Ephesians 5:18-20 - And do not get drunk with wine, for that is dissipation, but be filled with the Spirit, 19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; 20 always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father; NASB

A. 18 And do not get drunk with wine, for that is dissipation, but be filled with the Spirit - yet another contrast in Paul’s teaching here. This time is it the foolishness of “being drunk” with the wisdom of being “filled with the Spirit.” In context here this is a vivid picture…….

<table>
<thead>
<tr>
<th>Drunk</th>
<th>Filled with the Spirit</th>
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<tbody>
<tr>
<td>NOT “being careful how you live” v-15</td>
<td>“Being careful how you live” v-15</td>
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<tr>
<td>Unwise v-15</td>
<td>Wise v-15</td>
</tr>
<tr>
<td>NOT making the most of your time” v-16</td>
<td>“Making the most of your time” v-16</td>
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<tr>
<td>Foolish v-17</td>
<td>“Understanding the will of the Lord” v-17</td>
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“Do not get drunk with wine!” Could this be any clearer? Let everybody hear the Word of the Lord, “DO NOT GET DRUNK!” Surely the exhortation is broadened beyond just wine itself, but do not get intoxicated with anything! When one loses their faculties or self-control to alcohol or any other substance, this is surely a foolish waste of time and this is why the Apostle calls it “dissipation.”

Proverbs 20:1 - 20:1 Wine is a mocker, strong drink a brawler, And whoever is intoxicated by it is not wise. NASB

Proverbs 23:29-35 - 29 Who has woe? Who has sorrow? Who has contentions? Who has complaining? Who has wounds without cause? Who has redness of eyes? 30 Those who linger long over wine. Those who go to taste mixed wine. 31 Do not look on the wine when it is red, When it sparkles in the cup, When it goes down smoothly; 32 At the last it bites like a serpent, And stings like a viper. 33 Your eyes will see strange things, And your mind will utter perverse things. 34 And you will be like one who lies down in the middle of the sea, Or like one who lies down on the top of a mast. 35 “They struck me, but I did not become ill; They beat me, but I did not know it. When shall I awake? I will seek another drink.” NASB

Beyond this, “drunkenness” is a sin and the bible warns of its destructive consequences over and over. Who among us has not seen first hand a life ruined or imprisoned by the disastrous affects of this murderous tool which Satan wields? More than this, it is again listed among those sins which Paul says keep us from Heaven’s glorious gate!

1 Corinthians 6:9-11 - 9 Or do you not know that the unrighteous shall not inherit the kingdom of God? Do not be deceived; neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor homosexuals, 10 nor thieves, nor the covetous, nor drunkards, nor revilers, nor swindlers, shall inherit the kingdom of God. NASB

Galatians 5:19-21 - 19 Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, 20 idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, 21 envying, drunkenness, carousing, and things like these, of which I forewarn you just as I have forewarned you that those who practice such things shall not inherit the kingdom of God. NASB

In fact says Paul, if any “so-called” brother is a “drunkard,” you “should not even eat with him” but rather should “shun him” and “remove” him from fellowship. A harsh sentence indeed, but one of great love!
1 Corinthians 5:11-13

- 11 But actually, I wrote to you not to associate with any so-called brother if he should be an immoral person, or covetous, or an idolater, or a reviler, or a drunkard, or a swindler — not even to eat with such a one. 12 For what have I to do with judging outsiders? Do you not judge those who are within the church? 13 But those who are outside, God judges. Remove the wicked man from among yourselves. NASB

But “be filled with the Spirit!” Now here is a careful, wise way to spend our time. We are to “understand the will of God” and “be filled” with those things which He approves and considers excellent! Since the Spirit of God resides in us He is readily available to fellowship and fill our lives with His good bounty! We must therefore avail ourselves of His good presence by ready submission to the divine will, and set our minds and hearts on things above!

Colossians 3:1-2

- 3:1 If then you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. 2 Set your mind on the things above, not on the things that are on earth. NASB

One might ask, “how do I do this,” that is “be filled with the Spirit?” This Paul answers in the next verse…..

B. 19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; 20 always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father; - Here is how we are filled with the Spirit! It is to lift our hearts in worship to God and allow His divine presence to overcome us to the point of taking on His character. It is to set our minds and hearts on Him and be filled with all of His goodness. We are to sing, and be thankful, for “all things!” The sister passage in Colossians gives very practical advice on this…..

Colossians 3:12-17

- 12 And so, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; 13 bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. 14 And beyond all these things put on love, which is the perfect bond of unity. 15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. 16 Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God. 17 And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks. NASB

Here are nine things we can do to be filled with the Spirit!

- **PUT ON A HEART** of compassion, kindness, humility, gentleness and patience
- **BEARING WITH** one another, and **FORGIVING** each other
- **PUT ON LOVE**
- **LET** the **PEACE** of Christ **RULE** in your hearts
- **BE THANKFUL**
- the **WORD OF CHRIST RICHLY DWELL** within you
- **TEACHING AND ADMONISHING** one another
- psalms and hymns and spiritual songs, **SINGING WITH THANKFULNESS** in your hearts to God
- **do ALL IN THE NAME OF THE LORD JESUS**, giving thanks

It should be said that this contrast would have significant meaning to the Ephesian Christians as the pagan feasts of worship in Ephesus were in fact drunken celebrations of immorality and revelry, filled with the practice of every kind of impurity with greediness.