

Skegness Community Church - Weekly Bible Study 2025
52 passages of Scripture that every believer should know

Week 9 THE PROOF IS IN THE PUDDING

Ephesians 5:18

“Do not get drunk with wine, which leads to debauchery. Instead, be filled with the Spirit.”

The secret of the Christian life is not that it is a changed life but an exchanged life. It's not that we simply take on a few new sets of moral standards and attempt to change our attitudes and our activities. Instead, at the moment of conversion, we give God our old life, He puts it away, and He come to live in us in the person of the Holy Spirit. God's promise to us is that He will abide there, never to leave us, filling us and empowering us for service. The Apostle Paul made a contrast here between being “drunk with wine” and being “filled with the Spirit” The former causes one to be out of control; the other enables us to be in control. One is counterproductive; the other productive. One makes one powerless; the other empowers. One often brings sorrow, the other brings joy. How can we know that we are being filled with God's Spirit? Better still, how will other know? Scripture teaches us, as the old adage says, “The proof is in the pudding.” The three verses following reveal to us the evidence by which we can know that Ephesians 5:18 is fulfilled in our lives. Yes, the proof is in the pudding.

THERE IS INWARD EVIDENCE “Sing and make music in your heart to the Lord”

Ephesians 5:19

The first evidence that we are being filled and led by God's Spirit is that we will have a song in our heart. This is the inward evidence. Other faiths may have much “show” in their temples and rituals, but where is the song? Like Paul and Silas in a Philippian jail at midnight, we can also have a song in our hearts regardless of our circumstances.

THERE IS UPWARD EVIDENCE “always giving thanks to God the Father for everything” Ephesians 5:20

Here is found an attitude of gratitude to God. The individual being filled with the Spirit continues in a spirit of giving thanks always and is thankful for all things. While we have the confidence personally that we are being filled through the inward evidence of a song in our hearts, God sees it in our continual attitude of thanksgiving for all things. That's the upward evidence.

THERE IS OUTWARD EVIDENCE “submit to one another out of reverence for Christ.” Ephesians 5:21

There is finally outward evidence that manifests itself in our relationship with others. This element of submission does not involve any sense of a lack of superiority. This was never more beautifully illustrated than in the Upper Room when our Lord Himself became the servant of all and washed His disciple's feet. The believers who are being controlled by God's Spirit within will have a song in their hearts, will be thankful always for all things, and will be submissive in dealings with others. How can we be filled with the Spirit? Step 1 *is to confess*. We must come clean with God. First John 1:9 says; “If we confess our sins, He is faithful and just and will forgive our sins and purify us from all unrighteousness.” The next step is to *accept* Jesus as the Lord of our life. Romans 14:9 says, “For this reason, Christ died and returned to life so that He might be Lord of both the dead and the living.” Finally, we are to *claim* all of this by faith. Mark 11:24 says, “Therefore I tell you the truth, whatever you ask for in prayer, believe that you have received it, and it will be yours.” Confess! Accept! Claim! And “be filled” with the Spirit. Once you are , then **the proof will be in the pudding.**

As you memorise this verse this week, meditate on how much God longs to reign as Lord on the throne of your heart, too fill you with His own fullness, and to empower you to overcome and live a life of blessing. **Confess** your sins afresh. **Accept** Him as the Lord of your life. Remove yourself from the throne of your heart and welcome Him there. The **claim** God's fullness by faith.