

The Helper All Moms Need to Rely On

Ephesians 5:17-21

“When I talk to other moms, regardless of the season of motherhood they’re in, the answer is often the same—many of us feel overwhelmed on a regular basis. The reasons why we feel this way vary from the needs of our children to our work, our home, and our marriages—or the weight of single parenting.

We acutely feel our spiritual needs, along with the practical needs we have that don't always feel like they're getting met. The lack of sleep, friendship, health, or financial stability can make us feel like we're defeated before the day even begins.”

Anne Swindell

¹⁷ Therefore do not be foolish, but understand what the will of the Lord is. ¹⁸ And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,

¹⁹ addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, ²⁰ giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, ²¹submitting to one another out of reverence for Christ.

Ephesians 5:17–21

The Command

And do not get drunk with wine, for that is
debauchery, but be filled with the Spirit,

Ephesians 5:18

Being filled with the Holy Spirit is not the same as
being indwelt by the Holy Spirit.

You, however, are not in the flesh but in the
Spirit, if in fact the Spirit of God dwells in you.
Anyone who does not have the Spirit of Christ
does not belong to him.

Romans 8: 9

The Contrast

And do not get drunk with wine, for that is
debauchery, but be filled with the Spirit,

Ephesians 5:18

The Consequences

19 addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, 20 giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, 21 submitting to one another out of reverence for Christ.

Ephesians 5:15–21

The Cooperation

- Set your mind on things of the Spirit.

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.

Romans 8:5

The Cooperation

- Set your mind on things of the Spirit.

...and take the helmet of salvation, and the sword of the Spirit, which is the word of God,
Ephesians 6:17

“Do your children a favor, mama, and stop trying to be perfect, Stop trying to make your kids think you have all the answers and point them instead to the One who does. Stop trying to have it all together and show them that you need Jesus, the One who puts all the our broken pieces back together. Tell them about the sins and struggles you have dealt with all your life, but don't stop there. Tell them about the Lord who has redeemed you, share how he bought you with a price and made you His, and tell of how your were adopted into the family of God and made into a new creation in Christ.

Tell them about the Helper you have in the Holy Spirit--- the One who convicts you of sin, strengthens you when facing temptation, and encourages you when you experience the battles of spiritual warfare ---- and then make sure they know that the very same helper is available to them, The fact of the matter is this: our children do not need perfect mom. They need moms who will point them to a perfect Savior.”

Rebekah Hargraves

The Cooperation

- Yield to the leading of the Spirit.

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. ...²⁵If we live by the Spirit, let us also keep in step with the Spirit.

Galatians 5:16 & 25

The Cooperation

- Pray to be filled by the Spirit.

14 For this reason I bow my knees before the Father... 16 that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being ... 19 ... that you may be filled with all the fullness of God.

Ephesians 3:14–19

Holy Spirit, control me and fill me today.
Empower me to submit to you and walk in
dependence on You. Holy Spirit, cause your
fruit to manifest in me. Your fruit is love, joy,
peace, patience, kindness, goodness,
faithfulness, gentleness and self-control.



Cooperate with the Spirit

as we set our minds on
Him, yield to Him, and
pray for His filling.