

**Life in the Spirit**  
**Be Filled with the Spirit**

Ephesians 5:15-21

November 1, 2026



**Questions to think about**

Be \_\_\_\_\_ about how you \_\_\_\_\_

\_\_\_\_\_ yourself to the Spirit's \_\_\_\_\_

A Spirit-filled life \_\_\_\_\_

The Spirit changes how we \_\_\_\_\_

The Spirit changes our \_\_\_\_\_ toward life

The Spirit changes how we \_\_\_\_\_ other \_\_\_\_\_

Stop trying to \_\_\_\_\_ yourself

1. Paul tells us to “pay careful attention” to how we live (Ephesians 5:15). Where might you need to be more intentional about following Jesus?
2. Why is it easy to go through our days without thinking much about whether we're yielding to the Spirit's influence?
3. We talked about the Spirit having the keys to every room in your house. Are there any areas of your life where you are reluctant to give Him access?
4. Why do we sometimes resist letting the Spirit change our attitudes, habits, priorities, or relationships?
5. We talked about how the Christian life isn't a roller coaster in which we're Spirit-filled one minute and completely on our own the next. Why is it important to understand the Spirit-filled life as an ongoing pattern of living rather than a series of spiritual experiences?
6. What helps you remain dependent on the Spirit throughout an ordinary day? What tends to distract you or lead you back to relying on yourself?
7. Think about anger, worry, criticism, or impatience. When these things show up in our lives, what might it look like to respond under the Spirit's influence rather than react according to our natural desires?
8. What's the difference between struggling with sin and settling into a pattern of sin? How can we recognize when we're making excuses for something God wants to change?
9. What is one specific area where you need to yield more fully to the Spirit's influence this week? What would taking a practical step of obedience look like?