

I. THERE ARE 3 DIMENSIONS TO THE CHRISTIAN LIFE: SIT, WALK, STAND

- A. In the book of Ephesians, Paul highlighted three important dimensions in our relationship with Jesus: being seated with Christ in heavenly places, walking worthy, and standing firm. Each dimension has a corresponding apostolic prayer within the book. Watchman Nee wrote a book once entitled Sit, Walk, Stand based on this reality. I highly encourage you to get it!
- B. These three dimensions are successive in that each one strengthens the one that follows. While it is true that a new believer can stand against the devil using the authority of Jesus, we can stand far more consistently and effectively if we live in the revelation that we are seated with Christ, and if we walk by the ability the Holy Spirit gives us.

II. SIT: WE ARE SEATED WITH CHRIST IN HEAVENLY PLACES

- A. First, at the very foundation of our relationship with God is the revelation that we are seated with Christ in heavenly places. It is important for us to understand that the privileges the Father has given to Jesus in His humanity, the Father has also given to us as believers. These privileges are a gift; hence they cannot be earned—only received.

⁴ But God, who is rich in mercy, because of His great love with which He loved u...⁶ raised us up together, and made us sit together in the heavenly places in Christ Jesus. (Eph. 2:4, 6)

1. Through the blood of Jesus, we have the gift of righteousness and complete forgiveness. We are fully accepted by the Father. There is nothing in His heart that hinders Him from wholeheartedly embracing us. 2. We have the indwelling power of the Holy Spirit. 3. We have the privilege and authority to use the name of Jesus.

- B. One of the problems with the reality that we are seated with Christ is that we do not “feel” it sometimes because of our emotions. If we do not “feel” forgiven, it is easy to draw back from this privilege and live in condemnation. If we live in the understanding that we are seated with Christ, guilt and accusation will not be able to dominate our relationship with God.
- C. We cannot walk worthy or stand firm consistently apart from the revelation that we are seated with Christ in heavenly places (*see also Colossians 2:20-3:3*). Paul’s prayer in Ephesians 1 is that we would receive understanding related to this.

¹⁷ that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, ¹⁸ the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, ¹⁹ and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power ²⁰ which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places, ²¹ far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come. (Ephesians 1:17-21)

III. WALK: WE ARE TO WALK WORTHY OF GOD

- A. Seven times in Ephesians 4 and 5, Paul exhorts us to walk worthy of God, to walk in love, and to walk in the Spirit. While the revelation that we are seated with Christ is essential, it is not enough in itself. This revelation must lead us to walk worthy.
- B. Our walk is our day-to-day lifestyle—our character, our speech, what we do with our time, money, energy, etc. We walk worthy when we walk in agreement with the Word of God and the Holy Spirit.
- C. Paul’s prayer in Ephesians 3 builds upon the foundation of being seated with Christ, and asks that we may be empowered to walk worthy.

¹⁶ that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, ¹⁷ that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, ¹⁸ may be able to comprehend with all the saints what is the width and length and depth and height—¹⁹ to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God. (Ephesians 3:16-19)

- D. Walk Worthy, how?

1. “Be renewed in the spirit of your mind” (Eph. 4:23). 2. “Put on the new man” (Eph. 4:24). 3. “Be angry, and do not sin” (Eph. 4:26). 4. “Speak... what is good for necessary edification” (Eph. 4:29). 5. “Be kind to one another, tenderhearted, forgiving...” (Eph. 4:32).

IV. STAND: WE STAND FIRM AGAINST THE ENEMY

- A. Standing firm entails consistent resistance to the enemy and his schemes in our daily lifestyle. We cannot stand confidently and persistently without the other two aspects of our life in God—the revelation that we are seated with Christ, and walking worthy.
- B. One of the primary ways we resist the enemy is by speaking the Word of God. Paul’s prayer in Ephesians 6 is for boldness in speech. The Holy Spirit will anoint and strengthen us to speak the Word of God with boldness; to speak the mystery of the gospel.

¹⁹...that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel...(Ephesians 6:19)

- C. Another way we overcome is by putting on the whole armor of God (Eph. 6:13-17)

13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God... (Eph. 6:13-17).

- D. 3 times the word “stand” is used in this passage. To stand means, “to hold your ground”. When you are engaging the enemy in warfare, you must hold your ground. You cannot afford to back off or retreat no matter how intense the battle gets. You must remember to fight the battle against the arch-enemy of God from a place of rest (sitting in heavenly places). We stand from the place of sitting!