

## SIT, WALK, STAND

Ephesians 2:6

SIT – this is the key to the Christian life... God has made us to sit with Christ in heavenly places, and EVERYONE must begin his spiritual life from that place of REST...

Ephesians 4:1

WALK – This is talking about our life in the world; Our conduct which flows from our high calling.

Ephesians 6:11

STAND – This is talking about our place of triumph at the end..

1. OUR POSITION IN CHRIST - Sit
2. OUR LIFE IN THE WORLD – Walk
3. OUR ATTITUDE TO THE ENEMY – Stand

THE LIFE OF A CHRISTIAN ALWAYS PRESENTS THESE THREE ASPECTS: To God, To Man, and To the Enemy (Satanic Powers)

TO BE USEFUL IN GOD'S HANDS WE MUST BE PROPERLY ADJUSTED WITH RESPECT TO ALL THREE: My position, My life, and my warfare

God wants to express “the glory of his grace, which he freely bestowed on us in the beloved” (1:6)

WE CAN ADDRESS THESE THEN IN THE ORDER THEY ARE GIVEN TO US: THERE IS PURPOSE IN THIS...

Ephesians 1:17-21

THE GOD of our Lord Jesus Christ... raised him from the dead, and made him to sit at his right hand in the heavenly places, far above all rule, an authority, and power, and dominion, and every name that is named, not only in this world, but also in that which is to come.

Ephesians 2:6-9

And raised us up with him, and made us to sit with him in the heavenly places, in Christ Jesus:... for by grace have ye been saved through faith; and that not of yourselves, it is the gift of God; not of works, that no man should glory”

GOD MADE HIM TO SIT...

And made us to sit with him...

This word SIT reveals a secret to a heavenly life...

CHRISTIANITY DOES NOT BEGIN WITH WALKING... IT BEGINS WITH SITTING...

You have to see this by faith...

When we are IN CHRIST... we are seated together with HIM in the heavens...

MOST OF US MAKE THE MISTAKE OF TRYING TO WALK IN ORDER TO BE ABLE TO SIT; BUT THAT IS A TRUE REVERSAL OF THE ORDER...

We tell ourselves...

How can we ever reach the goal if we do not walk?

What can we attain if we don't make some sort of effort?

How can we ever get anywhere if we do not move?

CHRISTIAN – christ... Christ is the starting place, that is what makes us Christians...

He is the start...

He is the finish...

He is the center...

THE CHRISTIAN LIFE FROM START TO FINISH IS BASED UPON THIS PRINCIPLE OF UTTER DEPENDENCE UPON THE LORD JESUS CHRIST...

HE WILL GIVE US EVERYTHING; BUT WE GET NOTHING UNLESS WE REST IN HIM...

SITTING IS AN ATTITUDE OF REST...

WORK STOPS, AND WE SIT...

WE CAN ONLY ADVANCE IN THE CHRISTIAN LIFE AS WE LEARN FIRST OF ALL TO SIT DOWN...

If we do anything... we get nothing...

If we seek to attain something... we miss everything

CHRISTIANITY DOES NOT BEGIN WITH A BIG DO, BUT A BIG DONE...

LOOK AT THE OPENING OF EPHESIANS... (1:3)...  
“GOD HAS (past tense) blessed us with every spiritual  
blessing in the heavenly places in Christ”...

WE ARE INVITED AT THE ONSET TO SIT IN CHRIST AND ENJOY  
WHAT GOD HAS ALREADY DONE FOR US... NOT TO TRY TO  
SET OUT AND ATTAIN IT BY OURSELVES...

Walking implies effort...

The life of a Christian must be properly adjusted to HIM in all  
things...

God measures all things... from start to finish... by the  
perfections of Christ...

Ephesians 1:9-11

It is God’s good pleasure to “sum up all things in Christ,... in  
whom also we were made a heritage”

WHEN WE WALK OR STAND WE BEAR THE WEIGHT...  
But when we sit the chair on which we sit bears all the  
weight...

We grow weary when we walk or stand... we feel rested when  
we sit down.

Walking and standing expends energy, but when we are  
seated we relax at once... THE STRAIN ON THE MUSCLES IS  
NOT THERE...

WHEN WE SIT DOWN WE REST OUR WHOLE WEIGHT...upon  
the Lord...

WE LET HIM BEAR THE RESPONSIBILITY AND CEASE TO  
CARRY IT OURSELVES...

Look at creation...

God created for 6 days...

On the 7<sup>th</sup> day HE RESTED..

Adam was created on the 6<sup>th</sup> day...

The first day of Adam's life, he rested in what God had already  
done...

God's 7<sup>th</sup> day was Adam's first...

GOD MUST WORK BEFORE HE CAN REST, BUT MAN MUST  
REST IN GOD'S WORK BEFORE HE CAN WORK...

God is not saying, SIT DOWN!... He is simply saying SEE  
YOURSELVES AS SEATED IN CHRIST...

Initially we do not work for God... but He works for us...

OUR CHRISTIAN LIFE BEGINS WITH THE DISCOVERY OF  
WHAT GOD HAS PROVIDED...

EVERYTIME YOU EXPERIENCE SOMETHING ELSE THAT GOD  
HAS ALREADY DONE... you have a new spiritual experience....  
A new "sitting down"...

The best way I can describe this process is having my son.

The moment I saw Elijah I was in amazement. He was awesome to me. I took him over to a chair in that hospital room and I would sit there with him in my arms.

HE WAS SEATED WITH ME!....and for hours with him just helplessly in my arms. I would talk and sing to him.

I would call him by name over and over again. I would talk to him about his family; his sister and his momma

“Your name is Elijah”. And I sat in the hospital and told him about his home. Where he was going. I talked to him about Jesus.

I would look at his perfections and imperfections and just hold him with joy and thanksgiving.

I would tell him stories. I would pray with him. He will come into a new world. A new home. A new life. A new family.

I would speak into his ear, “I am so glad you’re mine”

This is the best I can explain “SIT”.

Just picture that... in your mind

THAT IS THE STORY OF YOUR NEW LIFE AND MINE IN CHRIST.

This is really who you are.  
No matter what your old life has told you.  
No matter the scars of the past.  
It doesn't matter where you've been or what you've done.  
It doesn't matter how much dirt you kicked up or was poured  
on you in that dark world behind you - back there under his  
blood!

He walked you up a hill.  
He gave his life.  
He was put into a tomb.  
He resurrected.  
**SO YOU COULD BECOME HIS SON!**

Now, you just need to sit down with Him.  
Rest. And listen.  
And hear his words.  
And let him sing over you.

It doesn't matter how old you are or how long you've been  
born again, you are always a child to him.  
Sit down.  
And listen.

Your world changed.  
Not because of what you did.  
Not because of what you've achieved or what you know or  
what you've accomplished.

Your world has changed - not because of your career or your economic status...or how people know you or don't know you.

The only thing that IS YOUR LIFE - is that you sat in a seat with One who sings over you.

Zephaniah 3 - he will quiet your heart with his love! He will sing joyfully over you.

That's the picture I start my day with every day. Isaiah 49 says he has inscribed your name in the palm of his hand.

Nothing in your life will ever trade out for the fact that the only life you have is YOU'VE BECOME PART OF HIS STORY.

Everything has changed.

Ephesians. It is the Mount Everest of the New Testament. Most of us begin with Acts of John. But Ephesians, it talks about you before Genesis, in the mind of God, before the foundation of the world. The Lord finally sees what was in his mind before the beginning now in time, in you! You are finally here!

It starts with chapter 1 - it is nothing less than HIM singing over you. Read it as a song over you.

SIT IN A CHAIR AND LISTEN, child of God speak of you in the first 3 chapters...

## **CHAPTER 1**

**3** All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. **4** Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. **5** God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. **6** So we praise God for the glorious grace he has poured out on us who belong to his dear Son. **7** He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. **8** He has showered his kindness on us, along with all wisdom and understanding.

**11** Furthermore, because we are united with Christ, we have received an inheritance from God, for he chose us in advance, and he makes everything work out according to his plan.

**13** ...God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. **14** The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.

**15** Ever since I first heard of your strong faith in the Lord Jesus and your love for God's people everywhere, **16** I have not stopped thanking God for you. I pray for you constantly,

**17** asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God. **18** I pray that your hearts will be

flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance.

**19** I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power **20** that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms.

## CHAPTER 2

Once you were dead because of your disobedience and your many sins. **2** You used to live in sin, just like the rest of the world

**4** But God is so rich in mercy, and he loved us so much, **5** that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!) **6** For he raised us from the dead along with Christ and seated us with him in the heavenly realms because we are united with Christ Jesus.

**8** God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. **9** Salvation is not a reward for the good things we have done, so none of us can boast about it. **10** For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

**12** You lived in this world without God and without hope.

**13** But now you have been united with Christ Jesus. Once you were far away from God, but now you have been brought near to him through the blood of Christ.

**14** For Christ himself has brought peace to us.

**19** So now you are no longer strangers and foreigners. You are citizens along with all of God's holy people. You are members of God's family.

## CHAPTER 3

**12** Because of Christ and our faith in him, we can now come boldly and confidently into God's presence. **13** So please don't lose heart because of my trials here. I am suffering for you, so you should feel honored.

I AM SURE PAUL'S EYES TEARED UP WHEN HE WROTE THESE NEXT WORDS THINKING ABOUT YOU AND ME!....

**14** When I think of all this, I fall to my knees and pray to the Father,

**15** the Creator of everything in heaven and on earth. **16** I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. **17** Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. **18** And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. **19** May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

You sit with Him.

Because He loves you.

He tells you the truth about who you are.

He reminds you of how much he loves you.

I used to do things to “kill my flesh” and even though that may happen as a bi-product, I no longer do that just to weaken my flesh.

Now, I just allow my spirit to come alive to Him. I sit in his presence and I pour over Ephesians 1-2-3.

I can feel who I am in HIM awaken.

My new man is strengthened.

I am fed.

This is how I die daily; by coming alive to Him and in who I am in Him daily.

I let Him tell me.

The flesh withers.

When I do fast it is only to be closer to him.

## SITTING IN THIS PLACE SETTLES YOUR HEART AND MIND.

He reminds you that you are his.

You are holy.

You are righteous.

You are sanctified.

You are perfect.

YOU ARE SEATED WITH HIM.

IN HIM.

If I don’t get this daily, then I will walk through my day trying to earn all of it.

What weariness!

What turmoil!

What labor!

The day will end in condemnation because perfection could not be reached.

I already had it!

I just forgot to sit!!!

My son never earned the right to sit.

It was a gift.

When I spend time in his presence.

In his arms.

Sitting in his bosom.

I rest.

I sit in his perfect work.

I am complete in Him.

From THERE, I CAN DO ALL THINGS!

From there, I do all things!

ANYTHING NOT DONE FROM THERE WILL ONLY LIE TO ME  
AND TELL ME I AM NOT ENOUGH.

Every part of my life is in Him.

Because I am in him, and he is eternal - I have already been completed even while I walk now!

Past tense!!!! Ephesians is written about me and you in the past tense!

The moment I was born again I was BLESSED

United  
Loved  
Chosen  
Blameless  
Holy  
Adopted  
Belonging  
Free  
Purchased  
Forgiven  
Showered with kindness  
Filled  
Given  
Saved  
Given lavishly  
Raised up  
Seated with him  
God's masterpiece  
Brought near  
Reconciled  
Citizen  
Member of his household  
The dwelling of God  
Made rich  
Confident in his presence  
Empowered  
Complete  
Loved!!!!!!

We are all born with a spirit of accusation.

We live in an insecure world that taught you well.  
So, here are the rules of life we are taught...

1. you only get what you earn
2. You only get to keep what you hold onto
3. You are only worth what is validated

So, we take these laws and bring them into our walk with the Lord. Yes, our WALK, that's where we begin. We start walking and earning, and performing, and trying to be better, do better, do more, become approved, get validated. We walk...and we never learn to sit!

Accusation and condemnation follow us every second. Be successful! Be spiritual! Pray more. Do this. Appear as that. Network with these. Get their approval. Know this. Read that. Preach this way. Be skinny. Make this much money. Be independent.

THIS DEMANDING VOICE of parents, teachers, friends.... They echo saying “YOU WILL NEVER QUITE BE ENOUGH”.

It's in the secular world.

It's in the religious world.

It's among peers.

It's in the home.

It's in dorm rooms.

From grades, to creativity, to skills, to organization, to ministry, to parenting, to being the child who is enough.

**YOU WILL NEVER BE ENOUGH!**

Now, what do people think?

Now, who is saying what?  
Now, how do people see you?  
Now, what have you done?  
Now, how have you failed?

Does that person like me.  
Why doesn't he like me?  
That one is invited and I am not.

## YOU WILL NEVER QUITE BE ENOUGH!

And thank God....  
Jesus found you in this secular and religious world...  
He took you by the hand...  
You felt is loved and looked him in the eye...  
He walked you up a hill...  
He laid himself down to show you his love, and paid a price...  
He was holy, perfect, sanctified, righteous, accepted,  
approved, loved, chosen, and complete...HE IS ENOUGH!!  
You went down into that grave with him!  
He took HIS NAME and placed it upon you and you came out  
of that grave with him, into newness of life!  
When you opened your eyes, filled with the very DNA of His  
Spirit, HE GAVE YOU EVERYTHING THAT HE IS!... you looked  
around... your old life was gone...  
And you were a baby, born a second time...  
In his arms...  
He sat down in his seat, far above all principalities and  
powers...

And he pulled you close and started to TELL YOU WHO AND  
WHAT YOU ARE IN HIM!

You sit in the finished work of Jesus Christ!  
You get to keep what you didn't earn!  
You get to hold onto what he has held onto!  
Your worth is his worth!

No more justifying yourself.  
No more need for validation.

You used to have to do your duty.  
Prove your worth.  
Live what others told you.  
Measure up.  
Be a cookie cutter of the standard around you.  
Like a fence post - standing in line in the same shape as every other post.  
Please your parents.

In America, and in the American church, you have to get your own dream and self-actualize. Live the dream in such a way that impresses some nameless nebulous crowd.  
You have to live in some way where people think you are spiritual, smart, successful, funny - and you move from group to group screaming - SOMEBODY PLEASE SING OVER ME!!!!

There is no other answer to LIFE!

John 1 says the LIFE was in Him!

**John 10 - he is abundant life!**

**1 John says He is life!**

**Colossians says He is life!**

You can live the rules of this world and the religious world or  
you can SIT IS IN THIS CHAIR AND LET HIM SPEAK HIS LIFE  
INTO YOU! ....but you cannot live out both stories.

Living in two stories will destroy you.