

# Trilogy

sit. walk. stand.

“4 Even before he made the world, God loved us and chose us in Christ to be holy and without fault in His eyes. 5 God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. 6 For he raised us from the dead along with Christ and **seated us with him** in the heavenly realms because we are united with Christ Jesus.



7 So God can point to us in all future ages as examples of the incredible wealth of his grace and kindness toward us, as shown in all he has done for us who are united with Christ Jesus. Therefore, I implore you to **walk** in a manner worthy of the calling with which you have been called.... Put on all of God's armor so that you will be able to **stand** firm against all strategies of the devil.”

Ephesians 1:4-5, 2:6-7 (NLT), 4:1 (NASB),  
6:11(NLT)



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Walking as Our New Selves

Ephesians 4:1-7, 17-5:2 NIV



To help us humbly and consistently demonstrate and practice our “seated with Christ” lifestyle, I want to look at 3 questions.

1. Which “you” is walking?

2. How do I put on the New Self?

3. What does walking in the New Self look like?



# 1. Which “you” is walking?

Ephesians 4:17, 20-21

- “You” is not just you.
- You have been taught.
  - You have a choice.



## 2. How do I walk as the New Self?

Ephesians 4:22-24, 2 Peter 1:3-4

- Put off.
- Be made new in your mind & attitude.
- Put on.





# 3. What does walking in the New Self look like?

Ephesians 4:1-7, 25-5:2



<b>Verse</b>	<b>Old Self</b>	<b>Old Self Goal</b>	<b>New Self</b>
<b>v. 25</b>	<b>Lying</b>	<b>Self Protecting</b>	<b>Be Vulnerable</b>
<b>v. 26</b>	<b>Anger</b>	<b>Controlling</b>	<b>Be Trusting</b>
<b>v. 28</b>	<b>Stealing</b>	<b>Greed</b>	<b>Be Generous</b>
<b>v. 29</b>	<b>Unwholesome Talk</b>	<b>Pain</b>	<b>Be Thoughtful</b>
<b>v. 30</b>	<b>Grieve Holy Spirit</b>	<b>Pride</b>	<b>Be Humble</b>
<b>v. 32</b>	<b>Be kind, compassionate, forgiving and loving</b>	<b>Being before doing</b>	<b>Be Christlike</b>



By clarifying the empowered positions of the Christian as described by Paul in Ephesians, we are upgrading the quality of our believing, the beauty of our living and the power of our testimony. And we are humbly and consistently demonstrating and practicing our “seated with Christ” lifestyle.



## Application:

1. Pick up a devotional.
2. Do the hard work of heart work.
3. Identify 2 of the 6 “Bs” and create an intentional plan.
4. Dream of a better you.



## Application:

5. Create a daily declaration about the “New Self”.
6. Pray in the “New Self” language & read with the “New Self” voice.
7. Share with a friend what you are going to do.

