

UNDER THE INFLUENCE: LIVING UNDER THE HOLY SPIRIT'S INFLUENCE!

Scripture used: [Ephesians 5:15-18 \(NIV\)](#)

OVERVIEW

In this message, we're invited to reexamine the forces shaping our lives, and to consider what it truly means to live under the influence of the Holy Spirit. In the Old Testament, the Holy Spirit came upon only a select few in specific moments or places—empowering prophets, warriors, and leaders like Deborah, Gideon, and David. But after Jesus' resurrection and the outpouring of the Spirit at Pentecost, everything changed. Now, the Holy Spirit is available to all who believe. Our bodies become temples where the Spirit dwells. When we surrender our lives to Jesus, the Holy Spirit infuses us. Like a tea bag in water, we are transformed from the inside out. This transformation doesn't erase the brokenness we've inherited from a world marked by sin, trauma, and violence, but it does mean that the Holy Spirit shows up even in contamination. Jesus' presence doesn't require our perfection; it meets us in our mess and redefines us by grace. The call is to live wisely, intentionally, and under the Spirit's control. We are to live out our identity as people marked by God's presence—letting go of bitterness and impurity, and instead choosing surrender, mutual submission, and a lifestyle modeled after Jesus.

KEY POINTS

1. **The Holy Spirit transforms us from within.** When we choose to follow Jesus, we are not simply adopting a set of beliefs—we are surrendering our lives to be infused by the presence of God. The Holy Spirit doesn't erase who we are; instead, He enters every part of us, transforming us from the inside out. Like a tea bag steeping in water, the Spirit permeates our thoughts, emotions, and decisions. We may carry the residue of brokenness and trauma, but God's Spirit empowers us to live differently—redefined by His purpose, infused with His power, and anchored in His grace.
2. **There are four parts to living under the power of the Holy Spirit.**
 - a. **Identification.** Living under the Spirit's influence begins with remembering who we are—and whose we are. [Ephesians 4:1 \(NLT\)](#) calls us to "live a life worthy of your calling." Our primary identity is not our job title, our past, or our struggles. It is that we belong to Jesus. When we allow His lordship to define us, we walk with a confidence that cannot be shaken by circumstances.
 - b. **Association.** The company we keep matters. We are called to walk in the light, not in the shadows. That means choosing to stay close to agape love and separating ourselves from influences that contaminate our spirit—rage, bitterness, greed, sexual immorality, and destructive speech. Living by the Spirit means associating with things that reflect God's holiness and love.
 - c. **Control.** Spirit-filled living is not about self-mastery—it's about surrender. Like handing your car keys to a designated driver, we give control of our lives over to the Holy Spirit. We make wise choices by asking the Spirit to guide us—especially in moments of vulnerability.
 - d. **Relationships.** The Holy Spirit transforms not just how we see ourselves, but how we treat others. [Ephesians 5:21 \(NLT\)](#) encourages us to "submit to one another." This means practicing humility, honoring appropriate authority, and being open to correction without defensiveness. Jesus modeled this when He submitted to the Father's will, even to the point of death.

DISCUSSION

- 1) **HEAR** - The sermon asked: *Is this wise?* That's a question worth asking regularly. In what areas of your life are you holding on to control rather than surrendering to God's wisdom? Where are you choosing darkness over light, resentment over grace?
- 2) **UNDERSTAND** - Read [Galatians 5:16-17](#). What does it practically look like to live "under the influence" of the Holy Spirit, and how is that different from simply trying to be a good person on your own strength? How does this verse help you understand the inner struggle and the role of the Holy Spirit in shaping your daily choices?
- 3) **DO** - Start your week by praying, "Holy Spirit, fill me. Lead my thoughts, my actions, my relationships. I surrender control today." Then, pay attention to moments where you can yield your will to God's—especially in your closest relationships.