

Theme: Every Christian is called to draw upon the power and blessing of being seated with Christ to enable them to develop a lifestyle that follows the biblical pattern for disciples.

I. Intro - Learning to Sit and Walk

- A. Watching babies learn to sit and walk - funny and scary
- B. All the potential is there - but they must learn
- C. We can easily forget how much work this was at first
- D. But the nature of babies is they want to learn to do these things
- E. Our new nature wants to WALK like Christ!

II. SIT - And Then WALK

- A. Reminder: we must first focus on our position of being seated
 - 1. The letter begins with us being seated with Christ, and only then moves to the command to WALK
 - 2. Our work of WALKING flows from the grace received when we were SEATED with Christ
For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹not a result of works, so that no one may boast. ¹⁰For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should **walk** in them. Ephesians 2:8–10
 - a. Saved by grace through faith, not works
 - b. We were made alive, raised, seated with Christ
 - c. Out of this we then WALK in works God has prepared for us.

- 3. When Paul moves to the WALK section, he links it with the SIT section

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, Ephesians 4:1

- a. Therefore - in light of chapters 1-3 (SIT)
 - b. WALK worthy of the great call - all the blessings you have been given in Christ (chapters 1-3 - SIT)
- B. It is impossible for us to walk worthy of our calling unless we first deeply and consistently meditate on the Gospel and its blessings. We must first SIT before we WALK.

III. WALK - Our Life In the World

- A. The word WALK refers to our lifestyle, our actions
 - 1. The word WALK (περιπατέω) was often used to refer not to literal walking but rather lifestyle
 - 2. This is how Paul uses it in this letter
And you were dead in the trespasses and sins ² in which you once **walked**, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— Ephesians 2:1–2

I therefore, a prisoner for the Lord, urge you to **walk** in a manner worthy of the calling to which you have been called, ² with all humility and gentleness, with patience, bearing with one another in love, Ephesians 4:1–2
 - a. In both passages WALK refers to concrete actions and a pattern of life
 - b. Paul uses WALK (περιπατέω) 8 times in this letter and it refers to actions and lifestyle every time.

B. WALK - A description of a Christian pattern of life

1. WALK in unity with the Church

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, ² with all humility and gentleness, with patience, bearing with one another in love, ³ eager to maintain the unity of the Spirit in the bond of peace. ⁴ There is one body and one Spirit—just as you were called to the one hope that belongs to your call— ⁵ one Lord, one faith, one baptism, ⁶ one God and Father of all, who is over all and through all and in all. Ephesians 4:1–6

- a. Paul begins WALK with unity in the Church
- b. The context in which the Christian life is lived is always the Church; the NT knows nothing of a Christian not living as part of a local church
- c. Our lives are to be so connected to other believers that it requires humility, gentleness, patience, bearing with one another - working to maintain the unity we were given in Christ.
- d. It is cool today to speak derisively of the Church, but Jesus loves His Church and commands all believers to be connected in vital relationships to other believers in a local church.
- e. We not only SIT with Christ, but also with other believers. Therefore we not only WALK with Christ but with other believers.
- f. Our unity with other believers is far deeper than whatever might divide us - culture, politics, preferences
- g. This should eradicate racism in the church, and when it does not we are not walking worthy of our calling.

2. WALK differently than the unbelieving world (holiness)

Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. ¹⁸ They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. ¹⁹ They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. Ephesians 4:17–19

- a. Unbelievers (Gentiles) think in a futile, empty manner which is alienated from God
- b. This futile way of thinking leads to ungodly actions
But that is not the way you learned Christ!— ²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²² to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³ and to be renewed in the spirit of your minds, ²⁴ and to put on the new self, created after the likeness of God in true righteousness and holiness. Ephesians 4:20–24
- c. To be in Christ is to put off the old self with its actions
- d. To be in Christ is to be renewed in our thoughts (no longer futile thoughts like unbelievers)
- e. To be in Christ is to put on the new self, which desires to be like God, righteous and holy
- f. A Christian does not pattern our WALK after the what the world is like, but after what God is like
- g. This means our WALK will inevitably have us going against the way the world WALKS. We belong to different ages, so we think and act differently.

3. WALK in truthful, wholesome, uplifting speech

Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another... ²⁹ Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. Ephesians 4:25, 29

- a. Put off falsehood/lies and speak truth
- b. Don't speak corrupt/rotten words, but rather words that build others up
- c. Our goal should be to speak words that are channels of grace to others, encouraging in them a desire for God and holiness.
- d. Our speech must not be governed by the pattern of the world but rather the Word of God - we speak properly even if other speak evil, malign, lie, etc.
- e. A key area today - do not slander others by passing on reports that we have not substantiated (Internet memes are almost always LIES - God will hold us accountable for spreading them)

4. WALK in sexual purity

But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. ⁴ Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving.

⁵For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. ⁶ Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.

Ephesians 5:3-6

- a. Those who SIT with Christ must not WALK in sexual confusion or sin or any sort

- b. There must not be even a whiff of sexual sin among us - not even the appearance of evil
- c. This was completely counter-cultural in the 1st century, and it is today as well.
- d. Our culture is demanding that we embrace and applaud the sexual revolution - sex outside of marriage, LGBTQ+, etc. But these are utterly set against God's design and we can not WALK in unity with this.
- e. Do not be deceived, God has not changed and those who WALK in this manner bring down the wrath of God

5. WALK in God's pattern for the family

- a. Paul gives lengthy instructions in 5:22-6:9 on this
- b. It is impossible to not let discipleship affect how I conduct myself in my family.
- c. The culture is trying to distort "family" - but God has already structured family and we must WALK in accord with this
- d. Husbands are to love, serve and lead their family, sacrificing themselves to lead their families to Christ and to care for them.
- e. Wives are to respect, encourage and submit to their husbands, encouraging them to be the man God is calling them to be.
- f. Children are to be raised in the ways of the kingdom of God, recognizing that nothing is as important as the child's soul.
- g. Sadly, the church is not doing well in this area - rampant divorce, husbands who do not love their wives, wives who do not respect their husbands, kids who are not being raised in the faith at home.
- h. This is one of the biggest reasons the culture has degraded as it has - it begins in the home.

IV. Applying the Word

A. Which area is the Spirit working to correct my WALK?

1. We listed 5 different ways of walking:
 - a. WALK in unity with the church
 - b. WALK differently than the surrounding culture
 - c. WALK in truthful, wholesome, uplifting speech
 - d. Walk in sexual purity
 - e. WALK in God's pattern for the family
2. Which of these is the Spirit primarily speaking to me about this morning?
3. In which of these areas is my WALK not following the biblical pattern?
4. How can I draw upon the power of Christ to change in this area?
 - a. Study and prayer regarding this area?
 - b. Seek an accountability partner to pray and regularly ask how I am doing?
 - c. Remove a source of temptation or stumbling?
 - d. Some other thing the Spirit is revealing to me?

B. Seated at the Table of Grace

1. Our strength WALK comes from our position - SIT
2. The call to WALK is never a call to draw upon our own strength, but rather it is meant to point us back to Christ

3. The Law (WALK) can never provide the strength to obey; that is the work of the Holy Spirit who applies all that Christ has done (SIT) to give us strength to WALK
4. Christ has given us everything so that we can WALK in a new pattern of life - a new nature; a new heart with the law written on it; the Spirit to empower us.
5. Come to the Table to SIT with Christ, receive grace to forgive and fuel our WALK

Walk - Our Life In the World

Ephesians 2:8-10; 4:1-3, 17-24

September 15, 2019

Communion

1 Thessalonians 5:23-24

Teaching keywords: Christian life; salvation; union with Christ; sanctification

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴ The one who calls you is faithful and he will do it. 1 Thess. 5:23-24

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast. ¹⁰ For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Ephesians 2:8-10

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