T11097
sit. walk. stand. S
Walking with Life

"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)



All major world religions seek God and make a table for Him, but in Christianity, God seeks man and makes a table for him.

Seated with Christ (Eph 2:6): Our Position
Walking Worthy (Eph 4:1): Our Life
Standing Victorious (Eph 6:10): Our Attitude

Our Goal:

To humbly and consistently demonstrate and practice our "seated with Christ" lifestyle.

"How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! 2 But his delight is in the law of the Lord, and in His law he meditates day and night. 3 He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; And in whatever he does, he prospers."

Psalm 1:1-3

New American Standard Bible (NASB)

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"I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called...."

Ephesians 4:1

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1. Examine Your Environment.

Effects of a negative environment:

- 1. Quit hosting the presence of God.
- 2. Think poorly.
- 3. Stop investing.



2. Listen Carefully.

Negative voices:

- 1. Demonic spirits
- 2. Past experiences
- 3. People
- 4. Future possibilities
- 5. Fatigue / Sickness
- 6. Isolation / Loneliness

2. Listen Carefully.

Listen to:

- 1. Jesus (the Trinity)
- 2. The Bible
- 3. Listen to His church
- 4. Listen to wise, godly people

3. Make Better Decisions.

Keys to prosperity in any circumstance:

- 1. Delight: to have great pleasure
- 2. Meditate: to mutter, to fill your mind with God's word



4. Engage with God.

- 1. 7 Day Negativity Fast
- 2. Breaking Free Devotional



SOCIAL MEDIA

Today: 2p/7p Mon-Sat: 9a/7p

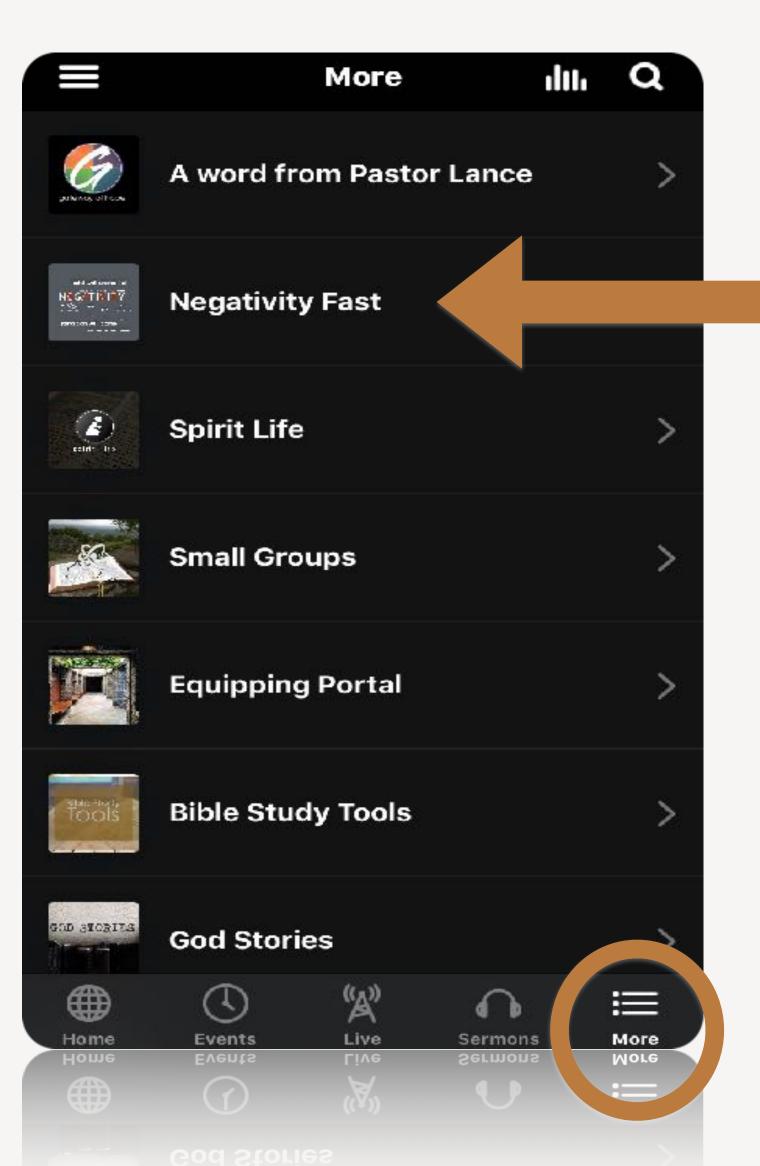






www.lancebane.com

Gateway App



- 1. What we are fasting from
- 2. What we can do that gives life.
- 3. Scriptures to ponder
- 4. Breaking Free Devotional by Beth Moore (Day 2 to Day 6 only)

















Gateway App





FAST	F.	A	S	1	1	
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Home

Negative Social Media

LIFE

Share scriptures, inspirational stories and/or positive pictures on social media.

READING

New Living Translation (NLT)

PSALM 27:4

PSALM 27:4

New Living Translation (NLT

Gateway App



FAST

Negative Social Media

LIFE

Share scriptures, inspirational stories

Share scriptures, inspirational stories

BREAKING FREE DEVOTIONAL

© 5 Day Reading Plan by Beth Moore

ISAIAH 64:4

4 For since the world began,

no ear has heard

and no eye has seen a God like you,

who works for those who wait for him!

ISAIAH 43:10-13

10 "But you are my witnesses, O Israel!" says the Lord.

"You are my servant.

You have been chosen to know me, believe in me,

and understand that I alone am God.

There is no other God-

There is no other God—

and understand that I alone am God.

You have been chosen to know me, believe in me

Gateway App

BREAKING FREE DEVOTIONAL

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GateWay Welcome Home.