

Theme: 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.

## I. Intro - A Simple, Lasting Classic

- A. Some things remain popular because of complexity
- B. True of food, music, literature, movies
- C. But some things are classic because of their simplicity
- D. *Sit, Walk, Stand*: we will look at Ephesians thru this lens

## II. A Powerful Prayer

### A. Paul's Trinitarian prayer

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, Ephesians 1:15–17

- 1. Note the Trinitarian nature of Paul's prayer
- 2. This is a model for us to follow - prayer to the Father, through the Son, by the power of the Spirit

### B. Paul prays for the Ephesians to understand

<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, Ephesians 1:17–18

- 1. Wisdom, revelation, knowledge, enlightened, know

- 2. All these point to the great need for us to know and understand what God has done for us and what is our inheritance in Christ
- 3. We can not grow in our experience of the Christian life apart from an ever deepening and widening knowledge and insight into Christ and what He has already done for us.
- 4. The key to experiencing God is growth in knowledge and understanding of Christ's Person and work. This is how we experience the Spirit in our lives.

### C. Knowledge of God's immeasurable power in Christ

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 1:19–23

- 1. Immeasurable greatness, power, great might, etc
- 2. Paul is stressing how great is the power of God
- 3. The ultimate expression of God's power is the resurrection of Christ (v20)
  - a. This is the specific display of God's power (v20)
  - b. Christ is FAR above ALL rule, authority, power, names, in every age! (Note variety to show ALL)
  - c. Jesus is Head over all, and they are under His feet
  - d. This is power!

D. Seated at God's right hand - the position of power!  
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 1:19–23

1. Christ is not only raised; He ascended into heaven
2. Christ is seated at the right hand of God
  - a. The right hand is the place of honor and power
  - b. To be seated is the ultimate power position
    1. The king remains seated when others enter & stand
    2. Seated means the battle is won & there is no threat
    3. He is now FAR above all powers in the universe!

E. Christ is raised, ascended, exalted, and seated at God's right hand - exercising all authority and power in the universe. Any understanding of the Christian life must begin here.

### III. Sit - Our Position In Christ

A. God made us alive, raised and seated us with Christ  
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, Ephesians 2:4–6

1. God works - not us
  - a. God is the subject doing the action, not us
  - b. We could not do anything - we were dead (v5)
  - c. Paul interjects we are saved by grace!
  - d. The Christian life always stresses what God has done, not what we do
2. God made us alive, raised us, and seated us
  - a. We were dead - God made us alive
  - b. We were dead - God raised us up
  - c. We were dead - God has seated us in heaven
3. All of this is only done together with Christ
  - a. All three verbs "with" - we experience with Christ
  - b. We were made alive together with Christ, raised together with Christ, and seated together with Christ
  - c. As Christians our identity is defined by being with and in Christ - not whatever other things may be spoken of us

B. The reality of being seated with Christ  
and raised us up with him and seated us with him in the heavenly places in Christ Jesus, Ephesians 2:6

1. This is the reality for every Christian - not some secondary experience, or something towards which we strive, but the fundamental reality of being in Christ.
2. This is not a command to SIT but a recognition that God has already caused us to be seated with Christ.

#### IV. Applying the Word (Implications of Being Seated With Christ)

##### A. The Christian life begins with SIT, not WALK or STAND

1. The SIT verbs occur first (chapters 1-3 vs 4-6)
2. The indicative vs. The imperative
  - a. There are 41 imperatives in Ephesians - first is at 2:11 (remember you were outside of God's people); next is at 4:25. We do not come to what we do until we see what God has already done for us in Christ.
  - b. "Christianity begins not with a big DO, but with a big DONE" (Watchman Nee, Sit, Walk, Stand, 14)
3. This is not a call for us to "do" anything, but rather a statement of the reality of which we must remind ourselves and from which we draw power for life.
4. We can not walk in the world as we are called to, nor stand against the enemy, until we firmly grasp that we are seated with Christ in heaven. This is the foundation and fuel for our walking and standing.

##### B. To sit is a position of rest, not work

1. In Scripture, to sit is to be at rest from our labors  
The Lord says to my Lord: "Sit at my right hand, until I make your enemies your footstool." Psa 110:1  
  
After making purification for sins, he sat down at the right hand of the Majesty on high, Hebrews 1:3
2. When we walk or stand we bear our weight, but when we sit, the chair bears the weight and we rest.
3. To be seated with Christ is to live out of a position of Sabbath rest from which we draw energy for our walk and spiritual warfare.

4. God worked and then rested, but Adam was created on the sixth day, so that his first day was a day of rest. Only then did he enter into the work of caring for the garden and standing against the serpent - which he failed to do.
5. In the law, the Sabbath day was the last day of the week. The day of rest is earned by six days of labor.
6. For Christians, Sabbath is the first day of the week from which we labor for the remaining days. We do not work to earn rest; it is God's gift to us, and we labor from this rest.

##### C. To sit is a position of resting from works based salvation

1. We are saved by grace through faith, not works, and our works flow from our justification rather than being the ground of it  
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>8</sup> For by grace you have been saved through faith. And this is not your own doing; it is the gift of God,<sup>9</sup> not a result of works, so that no one may boast.<sup>10</sup> For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Ephesians 2:5–6, 8–10
  - a. While we were dead in sin God made us alive and seated us with Christ
  - b. Our salvation is by grace, not works
  - c. Our works flow from our new position and experience (v10)

2. We are at rest before God - we do not have to earn or maintain our position as God's child. It is His free gift to us!

D. To sit is a position of full blessing

1. To be seated with Christ is to have already been given every spiritual blessing  
Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, Eph 1:3
2. These blessings are not won through our labors or obedience but are the birthright of every child of God.
3. By His works, Christ has earned every covenant blessing from God, and when we were made alive, raised, and seated together with Christ, all of these blessings became ours as well.

E. To sit is a position of power for sanctification (WALK)

1. We are seated with Christ in the heavenly places and thus have all the power that is needed to no longer live under the dominion of sin.  
We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. Romans 6:4
2. Those who have been justified also begin the process of sanctification immediately.
3. The power for sanctification (WALK) is not found in ourselves but in our position of being seated with Christ in the heavenlies.

4. The key to sanctification is not gritting it out on our own, but drawing upon the power of Christ given to us.

F. To sit is a position of power to engage in spiritual warfare (STAND)

1. We are seated with Christ in the heavenly places far above our spiritual enemies  
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. Ephesians 1:20-21
2. The power needed to STAND and overcome our enemy is found in our position of being SEATED with Christ, not in our own power, skill, or ability
3. The key to spiritual warfare is not our authority or power, but drawing upon the power and authority of Christ given to us.

G. Review

H. Response: Where Is Your Sting

Sit - Our Position In Christ

Ephesians 1:15-23; 2:4-7 (ESV)

September 8, 2019

Response Song:

Ephesians 1:3,17-20; 2:4-7 paraphrase

Teaching keywords: Ascension, exaltation, and session; Christian life; salvation; union with Christ; blessing; Sabbath and rest

May the God of our Lord Jesus Christ, the Father of glory, 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 the hope to which he has called you, the riches of his glorious inheritance in the saints, <sup>19</sup> and the immeasurable greatness of his power toward you - which raised you with Christ, and seated you with Him in the heavenly places, and blessed you with every spiritual blessing, now and in the age to come. Go forth, blessed to be a blessing! Ephesians 1:3,17-20; 2:4-7 paraphrase

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 1:15–23

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. Ephesians 2:4–7