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# ENABLE 3.4

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**Being Filled with the Holy Spirit  
Small Group Session Twelve  
Week Beginning 25th February**



# The Spirit for All

Welcome back to ENABLE after our half term break. In this part of ENABLE we are thinking about the wonderful gift of the Holy Spirit.

So far we have considered who the Holy Spirit is. He is more than a force or a power or an energy, although he can act forcefully and powerfully with great energy; rather, the Spirit is a person, with a character (just like Jesus). He is God Himself in the person of the Holy Spirit.

We have thought about what the Holy Spirit does in the lives of Christians - He brings Christians to new birth, He enables us to know Jesus, He enables us to experience what it is like to be a child of God.

We have also thought about who has received the Holy Spirit and we have seen that every believer has the Holy Spirit living in them. As Jesus says, all who love Jesus will be gifted the Spirit "If you love me, keep my commands. And I will ask the Father, and **he will give you** another advocate to help you and be with you forever— the Spirit of truth." (John 14:16-17) As Peter says "Repent and be baptised, every one of you, in the name of Jesus Christ for the forgiveness of your sins..."

... And **you will receive** the gift of the Holy Spirit." (Acts 2:38) As Paul says "For we were **all** baptised by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were **all** given the one Spirit to drink." (1 Cor 12:13)

There is no such thing as a Christian who has not received the Holy Spirit.

In a moment, we need to reflect on the wonderful implications of this truth. But while Christians tend to agree that all believers have the Holy Spirit, there is lots of discussion about if you can have more (or less) of the Holy Spirit. What does it mean to be 'filled with the Holy Spirit'? Like a cup with holes in the bottom, can we leak the Spirit and how can we be filled up? What does it look like if someone is filled with the Holy Spirit? These are the questions we are going to explore today.

Sometimes these questions can lead to contentions or divisions. As you start, pray that exploring this truth will lead to greater unity and will encourage everyone in the group to be 'built up in love'. (Ephesians 4:16)

**"...if anyone does not have the Spirit of Christ, they do not belong to Christ."**

**Romans 8:9**

# Filled with the Spirit

the  
Spirit  
for all

On the previous page in these notes, we were reminded that everyone who is a believer has received the Spirit. Spend some time exploring how this truth might help us feel: i reassured ii united iii valued.

Whilst we all have the Spirit, there is much discussion about having more of the Spirit or being filled with the Holy Spirit. The phrase “be filled with/by the Holy Spirit” only occurs once in the New Testament. So let’s turn to that passage and explore what it means in its context.

## Read Ephesians 5:18-21

be  
filled

- What is the general topic Paul is talking about in this section of Ephesians? Have a brief look at 4:17, 4:25, 4:29, 5:1-3 5:8, 5:15-16 How would you summarise the aim of this section?
- Now look more specifically at these verses (5:18-20). In verses 18 Paul makes a comparison. What do you think the point of the comparison is?
- What are the different results of the influence of wine as opposed to the Spirit in verses 17-20?
- Having now looked at the verses in context, how would you summarise what it means to be filled with/by the Holy Spirit?

*It seems that being filled with/by the Holy Spirit is not so much about lacking the Holy Spirit, as if we are leaky and need filling up. The Spirit is a person who dwells in us, He is not a force or a power that drains from us. Rather, being filled with the Spirit is all about allowing the powerful Holy Spirit to transform **all** of our lives or to fill **all** parts of our lives with the attitude and lifestyle of Jesus. Filled in all areas of our lives by the influence of the Holy Spirit.*

One way to confirm we have got this right is to see how this idea of being filled is seen in other parts of Ephesians. Read Ephesians 3:19 and 4:13. In what ways do these verses reinforce our understanding so far?

So  
what?

- So what does it look like to be Spirit-filled Christians in: i our speech (5:19 & 4:29) ii our corporate worship (5:19) iii our thankfulness (5:20) iv our submissiveness (5:21).
- What practical difference would it make in our church if we were ‘Spirit-filled’ in this way?
- How does this differ from the way the phrase ‘Spirit-filled’ tends to be used today? Does that matter?

Now spend some time praying in response to everything you have seen in this session.





# Spring Term Timetable

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**Introducing ENABLE - Central Meeting**  
7:30pm Thursday 11th January

**Prayer Meeting Week**  
7:30pm 17th/18th January

**Small Group Session 3.1**  
The Work of the Holy Spirit: New Life  
Week beginning 21st January

**Small Group Session 3.2**  
The Work of the Holy Spirit: Knowing Jesus  
Week beginning 28th January

**Small Group Session 3.3**  
The Work of the Holy Spirit: Adoption into God's Family  
Week beginning 4th February

**Half Term Break - Week beginning 11th February**

**Prayer Meeting Week**  
7:30pm 21st/22nd February

**Small Group Session 3.4**  
Being Filled with the Holy Spirit  
Week beginning 25th February

**Small Group Session 3.5**  
Resisting the Holy Spirit  
Week beginning 03 March

**Small Group Session 3.6**  
Gifts of the Holy Spirit  
Week beginning 10 March

**Prayer Meeting Week**  
7:00pm Trinity Church - 20th March

support and  
encouragement  
to live for Jesus