**Be Filled with the Spirit**

**The Word**

Read together Ephesians 5:15-21

**The Big Idea**

Paul invites us into a life that is constantly under the influence and control of the Holy Spirit. Such a Spirit-filled life will have very practical impact on our daily living, including our speech, attitude, and posture towards one another.

**Questions for Discussion**

1. “Be filled with the Spirit” is an interesting command. How did Sunday’s message sit with your previous understanding of what that phrase might mean? What questions or issues still come up for you?

2. As you consider the four practical descriptions of Spirit-filled living in v. 19-21, which one do you feel especially called to pursue in the coming weeks?

3. As you consider the daily habits Mark mentioned, is there a habit you have found to be helpful during this time, or is there one he mentioned you want to pursue this week?

4. We are now six weeks into this “kairos moment.” Looking back over these six weeks, what has been surprisingly challenging for you, and what has been surprisingly encouraging for you?