



# Gaining Control of your Life

Note: The Scripture references in this hand-out are taken from the New King James Version.

**Warm-up Discussion:** The Cross-Talk curriculum titles this lesson as “Needle on Full.” Is having your needle on full a good thing or a bad thing?

How is it that things which fill our lives actually control us?

The Bible exhorts us to fill our lives with the Holy Spirit. What does it mean to fill your life with the Holy Spirit?

How is it that a person who lives separate from Christ is in bondage?

Let’s take a look at a passage to help us better understand the concept of being filled with the Spirit...

**Ephesians 5:15-21**

<sup>15</sup>See then that you walk circumspectly, not as fools but as wise, <sup>16</sup>redeeming the time, because the days are evil. <sup>17</sup>Therefore do not be unwise, but understand what the will of the Lord is. <sup>18</sup>And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, <sup>19</sup>speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, <sup>20</sup>giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, <sup>21</sup>submitting to one another in the fear of God.

What does this passage say we should do to be wise?

Why do we need to redeem the time?

Why do you suppose God designed our lives to be filled with His presence?

Why do you think Paul contrasted being controlled by the Holy Spirit with being controlled by wine?

What does Paul tell us is clear evidence that a person is filled with the Holy Spirit? (see Ephesians 5:19-21)

Who is the “one another” that we are to be filled with the Spirit in front of?

What does it mean to speak to one another in psalms and hymns and spiritual songs?

What does it mean to sing and make melody in your heart to the Lord?

How should we give thanks always for all things?

Why should we submit to each other in the fear of God?

How is it that we can gain control of our life by yielding to the Holy Spirit?

**Wrap-up Discussion:** How do we apply what we’ve learned about being filled with the Spirit to our work?

What practical things can we do to be more yielded to the Spirit in our work?