accepted because we have loosened up a bit.
 - Eph 1:6
 - John 14:16
- Does the SPIRIT help us in our **Commiserations**? More than that...
 - John 14:26
- Does the SPIRIT help us in our **SORROW**? More than that...
 - Eph 5:20
- Does the Spirit help us with our **ANXIETIES**, Worries, Fears? More than that...
 - Gal 5:22
 - Rom 8:15-16