



THE FOUNDATION FOR A STRONG MARRIAGE

A Marriage Tune-Up
Ephesians 5:15-21
Sunday, October 3, 2021

THE TUNE-UP ESSENTIALS

No sermon or series of sermons on marriage will automatically change the dynamic of your relationship. The pastor is responsible for giving you the **information** from God's original blueprints – His original specs - that will help energize your marriage.

You're responsible for the **integration** of it! It takes changing the way you think about marriage, feel about marriage, and how you act in marriage. It takes a lifetime of commitment, skill development and practice.

THE BIBLICAL CONTEXT: Ephesians 5

Ephesians 1-3 The Great Truths of our Position in Christ

Ephesians 4-6 How to Live Out Our Position in Christ

Key Word = "Walk"

- 4:1 Walk in a manner **WORTHY** of your calling
- 4:2 Walk in **HUMILITY**
- 4:3 Walk in **UNITY** with God's people
- 4:17 Walk **SEPARATED** from the world's ways
- 5:1 Walk in **LOVE**
- 5:8 Walk in **LIGHT**, or obedience

MARRIAGE: Walking in Wisdom

Ephesians 5:15 (NASB) *Therefore be careful how you walk, not as unwise men but as wise,¹⁶ making the most of your time, because the days are evil.*

1. **EXAMINE** how you navigate through your marriage. 5:15-16

- Act like those who are **WISE**.

- **MAKE THE MOST** of the time that we have.

Ephesians 5:17 *Therefore do not be foolish, but understand what the Lord's will is.*

2. UNDERSTAND God's will for my marriage. 5:17

Ephesians 5:18 *Do not get drunk on wine, which leads to debauchery. Instead, be [continually] filled with the Spirit.*

3. Let God's Spirit CONTROL you. 5:18-21

Do Not Confuse Being Filled with the Holy Spirit...

With the Spirit "INDWELLING" the believer. Romans 8:9 [NLT] *"But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them are not Christians at all.)"*

With the BAPTISM of the Spirit that occurs at the moment a person receives Christ and is placed into the body of Christ. 1 Corinthians 12:12 (NASB) *For even as the body is one and yet has many members, and all the members of the body, though they are many, are one body, so also is Christ. ¹³ For by one Spirit we were all baptized into one body, whether Jews or Greeks, whether slaves or free, and we were all made to drink of one Spirit.*

With being SEALED by the Spirit of God. This happens at the moment we are saved and insures we belong to God. *"In Him, you also, after listening to the message of truth, the gospel of your salvation - having also believed, you were sealed in Him with the Holy Spirit of promise..."* Ephesians 1:13 (NASB)

How Can I Be Filled with the Spirit?

The Christian is filled or controlled by the Spirit when he or she DESIRES to walk by means of the Spirit.

Galatians 5:16 (NASB) *"But I say, walk by the Spirit, and you will not carry out the desire of the flesh. ... ²⁵ If we live by the Spirit, let us also walk [keep in step with] by the Spirit."*

The believer can be filled with the Holy Spirit when he or she is not GRIEVING the Spirit.

Ephesians 4:29 (NASB) *"Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. ³⁰ Do not grieve [put into pain] the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice."*

We can be filled with the Spirit when we are not QUENCHING the Spirit.

1 Thessalonians 5:19 (NASB) *"Do not quench the Spirit."* The NIV says, *"Don't put out the Spirit's fire."*

What Are the Evidences of Being Filled with the Spirit?

There is **JOY**. Ephesians 5:19 (NASB) ... *speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord...*

There is **GRATITUDE**. Ephesians 5:20 (NASB) ... *always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father...*

2 Corinthians 4:17 *“For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.”*

There is an attitude of **HUMILITY**. Ephesians 5:21 (NASB) ... *and be subject to one another in the fear of Christ.*

John 13:14 (NASB) *“If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet. ¹⁵ For I gave you an example that you also should do as I did to you. ¹⁶ Truly, truly, I say to you, a slave is not greater than his master, nor is one who is sent greater than the one who sent him.”*

Philippians 2:3 *“... in humility consider others better than yourselves.”*

2 Corinthians 4:5 *“For we do not preach ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake.”*

A FOUNDATIONAL SUMMARY

- Examine how you conduct your marriage – the dynamics
- Understand God's will through His Word for your relationship
- Allow the Spirit of God to take control of every aspect of your relationship.