

# **SIT, WALK AND STAND**

## **A THE STUDY FROM THE BOOK OF EPHESIANS**

### **INTRODUCTION**

Welcome to the 2020 AHOW Retreat Breakout Session! In the next three days, we are going to study through Apostle Paul's Epistle to the Ephesians with emphasis on understanding the Christian position in Christ and the outworking of it in the earth. I encourage you to please be attentive and give yourself fully to this study because it contains powerful truths that require attentiveness in the Spirit to grasp.

Virtually every Epistle written by Apostle Paul can be divided into two sections. The truth or the doctrinal section, and the application or the practical section. The truth (the doctrinal) section deals with what God has already accomplished through Christ Jesus. It can also be called the redemptive facts, what happened to us because of Christ's death and resurrection. The application (or practical) section deals with God's expectation or what our responses should be (to knowing the truth) in terms of Christian conduct, walk, and actions.

Of all Apostle Paul's Epistles, no book makes this more apparent than the Epistle to the Ephesians. In the book of Ephesians, we find perhaps the most profound truth about redemption and Christian life. The book of Ephesians is both deep in the truth and practical when it comes to doctrines. Hence, Ephesians is very consequential to understanding the nature of our walk with Christ. As stated above, Ephesians can be divided into two general sections. Chapters 1 to 3 deal with the truth (doctrines), and chapters 4 and 6 deal with the application of the truth. Section two, however, can further be divided into two; first, the application of the truth to our walk in this world, and second the application of the truth to our attitude to the enemy, Satan.

Epistle to the Ephesians

Section I. The Truth - Doctrinal (Chapters 1 to 3)

1. Our Position in Christ (1:1–3:21)

Section II. The Application - Practical (Chapters 4 to 6)

2. Our Life in the World (4:1–6:9)
3. Our Attitude to the Enemy (6:10–24)

From the book of Ephesians, we understand that every believer has three key relationships to understand and navigate: first with God (in Christ), second with the world, and third with Satan. These relationships require us to adopt (or understand our) different positions which the Apostle Paul calls; sit, walk, and stand, respectively. The first three chapters of Ephesians deal with our position in Christ (Sit). Chapters 4 and 5 deal with our daily life in the world (Walk). And chapter 6 deals with our warfare with Satan (Stand). Apostle Paul uses these three keywords found in each of these sections to describe each of these postures. In his book " Sit, Walk, Stand, " the famous late Chinese Christian and Author, Watchman Nee, popularized the use of these words in his book Sit, Walk Stand.

The key verses from Ephesians are:

1. **SIT:** *Ephesians 2:6 - We are seated in heavenly places in Christ Jesus.*
2. **WALK:** *Ephesians 4:1 – Walk worthy of the calling to which you were called.*
3. **STAND:** *Ephesians 6:11 – Put on the whole armor of God that you may be able to stand against the wiles of the Devil.*

## SESSION 1: SITTING - OUR POSITION IN CHRIST

The first three chapters of Ephesians can be summarized in two statements drawn from two passages:

### **Statement 1: Jesus Christ is seated at the right hand of the Father, in the heavenly places**

*Ephesians 1:20-23 – “.....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. 22 And He put all things under His feet, and gave Him to be head over all things to the church, 23 which is His body, the fullness of Him who fills all in all.”*

### **Statement 2: We are seated together with Christ, in the heavenly places in Him**

*Ephesians 2:4-6 – “But God, who is rich in mercy, because of His great love with which He loved us, 5 even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), 6 and raised us up together, and made us sit together in the heavenly places in Christ Jesus”*

### **Understanding Sitting and Its Implication:**

- Christianity does not begin with walking; it begins with sitting.
- Sitting is an attitude of rest and dependency; we only advance in the Christian life as we learn first to sit down. The Christian life from start to finish is based upon this principle of utter dependence upon the finished work of the Lord Jesus on the cross.
- Sitting is a position of authority and power. We are seated “far above all rule and authority, power and dominion, and every name” Eph.1:21
- Sitting is realizing that Christianity does not begin with a big DO, but with a big DONE. Ephesians opens with the statement that God has “blessed us with every spiritual blessing in the heavenly places in Christ” (1:3) and we are invited at the very outset to sit down and enjoy what God has DONE for us; not to set out to try and DO it for ourselves.
- This should be understood not as a command to ‘sit down’ but to see ourselves as ‘seated’ in Christ.
- Most Christians make the mistake of trying to walk in order to be able to sit, but that is a reversal of the true order.

### **Understanding “In Christ”**

To understand being seated in Christ, we must understand the phrase “in Christ”. The phrase, “in Christ” or “in Him or “in Whom” occurs several times in this session. “In Christ” refers to the state of believers when we accept Jesus as our Lord and savior. Being in Christ is a spiritual reality of every believer. The word “in” is used to describe the state or position of one thing in relation to another. For example, the ball is in the bucket or the envelope is in the book. So, when Paul says that we are in Christ, he is describing our status, our state of being. Just like the ball is in the bucket, you are in Christ. If I swing the bucket, what happens to the ball? It swings too—because it is in the bucket. What is true of the bucket is true of the ball. If the bucket is lost, what happens to the ball? It is lost too—because it’s in the bucket. In the same way, but in a much deeper way, what is true of Christ becomes true of you, because you are in Christ.

*Galatians 2:20 - “I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”*

In Christ, His crucifixion becomes your crucifixion, and His resurrection becomes your resurrection. To be in Christ also means that you are in a relationship with Him. It is not just a static status; it is a living relationship.

Seeing yourself in Christ is perhaps one of the most important revelations a believer needs to have. It means knowing who you are, what you have, and what you can do in Christ. This requires being able to see with an eye of faith. Let us look at some of the powerful truths Paul reveals about our live IN CHRIST.

1. We are blessed with every Spiritual blessing IN CHRIST

*Ephesians 1:3 – “Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ”*

2. He chose us IN CHRIST

*Ephesians 1:4 – just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, , 5 having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will,*

3. We have redemption IN CHRIST

*Ephesians 1:7 – In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace*

4. We obtained an inheritance IN CHRIST

*Ephesians 1:11 – In Him also we have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will,*

5. You were sealed with the Holy Spirit of promise IN CHRIST

*Ephesians 1:13 – In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise,*

6. We were made alive, raised and made to sit together in heavenly places IN CHRIST

*Ephesians 2:4-6 “But God, who is rich in mercy, because of His great love with which He loved us, 5 even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), 6 and raised us up together, and made us sit together in the heavenly places in Christ Jesus,*

7. We are His workmanship, created in Christ Jesus

*Ephesians 2:10 – “For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.*

8. We were brought near to God in Christ

*Ephesians 2:13 “But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.”*

### **Powerful Prayers of Apostle Paul**

Also, in this session, Apostle Paul prayed two Holy Spirit inspired prayers which center on understanding what God has accomplished for us through Christ Jesus.

In Ephesians 1:15-21, he prayed for spirit of wisdom and revelation, that the eyes of your understanding being enlightened to know:

- the hope of His calling
- the riches of the glory of His inheritance in the saints,
- the exceeding greatness of His power toward us who believe

In Ephesians 3:14-19, he prayed for revelation of indwelling of Christ and His love

- that Christ may dwell in your hearts through faith
- that you may be rooted and grounded in love
- that you may be able to comprehend with all the saints what is the width and length and depth and height
- that you may know the love of Christ which passes knowledge so that you may be filled with all the fullness of God.

## SESSION 2: WALK - OUR DAILY LIFE IN THE WORLD

In the first session we established the fact that Christianity does not begin with walking but with sitting. God “raised Him (Jesus) from the dead and seated Him at His right hand in the heavenly places” and “*raised us up together, and made us sit together in the heavenly places in Christ Jesus.*” We also established that sitting describes our position of rest, authority, and victory with Christ.

The second section of the book of Ephesians (Chapters 4 & 5) describes our walk in the world. Walking is the practical outworking (or manifestation) of our position with Christ.

**Philippians 2:12b-13** – “... continue to work out your salvation with fear and trembling, 13 for it is God who works in you to will and to act in order to fulfill his good purpose.”

This section goes through the details of the implications (not obligation) of sitting in Christ. It is important not to read this portion as a list of obligations or rules a Christian must follow in order to live right. Looking at it this way automatically puts us in the “walking” mode before “sitting” and reverses the order of God. Remember, Christianity is not a call to walk first but to sit first, it is from sitting that we derive the strength to walk. A Christian is therefore a person seated with Christ and expressing it by walking in the world.

*What is the difference between implication and obligation?*

Notice that chapter 4 begins with “I therefore” *Ephesians 4:1* – “*I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called,*”

Therefore means “in the light of” or “since”. What follows “therefore” is a consequence of what was before it. The implication here is that since you are seated with Christ in the heavenly places, this is what your life should be on earth.

Understanding Walking and Its Implication:

- Though the Christian life begins with sitting, sitting is always followed by walking.
- Sitting describes our position with Christ in the heavenlies, walking is the practical outworking of that heavenly position here on earth.
- Walking without sitting gets us caught up in acting as Christians. Nothing is so hurtful to the life of a Christian as acting; the blessing of a Christian life is when our outward efforts cease and our attitudes become natural – when our words, our prayers, our very life, all become a spontaneous and unforced expression of the life within. *Philippians 2:12,13*
- The important rule is not to ‘try’ but to ‘trust’, not to depend upon our own strength but upon His. God does not command what He will not perform; but we must throw ourselves back on Him for the performance.

The Christian life is not just a theoretical life lived in the heavenlies; it is a practical life that is lived here on earth. Apostle Paul uses the word “Walk” to describe this. The Greek word translated as walk is the word, “peripateō”, which means to regulate one's life or to conduct one's self. The word walk was used eight times in this section to describe 5 different conducts as follows:

1. Walk worthy of your calling

*Ephesians 4:1-3* - *I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, 2 with all lowliness and gentleness, with longsuffering, bearing with one another in love, 3 endeavoring to keep the unity of the Spirit in the bond of peace.*

2. Do not walk in the futility of your mind like the Gentiles

*Ephesians 4:17-19* - This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, 18 having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; 19 who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness.

3. Walk in love as Christ also has loved us

*Ephesians 5:1-2* - Therefore be imitators of God as dear children. 2 And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.

4. Walk as children of light

*Ephesians 5:8-11* - For you were once darkness, but now you are light in the Lord. Walk as children of light 9 (for the fruit of the Spirit is in all goodness, righteousness, and truth), 10 finding out what is acceptable to the Lord. 11 And have no fellowship with the unfruitful works of darkness, but rather expose them

5. Walk circumspectly, not as fools but as wise

*Ephesians 5:15-25* - See then that you walk circumspectly, not as fools but as wise, 16 redeeming the time, because the days are evil. 17 Therefore do not be unwise, but understand what the will of the Lord is. 18 And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, 19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, 20 giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, 21 submitting to one another in the fear of God.

Paul also spends time challenging us to infiltrate every aspect of our lives with the divinity of Jesus in us. The Christian life is not just about being in the heavenlies, it is about bringing the heaven into every aspect of our lives, be in our relationships, work life, family life etc.

Pursuit of Christian Maturity

*Ephesians 4:14* “that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting,”

Christian Relationships

*Ephesians 4:25-29* - Therefore, putting away lying, “Let each one of you speak truth with his neighbor,” for we are members of one another. 26 “Be angry, and do not sin”: do not let the sun go down on your wrath, 27 nor give place to the devil. 28 Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. 29 Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers

Marriage and Family Life

*Ephesians 4:22- 33* - Wives, submit to your own husbands, as to the Lord. 23 For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. 24 Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything. 25 Husbands, love your wives, just as Christ also loved the church and gave Himself for her, 26 that He might [g]sanctify and cleanse her with the washing of water by the word, 27 that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. 28 So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. 29 For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church. 30 For we are members of His body, [h]of His flesh and of His bones. 31 “For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.” 32 This is a great mystery, but I speak concerning Christ and the church. 33 Nevertheless let each one of you in particular so love his own wife as himself, and let the wife see that she respects her husband.

## SESSION 3: STAND - OUR WARFARE WITH SATAN

*Ephesians 6:10–18 - “Finally, my brethren, be strong in the Lord and in the power of His might. 11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil. 12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. 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. 14 Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace; 16 above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God; 18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—”*

After we have learned to SIT with Jesus in the heavenlies and WALK worthy of Him in this world, the next step is to STAND for Him before the enemy. We need to understand that every Christian is in a battle whether he likes it or not. There is no middle ground. We must either choose God or Satan. No Christian can hope to have victory in this great battle without learning first to rest in Christ.

The Christian experience begins with sitting and leads to walking, but it does not end with these. Every Christian must learn also to stand. Each one of us must be prepared for the conflict. We must know how to sit with Christ in the heavenly places, and we must know how to walk worthy of Him down here, but we must also know how to stand before the foe. This matter of conflict now comes before us in the third section of Ephesians (6:10–20). It is what Paul calls our “wrestling” with wicked spirits.

Understanding Standing and Its Implication:

- Christian experience begins with sitting and leads to walking, but it does not end with these. Every Christian must learn also to stand.
- We must know what it is to be SEATED with Christ in heavenly places and how to WALK worthy of Him down here, but we must also know how to STAND before the foe.
- Two thrones are at war. God is claiming the earth for His dominion, and Satan is seeking to usurp the authority of God.
- The Church is called to displace Satan from his present realm and to make Christ the head overall.
- The Greek word ‘stand’ with its following preposition ‘against’ in verse 11 really means ‘hold your ground.’ There is a precious truth hidden in that command of God. It is not a command to invade foreign territory, the word ‘stand’ implies that the ground disputed by the enemy is really God’s, and therefore ours.

*“For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. 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.”*  
*Ephesians 12-13*

### **We Are in a War**

Apostle Paul describes this as wrestling. Wrestling is a constant fight. Sadly, many believers are unaware of the spiritual battle being waged over their soul and against the kingdom of the God. To understand the battle of spiritual warfare, we need to begin by acknowledging that we are in a war. Battles make up smaller components of the bigger picture. By dictionary definition of battles involve combat between two persons, between factions, between armies and they consist of any type of "extended contest, struggle, or controversy"

As Christians, we are in a spiritual battle of some sort on a daily basis. Everything that occurs in the visible, physical world is directly connected to the wrestling match being waged in the invisible, spiritual world. The effects of the war going on in the unseen world reveal themselves in our strained and damaged relationships, emotional instability, mental fatigue, physical exhaustion, sinful addiction, and many other areas of life. Many of us feel pinned down by anger, unforgiveness, pride, comparisons, insecurity, discord, fear, and so on. But the overarching, primary nemesis behind all these outcomes is the Devil himself.

Living in denial does not eliminate the fact that there is a war. There is a constant battle between the kingdom of darkness and of light. Colossians 1:13

### **We Do Not Wrestle Against Flesh and Blood**

Too often, we see the enemies as physical when, in fact, they are spiritual. It is unfortunate that many believers assume their enemies are individual people in their lives. This assumption is part of the grand deception of the enemy. If he can get you to confuse who the real enemy is, he wins. The Bible is clear; our battle is “against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.” Though these forces sometimes use physical beings as a medium, we must not be deceived to confusing who the real enemy is. These are unseen spirits that seek to control and dominate our lives.

*Ephesians 2:2 – “in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience”*

On the other hand, there are also believers who do not know that there is a spiritual realm simply because they cannot see it. Many believers and unbelievers today do not want to “deal” with a world they cannot see when the world we do see is hard enough to “deal” with. This is like acting like a two-year-old child who closes her eyes and places a blanket over her head, really believing that no one can see her because she cannot see them. Just because we cannot see the spiritual realm does not mean it is not there.

### **Jesus has Already Won the Victory**

Jesus already won the victory, our job is to maintain the victory, hence we stand. Our job is not to conquer the ground but to hold it. When we face a spiritual battle, it is important to know that our battle is already won. But we still must stand firm in that victory. In 2 Chronicles, we gain a glimpse into what this actually looks like in practice. The Israelites were about to face a difficult battle, and God comforts them by reminding them of their victory.

*“You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you, Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you.” – 2 Chronicles 20:17*

You will notice that majority of the weapons of our warfare are defensive weapons, meaning most of our job is to stand and defend our ground. Jesus already did the offensive work when He went to the cross (Colossians 2:15), our job is to stand on the victory that Jesus has already obtained.

*“This is why it says: “When he ascended on high, he took many captives and gave gifts to his people.” 9 (What does “he ascended” mean except that he also descended to the lower, earthly regions?” - Ephesians 4:8-9*

When we fight to get the victory, we have lost the battle before we even start. We are not trying to fight into victory, we are already victorious. This is the attitude that brings us the victory in our fight against the enemy. Remember we start from sitting to walking and then to stand.

## **Our Role is to Stand**

The enemy's attacks are always wrapped in the packaging of deception, always designed to manipulate the truth about God, and about your worth in Him. He desires to lead you into sin so that fellowship is broken between you and God—this way you'll be disconnected from the source of true power and strength. Standing is our spiritual posture against the enemy, and this is true whether we are casting our demons, taking our family or children for Jesus, battling against temptation, and against the bondage of sin or oppression. We must begin by standing on the victory that Jesus already won on the cross.

- The strength to stand starts from sitting. You are seated in heavenly places in Christ; hence you can stand against the enemy.
- Standing means resting on the promises of God and refusing to accept anything contrary.
- Standing means holding on to the confession of your faith. *“Let us hold fast the confession of our hope without wavering, for He who promised is faithful.” Hebrews 10:23*
- Standing means rejecting every contrary experience and refusing to give the enemy a foothold. Ephesians 4:27

## **We Are Equipped with The Whole Armor of God**

As believers, we can stand boldly and confidently because we are equipped with the whole armor of God who has already won the battle. We do not need to create our own weapons; they are already made for us. They are tried and tested weapons; hence we know that our victory is sure as long as we have them on.

Unfortunately, many believers abandon God's weapon due to a lack of faith in God and confidence in the flesh. They go on to manufacture their human weapon. This a plot of the enemy to ensure you are defeated. To live a victorious life, you must put your faith in the armor that God has given you.

*Ephesians 6:14–18 “Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace; 16 above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God; 18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints”*

1. TRUTH - *having girded your waist with truth*
2. BREASTPLATE OF RIGHTEOUSNESS - *having put on the breastplate of righteousness*
3. GOSPEL OF PEACE - *having shod your feet with the preparation of the gospel of peace*
4. SHIELD OF FAITH - *taking the shield of faith with which, you will be able to quench all the fiery darts of the wicked one*
5. HELMET OF SALVATION - *And take the helmet of salvation*
6. SWORD OF THE SPIRIT - *the sword of the Spirit, which is the word of God*
7. PRAYER - *praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints*