

"Sit. Walk. Stand."

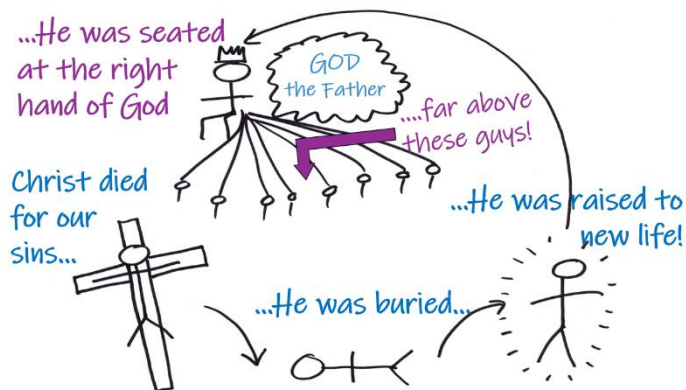
April 16, 2023

INTRODUCTION

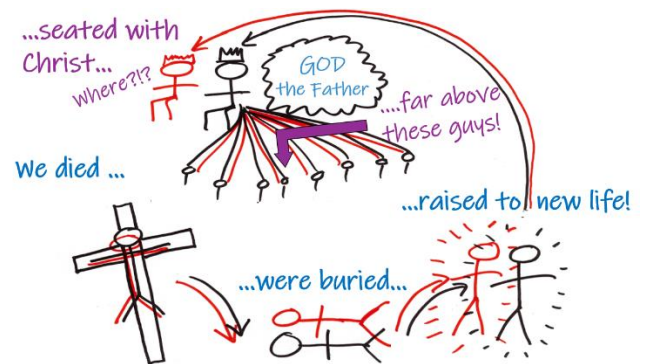
I believe we NEED the book of Ephesians. Because in this book, it teaches us first to SIT, then WALK. Then take our STAND.

SIT (Ephesians 1:15-2:7)

What God Did in Christ



What God Did For US in Christ



Paul's Prayers (Ephesians 1:17-19a; 3:14-19)

WALK

*I therefore, a prisoner for the Lord, urge you to **walk** in a manner worthy of the calling to which you have been called (4:1)*

*For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should **walk** in them. (2:10)*

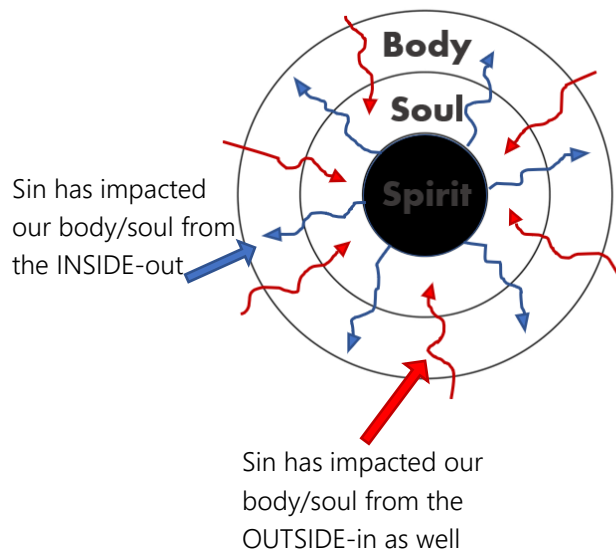
*Now this I say and testify in the Lord, that you must no longer **walk** as the Gentiles do, in the futility of their minds.*

Therefore be imitators of God, as beloved children. ²And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. (5:1-2)

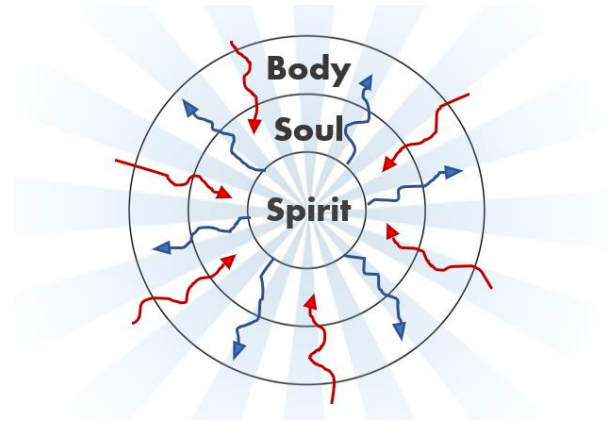
...for at one time you were darkness, but now you are light in the Lord. **Walk** as children of light... (5:8)

Look carefully then how you **walk**, not as unwise but as wise... (5:15)

Before Christ



After Christ



Even though we are completely NEW in our spirits, we feel the impact of our broken body/soul. But while this brokenness is still felt, *it does not define who you are.* The *real* you is ALIVE in Christ!

Related Passages: Hebrews 10:14; Romans 8:13; Colossians 3:1-8; Galatians 5:24-25

STAND

Take your stand against the enemy! (6:10-20) but WALK before you STAND! (4:26-27)

Questions for Personal Application/Group Discussion

1. What does it mean to SIT, WALK, and STAND according to the book of Ephesians?
2. Why is this progression so important?
3. How does the fact that we are seated with Christ (2:6) impact our spiritual walk and taking our stand against the enemy?
4. Take a moment and pray that God would help you and our church family grow through this important study through the book of Ephesians.