



ABOUT ME

NAME

Stephen

AGE

10 - 70 years old

OCCUPATION

Engineer at General Motors

SALARY

Enough to cover our needs, thank God!

THINGS I ENJOY

Working out, eating/making good food, hiking, playing music, learning...



EPHESIANS 4:29-5:20 CSB

²⁹ No foul language should come from your mouth, but only what is good for building up someone in need, so that it gives grace to those who hear. ³⁰ And don't grieve God's Holy Spirit. You were sealed by him for the day of redemption. ³¹ Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice. ³² And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.

¹ Therefore, be imitators of God, as dearly loved children, ² and walk in love, as Christ also loved us and gave himself for us, a sacrificial and fragrant offering to God. ³ But sexual immorality and any impurity or greed should not even be heard of among you, as is proper for saints. ⁴ Obscene and foolish talking or crude joking are not suitable, but rather giving thanks. ⁵ For know and recognize this: Every sexually immoral or impure or greedy person, who is an idolater, does not have an inheritance in the kingdom of Christ and of God.

EPHESIANS 4:29-5:20 CSB

⁶ Let no one deceive you with empty arguments, for God's wrath is coming on the disobedient because of these things. ⁷ Therefore, do not become their partners. ⁸ For you were once darkness, but now you are light in the Lord. Walk as children of light— ⁹ for the fruit of the light consists of all goodness, righteousness, and truth— ¹⁰ testing what is pleasing to the Lord. ¹¹ Don't participate in the fruitless works of darkness, but instead expose them. ¹² For it is shameful even to mention what is done by them in secret. ¹³ Everything exposed by the light is made visible, ¹⁴ for what makes everything visible is light. Therefore it is said: Get up, sleeper, and rise up from the dead, and Christ will shine on you. ¹⁵ Pay careful attention, then, to how you walk—not as unwise people but as wise— ¹⁶ making the most of the time, because the days are evil. ¹⁷ So don't be foolish, but understand what the Lord's will is.

EPHESIANS 4:29-5:20 CSB

¹⁸ And don't get drunk with wine, which leads to reckless living, but be filled by the Spirit: ¹⁹ speaking to one another in psalms, hymns, and spiritual songs, singing and making music with your heart to the Lord, ²⁰ giving thanks always for everything to God the Father in the name of our Lord Jesus Christ,



BE FILLED WITH THE HOLY SPIRIT

➤ 6/29/25



1. ASK THE SPIRIT TO FILL YOU

› LUKE 11:13

If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!



2. SPEND TIME WITH GOD

» ACTS 2:42

They devoted themselves to the apostles' teaching, to the fellowship, to the breaking of bread, and to prayer.



3. READ AND OBEY THE BIBLE

» 2 TIMOTHY 3:16-17

All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness, ¹⁷ so that the man of God may be complete, equipped for every good work.



4 KEYS TO BE FILLED WITH THE SPIRIT

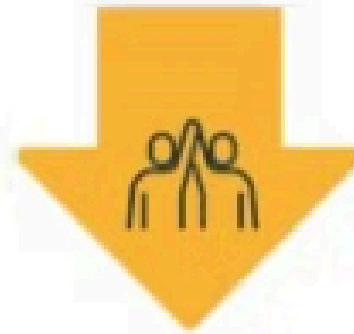
Engaging in the Bible 4+ days per week is related to:



218% to 416% increase in:

- Sharing faith with others
- Charitable contributions
- Discipling others
- Memorizing Scripture

**PROACTIVE
FAITH**



14% to 60% reduction in:

- Thinking destructively about self or others
- Thinking unkindly about others
- Feeling spiritually stagnant
- Feeling like one can't please God
- Loneliness
- Bitterness
- Difficulty forgiving self or others
- Feeling need to hide
- Discouragement
- Fear or anxiety

**FEWER
STUGGLES**



20% to 62% reduction in:

- Overeating or mishandling food
- Extramarrital sex
- Pornography
- Family neglect
- Lying
- Lashing out in anger
- Drinking to excess
- Gossiping
- Overspending or mishandling money

**REDUCED RISKY
BEHAVIORS**



Source: Center for Bible Engagement (CBE) White Paper, *Bible Engagement as the Key to Spiritual Growth: A Research Synthesis (2012)*



4. SURRENDER FULLY TO GOD

› LUKE 14:33

So therefore, any one of you who does not renounce all that he has cannot be my disciple.



BE FILLED WITH THE HOLY SPIRIT

➤ 6/29/25