

Eph. 5:1-20 "Power Walk!" July 30, 2023

Pastor Lee Talley

[#1] Jesus' Love is all about **giving** - while lust is all about **getting**.

(1Thess. 4:3-6, Matt. 25:41, John 10:10b)

[#2] Notice, according to Paul we didn't just walk in darkness, we **were darkness**. And now that we're in Christ we don't just walk in light, we **are light!**

[#3] The light of God now shines **from** us. A Christian is a spiritual fire-fly. He or she lights up the dark world.

(Eph. 1:19-20, Psalm 119:105)

[#4] Paul is saying, "When you spiritually **snooze**, you loose!"

(Prob. 3:5-6, John &:37-38)

[#5] To be filled with the Spirit is, I think, as simple as coming to Jesus and telling Him ... I'm **thirsty** for more of You!

(Eph. 1:19-20)

[#6] Your **spiritual song** coming from your heart speaks directly to other believers ... Your life impacts their lives ...

(Psalm 43:2-5)

[#7] Start your "**Power Walk**" new every morning...

<sup>19</sup>...His incomparably great power for us who believe. That power is the same as the mighty strength <sup>20</sup> He exerted when He raised Christ from the dead...

Eph. 1:19-20 (NIV)

Ephesians 5:1-20 "Power Walk!" July 30, 2023

Pastor Lee Talley

[#1] Jesus' Love is all about \_\_\_\_\_ - while lust is all about \_\_\_\_\_.

(1Thess. 4:3-6, Matt. 25:41, John 10:10b)

[#2] Notice, according to Paul we didn't just walk in darkness, we \_\_\_\_\_ **darkness**. And now that we're in Christ we don't just walk in light, we \_\_\_\_\_ **light!**

[#3] The light of God now shines \_\_\_\_\_ us. A Christian is a spiritual fire-fly. He or she lights up the dark world.

(Eph. 1:19-20, Psalm 119:105)

[#4] Paul is saying, "When you spiritually \_\_\_\_\_, you loose!"

(Prob. 3:5-6, John &:37-38)

[#5] To be filled with the Spirit is, I think, as simple as coming to Jesus and telling Him ... I'm \_\_\_\_\_ for more of You!

(Eph. 1:19-20)

[#6] Your \_\_\_\_\_ \_\_\_\_\_ coming from your heart speaks directly to other believers ... Your life impacts their lives ...

(Psalm 43:2-5)

[#7] Start your "\_\_\_\_\_ \_\_\_\_\_" new every morning...

<sup>19</sup>...His incomparably great power for us who believe. That power is the same as the mighty strength <sup>20</sup> He exerted when He raised Christ from the dead...

Eph. 1:19-20 (NIV)

## Food for Thought for the week of July 30, 2023

### THE SPIRITFILLED LIFE\*

\*Adapted from Have You Made the Wonderful Discovery of the Spirit-Filled Life? by Dr. Bill Bright, co-founder of Campus Crusade for Christ.

#### HOW TO PRAY IN FAITH TO BE FILLED WITH THE HOLY SPIRIT

We are filled with the Holy Spirit by faith alone. However, true prayer is one way of expressing your faith. The following is a suggested prayer:

“Dear Father, I need You. I acknowledge that I have been directing my own life and that, as a result, I have sinned against You. I thank You that You have forgiven my sins through Christ’s death on the cross for me. I now invite Christ to again take His place on the throne of my life. Fill me with the Holy Spirit as You commanded me to be filled, and as You promised in Your Word that You would do if I asked in faith. I now thank You for directing my life and for filling me with the Holy Spirit.”

Does this prayer express the desire of your heart? If so, ask God to fill you with the Holy Spirit right now and trust Him to do so.

#### HOW TO KNOW THAT YOU ARE FILLED (DIRECTED AND EMPOWERED) WITH THE HOLY SPIRIT.

Did you ask God to fill you with the Holy Spirit? Do you know that you are now filled with the Holy Spirit? On what authority? (On the trustworthiness of God Himself and His Word: Hebrews 11:6; Romans 14:22, 23.)

Do not depend upon feelings. The promise of God’s Word, not our feelings, is our authority. The Christian lives by faith (trust) in the trustworthiness of God Himself and His Word. This train diagram illustrates the relationship between fact (God and His Word), faith (our trust in God and His Word), and feeling (the result of our faith and obedience) (John 14:21).

The minibus will run with or without the trailer. However, it would be useless to attempt to pull the minibus by the trailer. In the same way, we as Christians do not depend on feelings or emotions, but we place our faith (trust) in the trustworthiness of God and the promises of His Word.



## Food for Thought for the week of July 30, 2023

### THE SPIRITFILLED LIFE\*

\*Adapted from Have You Made the Wonderful Discovery of the Spirit-Filled Life? by Dr. Bill Bright, co-founder of Campus Crusade for Christ.

#### HOW TO PRAY IN FAITH TO BE FILLED WITH THE HOLY SPIRIT

We are filled with the Holy Spirit by faith alone. However, true prayer is one way of expressing your faith. The following is a suggested prayer:

“Dear Father, I need You. I acknowledge that I have been directing my own life and that, as a result, I have sinned against You. I thank You that You have forgiven my sins through Christ’s death on the cross for me. I now invite Christ to again take His place on the throne of my life. Fill me with the Holy Spirit as You commanded me to be filled, and as You promised in Your Word that You would do if I asked in faith. I now thank You for directing my life and for filling me with the Holy Spirit.”

Does this prayer express the desire of your heart? If so, ask God to fill you with the Holy Spirit right now and trust Him to do so.

#### HOW TO KNOW THAT YOU ARE FILLED (DIRECTED AND EMPOWERED) WITH THE HOLY SPIRIT.

Did you ask God to fill you with the Holy Spirit? Do you know that you are now filled with the Holy Spirit? On what authority? (On the trustworthiness of God Himself and His Word: Hebrews 11:6; Romans 14:22, 23.)

Do not depend upon feelings. The promise of God’s Word, not our feelings, is our authority. The Christian lives by faith (trust) in the trustworthiness of God Himself and His Word. This train diagram illustrates the relationship between fact (God and His Word), faith (our trust in God and His Word), and feeling (the result of our faith and obedience) (John 14:21).

The minibus will run with or without the trailer. However, it would be useless to attempt to pull the minibus by the trailer. In the same way, we as Christians do not depend on feelings or emotions, but we place our faith (trust) in the trustworthiness of God and the promises of His Word.



## HOW TO WALK IN THE SPIRIT

Faith (trust in God and in His promises) is the only means by which a Christian can live the Spirit-directed life. As you continue to trust Christ moment by moment:

Your life will demonstrate more and more of the fruit of the Spirit (Galatians 5:22, 23) and will be more and more conformed to the image of Christ (Romans 12:2; 2 Corinthians 3:18).

Your prayer life and study of God's Word will become more meaningful.

You will experience His power in witnessing (Acts 1:8).

You will be prepared for spiritual conflict against the world (1 John 2:15-17); against the flesh (Galatians 5:16-17); and against Satan (1 Peter 5:7-9; Ephesians 6:10-13).

You will experience His power to resist temptation and sin (1 Corinthians 10:13; Philippians 4:13; Ephesians 1:19-23; 2 Timothy 1:7; Romans 6:1-16).

## SPIRITUAL BREATHING

By faith you can continue to experience God's love and forgiveness.

If you become aware of an area of your life (an attitude or an action) that is displeasing to the Lord, even though you are walking with Him and sincerely desiring to serve Him, simply thank God that He has forgiven your sins – past, present and future – on the basis of Christ's death on the cross. Claim His love and forgiveness by faith and continue to have fellowship with Him.

If you retake the throne of your life through sin – a definite act of disobedience – breathe spiritually.

Spiritual breathing (exhaling the impure and inhaling the pure) is an exercise in faith that enables you to continue to experience God's love and forgiveness.

Exhale – confess your sin – agree with God concerning your sin and thank Him for His forgiveness of it, according to 1 John 1:9 and Hebrews 10:1-25. Confession involves repentance – a change in attitude and action.

Inhale – surrender the control of your life to Christ, and appropriate (receive) the fullness of the Holy Spirit by faith. Trust that He now directs and empowers you; according to the command of Ephesians 5:18, and the promise of 1 John 5:14, 15.

## HOW TO WALK IN THE SPIRIT

Faith (trust in God and in His promises) is the only means by which a Christian can live the Spirit-directed life. As you continue to trust Christ moment by moment:

Your life will demonstrate more and more of the fruit of the Spirit (Galatians 5:22, 23) and will be more and more conformed to the image of Christ (Romans 12:2; 2 Corinthians 3:18).

Your prayer life and study of God's Word will become more meaningful.

You will experience His power in witnessing (Acts 1:8).

You will be prepared for spiritual conflict against the world (1 John 2:15-17); against the flesh (Galatians 5:16-17); and against Satan (1 Peter 5:7-9; Ephesians 6:10-13).

You will experience His power to resist temptation and sin (1 Corinthians 10:13; Philippians 4:13; Ephesians 1:19-23; 2 Timothy 1:7; Romans 6:1-16).

## SPIRITUAL BREATHING

By faith you can continue to experience God's love and forgiveness.

If you become aware of an area of your life (an attitude or an action) that is displeasing to the Lord, even though you are walking with Him and sincerely desiring to serve Him, simply thank God that He has forgiven your sins – past, present and future – on the basis of Christ's death on the cross. Claim His love and forgiveness by faith and continue to have fellowship with Him.

If you retake the throne of your life through sin – a definite act of disobedience – breathe spiritually.

Spiritual breathing (exhaling the impure and inhaling the pure) is an exercise in faith that enables you to continue to experience God's love and forgiveness.

Exhale – confess your sin – agree with God concerning your sin and thank Him for His forgiveness of it, according to 1 John 1:9 and Hebrews 10:1-25. Confession involves repentance – a change in attitude and action.

Inhale – surrender the control of your life to Christ, and appropriate (receive) the fullness of the Holy Spirit by faith. Trust that He now directs and empowers you; according to the command of Ephesians 5:18, and the promise of 1 John 5:14, 15.