

The One Spirit  
(Ephesians 5:18)

Introduction:

1. The "*one Spirit*" is one of the 7 unique subjects listed in Ephesians 4:4-6.
2. This morning we examined a number of passages that relate to:
  - a. the identity of the "*one Spirit*" [the Holy Spirit, a member of the eternal Godhead]
  - b. the way that the "*one Spirit*" speaks [through God's Word]
  - c. the blessings provided to Christians by the "*one Spirit*."
3. This evening we are covering a number of responsibilities given to Christians that relate to the "*one Spirit*."

Discussion:

I. POSITIVE RESPONSIBILITIES

- A. According to Ephesians 5:18, Christians are to "*be filled with the Spirit*."
  1. The Bible provides examples of people who were full of the Spirit, including:
    - a. Stephen (Acts 6:5; 7:55)
    - b. Barnabas (Acts 11:24)
    - c. the disciples in Iconium (Acts 13:51-52).
  2. Being full of the Spirit affected these people in a powerful way.
  3. "Being filled with the Spirit" requires effort and action.
- B. Additional responsibilities will enable us to "*be filled with the Spirit*."
  1. (Romans 8:13) "*Through the Spirit*" we are to "*mortify the deeds of the body*."
  2. (1 Corinthians 6:18-20) We are to "*glorify God*" in our bodies and in our spirits.
  3. (Galatians 5:16-17) We are to "*walk in the Spirit*."
  4. (Galatians 5:22-23) We are to bear "*the fruit of the Spirit*."
  5. (Galatians 5:25) We are to "*live in the Spirit*."
  6. (Galatians 6:7-8) We are to sow "*to the Spirit*" -- our eternal destiny is at stake.

II. ACTIVITIES THAT MUST BE AVOIDED

- A. Keep in mind that God's people are to "*be filled with the Spirit*."
- B. To fulfill this responsibility we must avoid certain activities that involve the Spirit.
  1. We must avoid resisting the Spirit (Acts 7:51-54).
  2. We must avoid grieving the Spirit (Ephesians 4:30).
  3. We must avoid quenching the Spirit (1 Thessalonians 5:19).
  4. We must avoid "doing despite unto" [insulting] the Spirit (Hebrews 10:29).

Conclusion:

1. Can it be said that you are "*filled with the Spirit*?"
2. If not, you need to begin fulfilling these responsibilities by:
  - a. practicing the positive instructions we covered
  - b. avoiding the negative activities we covered.