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Sermon Notes

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Be Filled with the Spirit

Ephesians 5:18

Tall Ships...

On August 31, 1851, the clipper ship *Flying Cloud* completed a record voyage from New York to San Francisco, sailing around Cape Horn—over 16,000 nautical miles—in 89 days and 21 hours. It is a record that stood for well over a century until 1989... the usual voyage from New York to San Francisco around Cape Horn was well over 200 days... the sleek, lightning fast clipper ship more than cut than in half...

She was in a terrible hurry because gold had just been discovered in California, and there was money to be made.

The *Flying Cloud* was a full-rigged ship, meaning it had three masts, all of them square-rigged with sails attached to horizontal spars... as many as 34 sails would swell with wind, driving the ship along at its record speeds of as high as 22 knots (about 25 miles per hour)

In 1976, the tall ships came to Boston Harbor for the Bicentennial and many Bostonians gazed at these sailing marvels. The grand sight of a sailing vessel, its sails billowing with wind, is unforgettable.

It is the image that the Apostle Peter uses to describe the role of the Holy Spirit in the inspiration of the bible:

2 Peter 1:21 prophecy never had its origin in the will of man, but men spoke from God as they were carried along by the Holy Spirit.

The bible was inspired by the Holy Spirit as he FILLED the prophets like wind filling a sail...

Acts uses the same verb for the sailing ship that carried Paul to Malta:

Acts 27:15 The ship was caught by the storm and could not head into the wind; so we gave way to it and were driven along.

Now, the same Holy Spirit is ready to fill each of us in Christ... to drive us along to a heavenly destination by his power

Today, we're going to look at the SPIRIT-FILLED life... based on the command in Ephesians 5:18 "Be filled with the Spirit."

I. What Does It Mean to be Filled with the Spirit?

A. Images of Filling

1. Like a vessel overflowing with liquid
2. Like a sail, totally filled with the wind
3. Like a sponge, totally saturated with water

B. To Be "Filled with the Spirit" Likened to the Effects of Wine

1. Last week: do not get drunk on wine
2. To be "drunk with wine" means that the alcohol is strongly affecting the mind and the behavior... the actions are erratic, the speech is slurred and strange
3. By contrast, to be "filled with the Spirit" means to be controlled, dominated, affected INTERNALLY by the Spirit resulting in a pattern of EXTERNAL BEHAVIOR that we're about to talk about...
4. But you can see that a person is FILLED with the Holy Spirit by what they DO... how they speak, how they act
5. Filled = controlled, moved, empowered, dominated, saturated by the Third Person of the Trinity

C. The Person, Promise, and Power of the Spirit

1. Remember what we learned several weeks ago when we discussed:

Ephesians 4:30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.

The Spirit is a PERSON, with emotions, with intelligence, will, personality... he is not impersonal like electricity, or gravity, or magnetism, or wind, or fire

2. We must also remember that the command to be filled with the Spirit is based on a prior PROMISE that the Spirit will be poured out on any who call on the name of the Lord Jesus Christ for salvation

Acts 2:38-39 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. ³⁹ The promise is for you and your children and for all who are far off-- for all whom the Lord our God will call."

The PROMISE Peter spoke of was seen in Joel 2:

Acts 2:17-21 "In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams. ¹⁸ Even on my servants, both men and women, I will pour out my Spirit in those days, and they will prophesy. ¹⁹ I will show wonders in the heaven above and signs on the earth below, blood and fire and billows of smoke. ²⁰ The sun will be turned to darkness and the moon to blood before the coming of the great and glorious day of the Lord. ²¹ And everyone who calls on the name of the Lord will be saved.'

The same was seen in Ezekiel 36:

Ezekiel 36:27 And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.

3. The Power of the Spirit of God is LIMITLESS... equal to that of Almighty God, for He IS God
 - a. There are over twenty verses linking the Spirit with the word POWER... the Spirit moves and nothing can stop Him

D. Straight-forward Assertion: The Spirit-filled Life is the True Christian Life

II. What Are the Effects of Being Filled with the Spirit?

Many things I could talk about!!

Old Testament feats: Gideon's courage in battle; Samson's strength; Saul's transformation; Ezekiel's prophetic ministry

John the Baptist's zeal in ministry... leaping in the womb at the sound of Mary's voice; zealously and courageously confronting sin; clearly identifying Jesus by the Spirit's descending like a dove

Christ's power to preach and to do miracles directly ascribed to the Holy Spirit

Christ's assertions of the Counselor: teaching ministry of the Spirit; the conviction of sin; the way the Spirit ministers Christ directly to us

The greatest passage on the effect of being filled with the

A. Overflowing Joy

1. To be filled with the Spirit means to OVERFLOW with joy in Christ!!

John Piper: "Basically, it means radiant joy, because the Spirit who fills us is the Spirit of joy that flows between God the Father and God the Son because of the delight they have in each other. Therefore, to be filled with the Spirit means to be caught into the joy that flows among the Holy Trinity and to love God the Father and God the Son with the very love with which they love each other."

Acts 13:52 And the disciples were filled with joy and with the Holy Spirit.

Ephesians 3:17-19 And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge-- that you may be filled to the measure of all the fullness of God.

We have a deep, pervasive sense of JOY in the TRINITY... and even more specifically, the joy of the Father in the Son

To be filled with the Spirit means to have a lasting joy in the work of Jesus Christ for us...

The Spirit ministers Christ directly to the human soul:

John 16:14 He will bring glory to me by taking from what is mine and making it known to you.

Resurrection morning:

Matthew 28:5-8 The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. ⁶ He is not here; he has risen, just as he said. Come and see the place where he lay. ⁷ Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you." ⁸ So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples.

Now I know, that was before Pentecost... but the filling of the Spirit means that we can have effectively the same FILLING WITH JOY as those women on resurrection morning... because Christ is every bit as resurrected NOW as he was then! It is every bit as thrilling NOW as it was then, or ever has been for two thousand years!

To be filled with the Spirit means to be filled with joy in the forgiveness that is ours through the blood of Christ... and to be filled with joy in the future resurrection we will all enjoy!!

Overflowing JOY in Jesus!!!

It is also related to the work of the Spirit over the scriptures as they testify to JESUS:

The resurrected Christ taught the two disciples on the Road to Emmaus the scriptures that predicted Christ:

Luke 24:27 And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

Luke 24:32 They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

NOW... the Holy Spirit can do that to us anytime:

John 16:14 He will bring glory to me by taking from what is mine and making it known to you.

The filling of the Spirit is an overflowing JOY in Christ based on the scriptures!!

That OVERFLOWING JOY is clear... with what FOLLOWS the command

2. That becomes clear with the verbs that follow the command

Ephesians 5:19-21 addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, ²⁰ giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, ²¹ submitting to one another out of reverence for Christ.

- a. These are all focused on a heart OVERFLOWING WITH JOY in the Lord!
- b. They are both individual/internal as well as corporate and external
 - i) Corporately: we are ADDRESSING ONE ANOTHER in psalms, hymns, and spiritual songs... the Spirit is giving everyone a unity in JOY... overflowing JOY!!
 - ii) Individually: we are SINGING and MAKING MUSIC in our hearts to the Lord
 - iii) This is a result of the direct work of the Holy Spirit on our hearts
 - iv) We are HAPPY... deeply filled with JOY in Jesus
- c. Note how this overflowing joy transcends all circumstances...

Ephesians 5:20 ... giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ

- i) The filling of the Spirit is so powerful that we are able to GIVE THANKS ALWAYS AND FOR EVERYTHING to God in the name of Jesus
- ii) This is the secret of Christian contentment that the Apostle Paul mentions in Philippians 4

Philippians 4:11-13 I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do everything through him who gives me strength.

- iii) There is a STRENGTH to the filling of the Spirit... a powerful, overflowing joy that conquers gloom and depression and earthly conditions
- iv) The filling of the Spirit gives a STRONG JOY

Nehemiah 8:10 the joy of the LORD is your strength.

- v) Jeremiah Burroughs's *The Rare Jewel of Christian Contentment*

Definition: Christian contentment is that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God's wise and fatherly disposal in every condition.

- vi) This comes only by the FILLING of the SPIRIT!!

Clearest display in the Bible... Paul and Silas singing in the Philippian jail...

Having been arrested for driving a demon out of a slave girl... they were publicly stripped and beaten without a trial and thrown into a dark, stinking jail with their feet in the stocks

Hungry, bleeding, imprisoned, with terrifying prospects even for their own execution...

Acts 16:25 About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them.

Able to give thanks always for everything in the name of Jesus!!

Matthew 5:11-12 "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. ¹² Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Paul and Silas give us a picture of TRANSCENDENT JOY in Christ... going far beyond any earthly circumstance; a lasting, deep, joy that overflows in our speaking, and singing, and giving of thanks

This consistent experience of joy in Christ is the result of being filled with the Spirit

Application: does this characterize you? Do you consistently experience the joy of your salvation in Christ? Does your heart overflow with a sense of the DIMENSIONS of Christ's love for you... how "wide and long and high and deep" his love for you is? Do you have a sense of Christ "dwelling in your heart by the Spirit?" Do you return again and again to joy like a needle returns to true north after it is disturbed?

OR... are you buffeted by the winds and waves of circumstances... frequently down, discouraged, weak, frustrated, angry... like most any non-Christian would be – by money troubles, or workplace issues, or strife in the family, or problems with your car...

B. Victory over Besetting Sins

1. To be filled with the Spirit means to see consistent victory over besetting sins
2. Everyone struggles with the indwelling sin nature

Romans 7:15 I do not understand what I do. For what I want to do I do not do, but what I hate I do.

Romans 7:19-20 For what I do is not the good I want to do; no, the evil I do not want to do-- this I keep on doing. ²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

3. We do not all sin in the same way, but all of us struggles with BESETTING SINS that trouble us
 - a. Perhaps it is a recurring lust issue... perhaps some struggle with the internet
 - b. Perhaps it is an ongoing battle with sinful anger... or irritation with loved one
 - c. Maybe it is a battle with FOOD... a craving to eat and eat and eat
 - d. Maybe it is a struggle with materialism... a yearning to shop, to buy happiness online or at the mall

e. Maybe it is a battle with depression... or with laziness... or with procrastination

4. To be FILLED WITH THE SPIRIT means to have the power to put temptations to death

Romans 8:13-14 For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live, ¹⁴ because those who are led by the Spirit of God are sons of God.

a. John Owen said

“You must mortify! You must make it your daily work. You must be constantly at it while you live. Cease not a day from this work! **Be killing sin, or sin will be killing you!**”

b. He also said,

“The choicest believers, who are assuredly freed from the condemning power of sin, ought to make it their business all their days to mortify the indwelling power of sin.”

c. And,

The vigor, and power, and comfort of our spiritual life depend on the mortification of the deeds of the flesh.

d. Owen taught us that ONLY BY THE POWER OF THE SPIRIT can this happen:

“All other ways of mortification are vain, all helps leave us helpless; it must be done by the Spirit... This is the work of the Spirit; by Him alone is it to be wrought, and by no other power is it to be brought about. Mortification from a self-strength, carried on by ways of self-invention, unto the end of a self-righteousness, is the soul and substance of all false religion in the world.”

5. To be filled with the Spirit is to know the power that Samson had when defeating the lion and the Philistines:

The lion:

Judges 14:5-6 suddenly a young lion came roaring toward him. ⁶ The Spirit of the LORD came upon him in power so that he tore the lion apart with his bare hands as he might have torn a young goat.

The Philistine warriors:

Judges 15:14-15 As he approached Lehi, the Philistines came toward him shouting. The Spirit of the LORD came upon him in power. The ropes on his arms became like charred flax, and the bindings dropped from his hands. ¹⁵ Finding a fresh jawbone of a donkey, he grabbed it and struck down a thousand men.

The filling of the Spirit gives us power to slaughter our spiritual enemies... the world, the flesh and the devil... though the temptations attack us violently one after the other, Spirit-filled people can kill each one as Jesus did in the desert

6. How does the filling of the Spirit give power for the mortification of sin?
 - a. He so fills us with the DELIGHTS of Christ that sin has no power over us

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

- b. He works in us to make sin itself as distasteful to us as it is to Him...

The alluring world is portrayed in Revelation 17 as a harlot, riding a beast

Revelation 17:4 The woman [Babylon] was dressed in purple and scarlet, and was glittering with gold, precious stones and pearls. She held a golden cup in her hand, filled with abominable things and the filth of her adulteries.

We see sin unadorned... naked... filthy and ugly... as we will see it on Judgment Day... filled with the Spirit, we are completely satisfied in God and in Jesus, and the allure of Babylon's filthy temptations lose their power

Psalms 101:2-3 I will be careful to lead a blameless life-- when will you come to me? I will walk in my house with blameless heart. ³ I will set before my eyes no vile thing. The deeds of faithless men I hate; they will not cling to me.

- c. The filling of the Spirit brings the CROSS OF CHRIST to bear on every sin so that we see what it cost Christ, and gives us a mysterious active COMMUNION WITH CHRIST in his death... sin has no mastery over us because we have died with Christ

C. Power for Witnessing

1. This is well-known

Acts 1:8 But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.

2. This power comes is irresistible BOLDNESS for witnessing

Take the case of Peter... who had just a short time before been terrified of a little slave girl:

John 18:17 "You are not one of his disciples, are you?" the girl at the door asked Peter. He replied, "I am not."

Just weeks later, this was the same trembling, terrified man... now FILLED WITH THE SPIRIT, after being arrested and brought before the Jewish council... the same men who had just condemned Jesus:

Acts 4:7-12 They had Peter and John brought before them and began to question them: "By what power or what name did you do this?" ⁸ Then Peter, filled with the Holy Spirit, said to them: "Rulers and elders of the people! ⁹ If we are being called to account today for an act of kindness shown to a cripple and are asked how he was healed, ¹⁰ then know this, you and all the people of Israel: It is by the name of Jesus Christ of Nazareth, whom you crucified but whom God raised from the dead, that this man stands before you healed. ¹¹ He is "the stone you builders rejected, which has become the capstone." ¹² Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved."

The same power of the Holy Spirit extended to the entire church in Jerusalem and look what happened:

Acts 4:31 After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.

3. Power for witnessing comes from the Holy Spirit!

a. He fills you with LOVE for God and for Christ!

2 Corinthians 5:14 For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died

Paul speaks of the love of Christ CONTROLLING us... compelling us... this is the FILLING OF THE SPIRIT... it moves us to STOP LIVING FOR OURSELVES

2 Corinthians 5:15 And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.

The FILLING OF THE SPIRIT moves us to evangelize... to make our appeal to lost people:

2 Corinthians 5:20 We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God.

b. He also fills you with LOVE for the lost...

Romans 9:2-3 I have great sorrow and unceasing anguish in my heart. ³ For I could wish that I myself were cursed and cut off from Christ for the sake of... the LOST

c. The filling of the Spirit enables us to speak completely boldly about SIN and to confront enemies with no fear at all

Stephen was filled with the Spirit during his trial before the Sanhedrin and boldly confronted them with their sin:

Acts 7:51-55 "You stiff-necked people, with uncircumcised hearts and ears! You are just like your fathers: You always resist the Holy Spirit! ⁵² Was there ever a prophet your fathers did not persecute? They even killed those who predicted the coming of the Righteous One. And now you have betrayed and murdered him-- ⁵³ you who have received the law that was put into effect through angels but have not obeyed it." ⁵⁴ ¶ When they heard this, they were furious and gnashed their teeth at him. ⁵⁵ But Stephen, full of the Holy Spirit, looked up to heaven and saw the glory of God, and Jesus standing at the right hand of God.

The filling of the Spirit moved Paul to confront Elymas the Sorcerer who was trying to stop him from witnessing to Sergius Paulus, the Roman proconsul on Crete:

Acts 13:9-12 Paul, filled with the Holy Spirit, looked straight at Elymas and said, ¹⁰ "You are a child of the devil and an enemy of everything that is right! You are full of all kinds of deceit and trickery. Will you never stop perverting the right ways of the Lord? ¹¹ Now the hand of the Lord is against you. You are going to be blind, and for a time you will be unable to see the light of the sun." Immediately mist and darkness came over him, and he groped about, seeking someone to lead him by the hand. ¹² When the proconsul saw what had happened, he believed, for he was amazed at the teaching about the Lord.

4. We are SO WEAK in evangelism because we are not filled with the Spirit!
5. If we would seek the filling of the Spirit continually, we would be much more frequent and powerful evangelists

So... these three are powerful EFFECTS of being FILLED WITH THE SPIRIT:

- 1) overflowing joy in Christ
- 2) victory over besetting sins
- 3) power in witnessing

III. How Can I Be Filled with the Spirit?

A “Passive Imperative”?

1. First, we have to recognize that this is a COMMAND from God... this is something for us to obey
2. BUT it is an amazing thing... a “passive imperative”
 - a. Active and passive: “Kill or be killed”
 - b. Active means you are DOING the action
 - c. Passive means the action is DONE TO YOU...
 - d. “Kill or be killed” is all the difference in the world for a soldier
 - e. If effect the Lord is COMMANDING us to HAVE SOMETHING DONE TO US

“You MUST have something done to you!!!”

“YOU MUST BE FILLED with the Spirit”

- f. Same type of grammar in John 3

Jesus said to Nicodemus

John 3:7 'You must be born again.'

It is required that something happen to you

3. The only way to unravel this is to embrace the mystery of divine power and human responsibility... we have to know our weakness, our emptiness, our spiritual condition and take that knowledge to God, who alone can do something with it
4. Also, we should note a CONTINUOUS COMMAND here... not once for all time, but a continual command: “BE BEING FILLED with the Spirit”

No one is filled with the Spirit all the time!

We all go through rhythms of being filled with the Spirit and then not filled again.

Why? Because the world, the flesh, and the devil are so strong and clever, and we let our guard down and sin and the filling is gone

Because the body is so WEAK and we are so frail

Even the mightiest grow weary and faint and need the POWER of the Spirit...
again, and again, and again...

Illus. Right before preaching his last sermon, George Whitefield, one of the most powerful evangelists that ever lived, was overwhelmed with weariness. He had asthma and could barely breathe. He was going to preach in the church in Newburyport, MA, but the crowd had swelled to over six thousand. A friend said to him. "You are more fit for bed than for preaching!" He looked at him and said "True, sir!" Then he struggled to mount the temporary boards that had been laid across two barrels for him. He stood there before the thousands of people that had assembled to hear him preach. He put up his hand and asked them to be patient and give him a few moments. He stood silent for a long time... then cried out, "Lord, I am not weary of your work, but I am weary in your work. If I have not finished my course, let me go and speak for you once more in the fields, seal your truth, and come home and die."

He was then filled with the Spirit and preached one of the most powerful sermons anyone there had ever heard him preach... almost TWO HOURS in length!

POWER made perfect in our weakness!

5. So... HOW can we be filled with the Spirit?

a. Is there something I must do to make this happen?

b. There must be, because it is a COMMAND... yet it is something that God alone can do in me!

Start by looking at the parallel... "Do not get drunk on wine..."

I said last week that the wine was so low in alcohol content that you have to be PURPOSELY SEEKING to get drunk...

That's why Peter said in effect there hasn't been enough time to get drunk... it's only nine in the morning!

So, in the same way, we'll begin by the word SEEK the filling... GO AFTER IT...
yearn for it delight in it

A. By Faith

1. The same way we received the Spirit to begin with is how we will continue to receive Him... by simple FAITH

Galatians 3:2 I would like to learn just one thing from you: Did you receive the Spirit by observing the law, or by believing what you heard?

Galatians 3:3 Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort?

2. Key verse:

Romans 15:13 ¶ May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

The fullness of JOY through the Holy Spirit comes to us BY FAITH, not by works. Faith focuses on the PROMISE God made to us... in Scripture

We simply trust that the Lord will be faithful to keep the promise he made to anyone who calls on the name of the Lord

B. By Seeking

Romans 8:5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.

Set your mind directly on the THINGS OF THE SPIRIT...

Colossians 3:1-2 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. ² Set your minds on things above, not on earthly things.

Seek first his Kingdom:

Matthew 6:33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

The filling of the Spirit begins with a DESIRE in the heart

C. By Scripture

1. As I just said, go to the promise God made:

Acts 2:38-39 you will receive the gift of the Holy Spirit. ³⁹ The promise is for you and your children and for all who are far off-- for all whom the Lord our God will call."

Puritan Thomas Manton, speaking of persistent prayer based on the promises of God said, "**Show him his writing; God is tender of his word.**" This is the faith of the "Persistent Widow" (Luke 18:1-5) who keeps coming and coming until she receives what she wants.

2. Go also to the COMMAND here in Ephesians 5:18

Augustine: "Give what you command, then command what you will." If God commands us to be filled with the Spirit, then HE MUST fulfill that request in us

3. Go to the scripture to fill your heart with the things of God, things of Christ, things of the Spirit, things of the Kingdom
4. Take a rich passage of scripture and meditate on it... filling your mind with those themes

D. By Prayer

1. Ask the Spirit to fill you with his power
2. Ask him to move in you, giving you an overwhelming sense of his presence
3. It is a simple matter of ASKING for what you want

E. By Christ

1. Fill your mind especially with Christ... the Spirit's unique glory is to make Christ appear radiantly glorious
2. It is Christ who sent the Spirit to begin with... it is Christ who can satisfy you again and again
3. Ultimately, the continual filling of the Spirit is identical to ABIDING IN CHRIST:

John 15:5 "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.

F. By Confession of Sin

1. The Spirit works conviction of sin in us
2. If we have unconfessed sin, the Spirit will not fill us

Psalm 139:23-24 Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴ See if there is any offensive way in me, and lead me in the way everlasting.