

TAKE HOME SHEET



Series: More?
Message: God's Spirit Can Give Me Confidence and Peace
Speaker: Yayo Espinosa
Date: June 1, 2025

What's one thing in your daily life that makes it hard to live with peace or confidence?

Take some time to read the passage we focused on today. Underline the words and phrases that stand out to you as you read.

¹⁵ So be careful how you live. Don't live like fools, but like those who are wise. ¹⁶ Make the most of every opportunity in these evil days. ¹⁷ Don't act thoughtlessly, but understand what the Lord wants you to do. ¹⁸ Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, ¹⁹ singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. ²⁰ And give thanks for everything to God the Father in the name of our Lord Jesus Christ.

Ephesians 5:15–20 (NLT)

Paul gives us five practical challenges that lead us to a Spirit-filled, purposeful life—even in chaotic times.

Don't drift—live intentionally. (v. 15)

- Key Thought: Wisdom is intentional. Foolishness is careless.
- Reflection: How does wisdom show up in your daily choices?

Challenge 2: Don't waste your days—make the most of them. (v. 16)

- Key Thought: These days are evil, but our time can still be redeemed.
- Reflection: Are you living on autopilot or making the most of your time?

Challenge 3: Don't just go through life reacting; seek God's direction. (v. 17)

- Key Thought: Don't just drift—discern.
- Reflection: Are you making space to hear from God?

Challenge 4: Don't escape your pain—be filled with the Spirit instead. (v. 18)

- Key Thought: Don't numb your soul—fuel it.
- Reflection: Paul contrasts being drunk with being Spirit-filled. What are you turning to for comfort or strength?

Challenge 5: Don't live on edge—live with worship and gratitude. (vv. 19–20)

- Key Thought: A Spirit-filled life overflows with praise and thanksgiving.
- Reflection: Gratitude and worship shift our focus from problems to promises.

Pick one of the five challenges to focus on this week. Ask the Holy Spirit to help you grow in that area and check in with someone about how it's going.

BIBLE TRANSLATIONS:

NLT – New Living Translation

MESSAGE NOTES



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The Holy Spirit is God's presence with us and in us.

¹⁶ And I will ask the Father, and he will give you another Advocate, who will never leave you. ¹⁷ He is the Holy Spirit, who leads into all truth.
John 14:16–17 (NLT)

When you're filled with the Holy Spirit, it changes everything.

¹⁵ So be careful how you live. Don't live like fools, but like those who are wise. ¹⁶ Make the most of every opportunity in these evil days. ¹⁷ Don't act thoughtlessly, but understand what the Lord wants you to do. ¹⁸ Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit, ¹⁹ singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. ²⁰ And give thanks for everything to God the Father in the name of our Lord Jesus Christ.
Ephesians 5:15–20 (NLT)

If you belong to Jesus, your life should reflect it.

5 SPIRIT-LED CHALLENGES FOR CONFIDENT, PEACEFUL LIVING

1. Don't drift—live intentionally. (v. 15)

- Every moment matters. Every second can make a difference.

2. Don't waste your days—make the most of them. (v. 16)

- When you're filled with the Spirit, He gives you the confidence to make every moment count.

3. Don't just go through life reacting; seek God's direction. (v. 17)

- God's will isn't hidden; it's revealed as we slow down, seek Him, and walk with the Spirit.

4. Don't escape your pain—be filled with the Spirit instead. (v. 18)

- Being filled with the Spirit doesn't mean the pain disappears, but it does mean you're no longer carrying it alone.

5. Don't live on edge—live with worship and gratitude. (vv. 19-20)

- Being filled with the Spirit isn't just about avoiding the wrong things; it's about cultivating a heart of gratitude and worship in every circumstance.