



## Sit - Our Position In Christ

### Key idea:

Every Christian is seated with Christ in heaven at God's right hand and this reality is the basis and power for the whole Christian life.

### Key text:

Ephesians 1:15–23

For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, <sup>16</sup> I do not cease to give thanks for you, remembering you in my prayers, <sup>17</sup> that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, <sup>18</sup> having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, <sup>19</sup> and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might <sup>20</sup> that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, <sup>21</sup> far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. <sup>22</sup> And he put all things under his feet and gave him as head over all things to the church, <sup>23</sup> which is his body, the fullness of him who fills all in all.

Ephesians 2:4–7

But God, being rich in mercy, because of the great love with which he loved us, <sup>5</sup> even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— <sup>6</sup> and raised us up with him and seated us with him in the heavenly places in Christ Jesus, <sup>7</sup> so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus.

### Key points:

1. Paul prays a Trinitarian prayer, asking for the Ephesians to be given a deeper understanding of God's immeasurable power.
2. The ultimate expression of God's power is seen in raising Christ from the dead and seating Him at His right hand in heaven, far above all authority and power in the universe.
3. God has made us alive, raised, and seated us in the heavenly places together with Christ.

4. The reality of our position in Christ is the basis for the rest of our Christian life.
5. There are six implications of being seated with Christ in the heavenly places:
  - (1) The Christian life begins with SIT, not WALK or STAND
  - (2) To sit is a position of rest, not work
  - (3) To sit is a position of resting from works based salvation
  - (4) To sit is a position of full blessing
  - (5) To sit is a position of power for sanctification (WALK)
  - (6) To sit is a position of power to engage in spiritual warfare (STAND)

**Questions for discussion/application:**

1. What part of Sunday's text and teaching stood out most to me? Why?
2. Why is the resurrection, ascension, and session (being seated at God's right hand) of Christ the ultimate expression of God's power and authority?
3. Is Paul commanding us to sit, or informing us that we have already been seated with Christ? What difference does this make?
4. Why is it important to understand that of the 41 imperatives (commands) in the letter, only one occurs before Ephesians 4:25? What does that tell us about the nature of the Christian faith and life? What does this imply about the importance of meditating and understanding what God has done before speaking of what He commands us to do?
5. Which of the six implications of SIT (see key point 5 above) was the most surprising to me? How can I receive a greater understanding of this reality?
6. How is the principle of Sabbath and rest related to being seated with Christ? How is the Christian view of Sabbath distinct from the Sabbath Laws in the OT, and what does this teach me about the Christian life?
7. Whom can I pray for, share what I have learned, and invite to church this week?

**Preview of next week: Walk - Our Life In the World (Ephesians 2:8-10; 4:1-3; 17-24)**