

Connect

Being thankful and *giving thanks* may seem to be the same thing.

Do you agree? Can we truly give thanks if we are not actually thankful?

How does God perceive our thanks if He already knows our hearts?

Verses - Ephesians 5:19-21 (CSB)

19 speaking to one another in psalms, hymns, and spiritual songs, singing and making music with your heart to the Lord, 20 giving thanks always for everything to God the Father in the name of our Lord Jesus Christ, 21 submitting to one another in the fear of Christ.

Study

1. From v.18, the grammar indicates that being filled by the Spirit leads NOT to reckless living. But in addition to wise and cautious living, what does being filled by the Spirit lead to?

2. What is the application of verse 19? (Does Paul mean to say that believers should only speak to one another in psalms, hymns, and spiritual songs—as if they were drunk, but in a good way? Did Jesus and his disciples behave this way?)

3. What does Paul mean when he says that Christians should submit to one another in the fear of Christ? (v.21) What is the fear they should have? What should this fear do?

APPLY

Some claim that alcohol makes them temporarily feel better, relieving their pain and stress, or experience a kind of freedom, joy, and peace. But this cannot compare to the indwelling of the Holy Spirit, who brings the peace of God which surpasses all understanding through Christ Jesus, now and forever. We who are filled by the Spirit can be thankful for everything! What relief, peace, or joy are you thankful for through faith in Jesus Christ?

DISCUSS

Paul says, “be filled by the Spirit.” (vv.18-21) Is being filled by the Spirit something that we can do? While it may not be limited to the description in v.19, what does it mean to be “filled by the Spirit?” How, and how can we tell if we are?

Share

Are you always thankful for everything? (v. 20) Why not?

Please share some of your experiences—times when you were not thankful to or happy towards God because of what was happening or not happening in your life—and times when *you were* filled with thankfulness, even though you were in difficult circumstances.

How did you manage these situations? How was your spiritual growth affected by them? **Please share with the group if you are comfortable to do so.**

Grow

Please pray that God will help us to understand his will better, to spend our time more fully in service to his will, and that he will fill us with wisdom and joy and thanksgiving as we serve him together.