

SIT – WALK – STAND  
A Theme from  
Paul's Letter to the Ephesians

Paul, the Apostle, tells them that they are rich, yet they are living in poverty...like they are poor.

Eph 2:4: *BUT GOD, who is rich in mercy, because of His great love with which He loved us...*

Eph 1:3: *...has blessed us with every spiritual blessing in the heavenly places in Christ.*

What makes us rich... In the world? In Christ? Paul tells us what makes us rich in Christ:

1. Chosen before the foundations of the world
2. Adopted into the Family of God
3. Accepted in the brotherhood
4. Redeemed (bought back...Ed in East Africa)
5. Forgiven
6. Given the spirit of wisdom and prudence (careful consideration for the future)
7. Our eyes have been enlightened to the mysteries of His will (Psa 18:28: You will light my lamp; the Lord my God will enlighten my eyes.)
8. We are heirs of God and joint-heirs with Christ (Rom 8:17)

It's already done! This richness is now available to us. Our Father has blessed us with every spiritual blessing...

In Chapter 2, Paul reminds them of the poverty in which they once lived:

- v.2: You walked according to the course of the world
- v.2: You walked according to the prince of the power of the air
- v.2: You walked according to the spirit that now (continues) to work in the sons of disobedience.
- v.3: You walked according to the lusts of the flesh, fulfilling the desires of the flesh and the desires of your mind (Everyone was doing what was right in their own eyes.)
- v.3: You walked by nature as children of wrath.
- v.4: But God, who is rich in mercy and because of His great love with which He has loved us, even when we were dead in trespasses, made us alive...

Paul is saying that you once tried to walk through life (using the wisdom of the world, your sinful nature, even satan), but it didn't work. He is saying, "Let's do it God's way!"

The Psalmist says the same thing in Psalm 1. He, too, refers to the wrong pattern of living, but *he* states it in the positive: Psa 1:1: *BLESSED* is the one who doesn't do

these things: *WALK in the counsel of the ungodly, STAND in the path of sinners, nor SIT in the seat of the scornful.*

The Christian walk begins by recognizing and acknowledging our position in Christ. So, we first need to know where Christ is:

1:19-23: God's mighty power! "Son! You did it! Come and sit next to me!"

1. He raised Christ from the dead,
2. He seated Him at His right hand in the heavenly places,
  - a. Above all principalities (rulers)
  - b. Above all powers (authority)
  - c. Above all dominions (regions)
  - d. Above every name that is named, not only now but for all of time,
  - e. Put all things under His feet,
  - f. Gave Him to be the Head of the Church, which is His Body.

This is where Jesus is: Seated at the right hand of the Father. So...where are we? Again.... I like it!

Eph 2:4: *BUT GOD, who is rich in mercy (not giving us what we deserve), because of His great love with which He loved us (even when we were dead in trespasses) made us alive together with Christ (by grace have you been saved) (Gal 2:20: I am crucified with Christ; Nevertheless I live; yet not I, but Christ lives in me: and the life that I now live in the flesh I live by the faith of the Son of God, who loved me, and gave Himself for me.), and raised us up together, and made us sit together in the heavenly places in Christ Jesus!*

THIS IS THE BEGINNING OF THE VICTORIOUS CHRISTIAN LIFE! All that follow in our Christian life is predicated upon the finished work of Calvary. Through Christ, we have access to our Father. (2:18 *For through Him (Christ) we have access by one Spirit to the Father.*) Sounds too good to be true? How can we be sure? How can we be sure that we are seated with Christ?

1. John 3: Nic...Born Again
2. I Cor 1:30: *But of Him you are in Christ Jesus...*
3. II Cor 1:21: *Now He who establishes us with you in Christ and has anointed us is God...*
4. Rom 6:6, 11: *knowing this, that our old man was crucified with Him (Christ)...Reckon yourselves dead indeed to sin, but alive to God in Christ Jesus or Lord.*

THIS IS IT: WE ARE DEAD, YET WE LIVE! Once we have our position firmly established, once we allow Christ to be alive in us, THEN we can walk. In what way are we to walk? Paul gives us five clear areas of consideration:

2:10: *We are His most finely crafted work of art, created in Christ Jesus to WALK in those good deeds that He beforehand determined for us to walk in.*

—James 1:27: orphans and widows

—Matt 25:35-40: Hungry, thirsty, stranger, naked, sick, in prison

—Matt 5-6-7: (Dr Fischer)

—Matt 5:43: Love God; love neighbor as self.

4:1: *Therefore, as prisoners of the Lord, I beseech you to WALK worthy of the calling with which you were called...*

v.2: *with all humility, gentleness and patience*

II Cor 5:20: *NOW we are ambassadors for Christ...*

4:17-24: *Don't walk this way: ...you should no longer WALK as the rest of the Gentiles walk...*

1. *In the futility of their minds* (Evolution: Romans 1: 21-22)

2. *With their understanding darkened*

3. *Being alienated from the life of God*

4. *With ignorance within them*

5. *With blindness in their hearts*

6. *Without feeling*

7. *Having given themselves over to lewdness*

8. *To work uncleanness with greediness*

9. *Corrupt according to deceitful lusts*

What a list! How do we not walk that way any more?

4:23: *By being renewed in the spirit of your mind* (Rom 12:2)

4:25-5:1 *By giving no place to the devil* (John 17; Matt 6:13) HOW!

1. Tell the truth

2. Don't steal; work!

3. *No bad language; good words—suitable for the occasion, that God can use to help other people.*

4. Don't grieve the Holy Spirit

5. Put away bitterness, wrath, anger, loud quarreling, evil speaking

6. Be kind

7. Tender hearted

8. Forgive, as Christ forgave

5:2-7: *WALK in love*

1. Pro 10:12: *Love covers ALL sin* (James 5:20; I Peter 4:8)

2. I John 3:18: *Perfect love casts out ALL fear*

3. I Cor 13:4-8: Eight negatives; eight positives

4. II Cor 5:14: The love of Christ is our motivation

5:8-14: *WALK in Light* (Sin likes darkness. It is easier to sin in the dark; in secret; behind closed doors.)

1. God created light (Gen 1:3)

2. The nature of light: "All the darkness of the universe cannot hide the light of a single candle.

3. Matt 5:16:

a. Let your light shine before me (easy)

b. Let them see your good works (easy)

c. So that they will glorify GOD! (Very difficult!)

4. II Cor 4:7: Earthen vessels

5. Luke 10:17-20: 70 return

5:15-6:9: WALK in Wisdom

1. v.15: *Walk carefully; with a due sense of responsibility, using God's wisdom, not man's* (Ezek 28:12, 15, 17; James 3:15—earthly, sensual, demonic)

2. v.15: *not as fools, but wise* (Pro 26)

3. v.16: *redeeming the time*: We each have 24 hours a day! Work while it is day (John 9:4)

4. v.17: *be filled with the knowledge of His will for your life* (Psa 37:1-9; Col 3:16,15,17)

5. v.18: *Not drunk with wine, but filled with the Spirit* (Acts 1:8)

6. v.19: *Worshipping together and alone*

7. v.20: *Always a thankful heart*

8. v.21: *Submitting to one another* (Phil 2:3: *Let nothing be done through selfish ambition or conceit, but in lowliness of mind, let each esteem others better than himself.*)

9. v.22-32: *WALK in wisdom in all relationships*

Husbands: *commanded to LOVE* (25-28-32) (Col 3:19; I Pet 3:7)

Wives: *Commanded to obey, submit, respect* (22-24-32) (I Pet 3:1-6; Col 3:18)

Singles: I Cor 7; II Cor 6:14 (Not unequally yoked together) (Amos 3:3—Can two walk together unless they are agreed?) Sarah's Wedding Gift to her Husband!

Children: 6:1-3: *Obey and honor* (Jesus: Luke 2:51) (Pro 1:8-9; 2:1-5; 3:1-2; 4:1-2; 4:10, 20-22; 5:1-2)

Fathers: 6:4: Pro 22:6; Heb 12:7-11

Servants: 6:5-8: *Slaves by choice*

Masters: 6:9 (James 5:1-6; Luke 22:25-26)

STAND!

6:11: *Put on the whole armor of God, that you may be able to STAND against the wiles (insidious methods and attacks) of the enemy.*

1. *Belt of Truth*

2. *Breastplate of Righteousness*

3. *Feet shod with the **preparation** of the Gospel of Peace*

4. *Shield of Faith*

5. *Helmet of Salvation*

6:17-18: *Weapons*

1. *Sword of the Spirit, which is the Word of God*

2. *Praying always with **all** prayers and supplication in the Spirit*

6:13b: *And having done all, to stand!* The defensive/offensive point in the battle—when we are no longer defending, but taking the offensive and overpowering evil with good. (Rom 12:21)

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