

## Filled to Overflowing

Message for Sunday, June 4, 2017  
by Bruce Fraser

**Scripture:** Acts 1:1-8; Ephesians 5:18

### Children's Message:

Don't spend too much time trying to figure out how God is the Creator Father, the Son Jesus, and the Holy Spirit all at the same time. You'll go crazy.

Try this: picture the Trinity as a pretzel, all parts linked together as one. Don't try to figure out the "Trinity pretzel." Just enjoy it while you chew on it!

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### 1) We need a personal experience of God

A psychology professor who was also a bachelor had spent his academic career studying the theme of love. He was writing another paper for one of the journals, with the title "The Mystery of Love." His research had been extensive. He spent many months reviewing books and journals on the subject, and organizing the material he gathered. When the work was ready to be published, he took it to a public stenographer to be typed (he still preferred to write things by hand; it concentrated his mind, he said). When he walked into the stenographer's office, something unusual and unexpected happened. Their eyes met. Their pulses quickened! Their cheeks grew red. A strange feeling swept over both of them. It was love at first sight!

The subject of the paper was no longer merely a theory to the writer; it became a reality. Over the next few weeks as they got to know each other, he personally experienced, for the first time in his life, the wonderful rewards of being in love. In that short space of time, he learned and understood more about his topic than he had gleaned through all his years of studies.

In the Bible we read about the Day of Pentecost. We read about how the Holy Spirit filled the disciples, and their lives were changed. We need to do more than just study this, have sermons about it. We need to be filled with the Holy Spirit ourselves. We need a personal experience of God in our lives.

### 2) How does the Holy Spirit work in us?

Before Jesus was crucified, he made a promise to his disciples that he would not leave them orphans. He would come back to be with them — but in a new way! He would actually be *in* them!

John 14:16-17, The Message:

"I will talk to the Father, and he'll provide you another Friend so that you will always have someone with you. This Friend is the Spirit of Truth. The godless world can't take him in because it doesn't have eyes to see him, doesn't know what to look for. But you know him already because he has been staying with you, and will even be *in* you!"

After Jesus rose from the dead, the time finally came when he was ready to return to his Father in heaven. This gift was so important that he repeated the promise, and ordered them to just wait and do nothing until they receive the gift:

Acts 1:4-5, 8, Today's English Version:

"Do not leave Jerusalem, but wait for the gift my Father promised, that I told you about. John baptized with water, but in a few days you will be baptized with the Holy Spirit. ... You will be filled with power when the Holy Spirit comes on you, and you will be witnesses for me in Jerusalem, in all of Judea and Samaria, and to the ends of the earth."

American Express brags about their piece of plastic, "Don't leave home without it." Jesus told them, "Don't leave here without the Holy Spirit." Being filled with the Holy Spirit is absolutely vital to the Christian life.

Let's be absolutely clear on one thing: if you are a believer in Jesus Christ, you have been baptized by Holy Spirit into the body of Christ. The Holy Spirit lives in you, and will never leave you. This is Jesus' promise for all those who put their faith in him.

Peter repeated the promise on the day of Pentecost:

Acts 2:38, New International Version:

Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit."

### 3) Don't just have the Spirit — let the Spirit have you

All Christians have the Holy Spirit. The question is, does the Holy Spirit have you? Are you living by

the Spirit? Listen to what Paul wrote to a group of Christians:

**Ephesians 5:18, New Living Translation:**

**Don't be drunk with wine, because that will ruin your life. Instead, let the Holy Spirit fill and control you.**

Paul uses the example of a drunk yielding control to alcohol. The alcohol comes in and takes power in that person's life. We are to yield to the Spirit. We ask the Holy Spirit to fill us, and take power in our lives.

Please note: this command is in the present tense, not the past tense. It is something we keep on doing, a continuous action. You don't eat a big Sunday dinner, and expect to stay full until next Sunday. Likewise you don't get filled with the Spirit today and expect that to do you for tomorrow as well.

Here is a glass of water and a packet of Alka-Seltzer. I'm dropping the Alka-Seltzer into the water, and let's see what happens. ... Uh, nothing is happening. Must be a dud.

Oh, I have to take the wrapper off! I drop in another Alka-Seltzer, this one unwrapped. Immediately the water starts fizzing.

The Alka-Seltzer was there the first time, but it didn't do anything because it hadn't been opened. All of us who have put our faith in Jesus Christ have received the Holy Spirit. He lives in us. But have I surrendered myself to him?

What we need to do to unleash this power in our life is to pray something like this:

"Lord Jesus, I am yours. Fill me with your Spirit. I want to know you, to love you, to serve you. I want you in my life; not just a little bit, but all of you in all of me."

Every morning when you get up, start with a simple prayer like that. Add in a song and a few verses of Scripture, and after awhile you are going to start being late for work because the worship is so good!

We're going to take some time to do this right now! We're going to sing and pray and sing some more. While we're singing, we are inviting the Holy Spirit to come in and fill us.

If you've never before asked Jesus Christ to come into your life with power, you can make these songs your prayer for new life.

### **Next Steps:**

- Surrender your life to Jesus Christ. You don't know what you're getting yourself into, but that's OK. You know whom you are following.
- Ask him to fill you with his Spirit, day by day.