

## Sit, Walk, Stand

**Sit** – Ephesians 1:20, 2:6 – *Our Position*

**Walk** – Ephesians 4:1, 17, 5:2, 8, 15 – *Our Life*

**Stand** – Ephesians 6:11 – *Our Warfare*

### SIT

-Jesus is seated at the Father's right hand - Hebrews 1:3, 13, 8:1, 10:12, 12:2, Ephesians 1:20, 2:6

Our Christian life begins "*in Christ*". In Him we are positionally seated *in the Heavenly places!*

"To sit down is to rest our whole weight – our load, ourselves, our future, everything – upon the Lord. We let Him bear the responsibility and cease to carry it ourselves."<sup>1</sup> Watchman Nee

"Christian life begins with the discovery of what God has provided. From that point on our experience proceeds as it began, not on the basis of our work but always on that of the finished work of Another."<sup>2</sup>

### WALK

Christian life begins by sitting, but sitting should always be followed by walking.

Paul uses the word *WALK* eight times in Ephesians.

1 – We formerly walked according to the world (2:2)

2 – We should walk in good works (2:10)

*For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*

3 – Walk in a manner worthy of our calling (4:1)

*I...entreat you to walk in a manner worthy of the calling with which you have been called.*

4 & 5 – Walk no longer like the Gentiles walk (4:17)

*This I say therefore, and affirm together with the Lord, that you walk no longer just as the Gentiles also walk, in the futility of their mind.*

6 – Walk in love (5:2)

*Walk in love, just as Christ also loved you, and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma.*

7 – Walk as children of light (5:8)

*For you were formerly darkness, but now you are light in the Lord; walk as children of light.*

8 – Walk carefully (5:15)

*Therefore be careful how you walk, not as unwise men, but as wise.*

### STAND

"Christian experience begins with sitting and leads to walking, but it does not end with these. Every Christian must learn to stand. Each one of us must be prepared for the conflict. We must know how to sit with Christ in 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."

Paul exhorts us to stand firm three times in Ephesians chapter six.

1 – Stand firm against the schemes of the devil (6:11)

*Put on the full armor of God, that you may be able to stand firm against the schemes of the devil.*

2 – Stand firm in the armor of God (6:13)

*Therefore take up the full armor of God, that you may be able to resist in the evil day, and having done everything, to stand firm.*

3 – Stand firm in the armor of God (6:14)

"Only those who sit can stand. Our power for standing, as for walking, lies in our having first been made to sit together with Christ. The Christian's walk and warfare alike derive their strength for his position there. If he is not sitting before God he cannot hope to stand before the enemy."

<sup>1</sup>Watchman Nee, *Sit, Walk, Stand* (Fort Washington, Tyndale House, 1977), 3.

<sup>2</sup>Nee, *Sit, Walk, Stand*, 5.

<sup>3</sup>Nee, *Sit, Walk, Stand*, 39-40.

<sup>4</sup>Nee, *Sit, Walk, Stand*, 44.