A directly parallel passage to Ephesians 5:18 is Colossians 3:16, which explains the command "be filled with the Spirit." The apostle Paul says, "Let the word of Christ dwell in you richly." One can be filled with the Spirit only when they are controlled by the Word of God. This results in knowing truth and following it.

Ephesians 5:18-20

18 And be not drunk with wine, wherein is excess; but be filled with the Spirit;

19 Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;

Colossians 3:16-17

16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.