

Title: Increase My Measure

Text: (Eph 4:30-32)

We Grieve the Spirit: (Eph 4:30-32)

By the way we treat other Christians: Eph 4:31-32

By ignoring God's Word:

By not inviting His Influence in our Lives: Gal 5:25, Eph 6:18

By Ingratitude:

Confession, Repentance is only a start!

Godly Living:

How to be filled with the Holy Spirit: (Eph 5:18-21)

(Vs 17-18) *Excess~"Going outside the Boundaries"*

Eph 5:1-4 These verses set boundaries for our behavior.

Eph 5:18 Don't let anything breakdown your defenses

Eph 5:19 God is telling us how to filled with His Holy Spirit!

Psalms! (Ps 1, Ps 24, Ps 98:1)

Hymns! Songs that praise God for His Character and Qualities!

Singing and Making Melody in your Heart to the Lord! Eph 5:19

Making Melody in your Heart to the Lord!

Humming, Whistling, or Playing music in our heart!

Giving Thanks: (Eph 5:20) (Prov 19:14; 18:22)

Submitting Ourselves One to Another: (Eph 5:21)

(Mat 5:46-47, Lk 6:32-34; James 4:10)

Evidence of Being Filled with the Holy Spirit: Gal 5:22-23

Blessing Others: Lk 1:39-45

Love (1 John 4:20)

Joy (3 Jn 4)

Goodness: (Ps 27:13)

Peace, Col 3:15 No Judgemnt, No Condemnation-

Longsuffering: Eph 4:1-4 Patient and still kind. Want the best 4 them!

Gentleness: 1 Th 2:7

Saying "NO" to Temptation: Gal 5:24-25

James 1:2-4 Temperance ~ Appetite Control!

Meekness: (Eph 5:9-11)

Jesus desired to see people Saved! (Lk 4:18)

(Matt 21:18-19) Jesus comes to each of our lives looking for Fruit!

How to Increase MY Measure: (Jn 3:31-36) * 34 in the Text Verse!

Ps 78:41 *We Limit God*

I. Christ Jesus had unlimited measure of the Sprit!

i. (Col 1:19) *All fullness dwell*

ii. (Col 2:9) *Dwelleth all the fullness*

II. Christians receive the Spirit's influence by Measurement:

a. (1 Cor 12:7) *The promise that He will give the Spirit.*

b. (1 Cor 12:11) *The God decides how to measure out.*

c. (Rom 12:6) *Proportion of Faith*

d. (2 Kings 2:9)

III. God will give out larger portions of the Spirit: (Matt 7:7-11)

IV. Yield Yourself to the Holy Spirit: Turn over control!

a. (2 Chron 30:8) *Yielding means to humble our Pride!*

b. (Rom 6:12-13) *Resist the Lust of the Flesh,*

c. (Rom 6:16,19) *You have to choose! Gal 5:24*

d. Jn 3:30 *He must increase!*

V. Love Righteousness and Hate Iniquity: (Heb 1:8-9)

VI. How's Your Measuring Cup? (1 Cor 6:19-20)

a. **Magnify the Word of God!** Jn 3:34 Josh 1:8,

b. **Protect Your Own spirit.**

i. **Don't be a Grump!** (Dan 5:11-12; 6:3)

ii. **Isolation is not helping you.** (2 Kings 2:1-2)

iii. **GO TO CHURCH!!** (Heb 10:24-25)