Romans 15:13 (ESV) May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

1. The exhortations – Ephesians 5:18 (from last week’s sermon)

2. The effects of being filled with the Holy Spirit.

Ephesians 5:19-21 (ESV) addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, submitting to one another out of reverence for Christ.

A. Singing

Colossians 3:16 (ESV) Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

Amos 5:23-24 (ESV) Take away from me the noise of your songs; to the melody of your harps I will not listen. But let justice roll down like waters, and righteousness like an ever-flowing stream.

“Love is the overflow of joy in God which gladly meets the needs of others.” – John Piper

B. Gratitude

Ephesians 5:20 (ESV) giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,

C. Submission

Ephesians 5:21 (ESV) submitting to one another out of reverence for Christ.

“The Holy Spirit is a humble Spirit, and those who are truly filled with him always display the meekness and gentleness of Christ. It is one of their most evident characteristics that they submit to one another.” – John Stott

Submit - The word literally means “to arrange under.”

So the idea here is one of order, service, humility and respect, especially to those in authority over you. But Paul is not saying only submit to those in authority. He’s saying actually submit “to one another” – “in a fully reciprocal sense” (Frank Thielman – Ephesians - Baker’s Exegetical Commentary of the New Testament).