

TABOO

Week 2: Think before you...

Summary: *Paul talks about the two ways people deal with life's hurt's to find peace, excitement and joy - one is God's way, the other is the world's. To be filled with the Spirit or turn to other forms of self-medication especially "spirits". This power section from Ephesians allows us to not only identify them but it also reveals how these two paths affect marriage, children, work, and spiritual warfare.*

- Proverbs 14:12 - *"There is a way that appears to be right, but in the end it leads to death."*
- Ephesians 5:15-17 - *15 Be very careful, then, how you live—not as unwise but as wise, 16 making the most of every opportunity, because the days are evil. 17 Therefore do not be foolish, but understand what the Lord's will is.*
- 1 Peter 5:8 - *Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."*

Big Idea: **Think** before you _____.

- Ephesians 5:18a - *Do not get drunk on wine, which leads to debauchery.*
- Proverbs 20:1 - *"Wine is a mocker and beer a brawler; whoever is led astray by them is not wise."*
- Proverbs 23:20,21 - *"Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags."*
- Proverbs 25:28 - *"Like a city whose walls are broken through is a person who lacks self-control."*

When we run to the bottle (**sF**) instead of Jesus, all we get is **LTP**.

- Ephesians 5:18-20 - *Instead, be filled with the Spirit, 19 speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, 20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.*

When we run to the Bible (**SF**) instead of the bottle, we will find **LP**.

- Isaiah 55:1-3 - *"Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. 2 Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare. 3 Give ear and come to me; listen, that you may live. I will make an everlasting covenant with you, my faithful love promised to David.*

The Spirit Filled Benefit Plan

#1 - Joy

- Psalm 16:11 - *You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.*

#2 - Rest

- Matthew 11:28 - *"Come to me, all you who are weary and burdened, and I will give you rest.*

#3 - Deliverance

- Psalm 50:15 - *Call on me in the day of trouble; I will deliver you, and you will honor me."*

#4 - **Peace**

- 1 Peter 5:7 - *Cast all your anxiety on him because he cares for you.*

Points To Ponder

1. How has your personal journey been with alcohol? What would you do differently if you could rewind and live life over again? Why?
2. If we broke drinking into 4 categories (see below), which would you say most often describes you? How would your spouse or friends answer?
 - a. Addiction
 - b. Sinful consumption
 - c. Godly consumption
 - d. Avoidance

What will you do differently going forward in order to use it in a way that honors God, is Spirit Filled (SP), celebrates the blessing it can be, and recognizes the warning labels God attaches to it (be ready to share it with your spouse, a friend, or your life group)? Here are some helpful questions to consider:

- a. What is my motivation/reason for drinking?
- b. What effect does alcohol have on my personally?
- c. For me, I know I have moved from enjoyment to abuse when _____ happens?
- d. Who will you ask to help hold me accountable in this area? When this week will you make the ask?
- e. What will you include in your resilience plan to be more Spirit filled on a daily basis?

Homework: Psalm 42