



TEACHER: BETH SEIFERT

ONAOMI'S TABLE 2016

Day 15: Ephesians 5:15-21 Spirit Filled

Read 1 Peter 3:14-17. What should we have no fear of? What should we always do? What should we be prepared for? Notice that this assumes that you do have this hope and that others will want to know about it. How should we share this information? Why? Will your gentle answer prevent slander? How do you know? What might be God's will for you, according to verse 17?

Read Galatians 5:22-23. What characterizes a Spirit filled life? What might the opposite of those characteristics be?

Read Galatians 2:19-20. What is our relationship to the law? What life do we now live? What did Christ do for us?

Read Romans 8:10-11. What dwells in us? What will Christ give to us through His Spirit?

Read Psalm 28:6-9. How does the Psalmist describe what he "gets" from the Lord? What is the response of the Psalmist?

Read Psalm 20:6-8. What does the Psalmist *not* trust in? What does he say will happen to those things?

As you spend time with God today, thank Him for His gift of the Holy Spirit as a "down payment" on our eternal inheritance. Ask Him to help you to trust in Him more fully every day. Ask Him to teach you what is evidence of the Spirit and what is not, remembering that the descriptions of the Spirit's work in believer's lives are never descriptions of out of control behavior, but of lives that bring glory and honor to God. Ask Him to help you to trust in Him, regardless of the circumstances you are in, knowing where *your* strength comes from every day.