

# Learning to Sit, Walk & Stand

## 1. Sitting with Christ

Ephesians 1:3-14

3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

4 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love

5 he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—

6 to the praise of his glorious grace, which he has freely given us in the One he loves.

7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace

8 that he lavished on us. With all wisdom and understanding,

9 he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ,

10 to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

11 In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will,

12 in order that we, who were the first to put our hope in Christ, might be for the praise of his glory.

13 And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit,

14 who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.

Ephesians 1:18-20

18 "I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people,

19 and his incomparably great power for us who believe. That power is the same as the mighty strength 20 he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms..."

Ephesians 2:6-7

6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,

7 in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

John 1:12-13

12 Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—

13 children born not of natural descent, nor of human decision or a husband's will, but born of God.

2 Corinthians 6:17-18 - "'I will be a Father to you, and you will be my sons and daughters,' says the Lord Almighty."

1 John 3:1 - "How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are!"

## **2. Walking with Christ**

Ephesians 2:10 - For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

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

Ephesians 4:1 - As a prisoner for the Lord, then, I urge you to live a life (kjb-walk) worthy of the calling you have received.

Ephesians 4:2-3

2. Be completely humble and gentle; be patient, bearing with one another in love.

3. Make every effort to keep the unity of the Spirit through the bond of peace.

Ephesians 5:1-2 - Be imitators of God, therefore, as dearly loved children and live a life of love (kjb-walk in love), just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Ephesians 5:8-10 - For you were once darkness, but now you are light in the Lord. Live( kjb-walk) as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord.

## **3. Standing in Christ**

Ephesians 6:10-18

10 Finally, be strong in the Lord and in his mighty power.

11 Put on the full armor of God, so that you can take your stand against the devil's schemes.

12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,

15 and with your feet fitted with the readiness that comes from the gospel of peace.

16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.

18 And pray IN THE SPIRIT on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Acts 1:8 - But you will receive power when the Holy Spirit comes on you...

Jude 1:20 - But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit.

1Cor. 14:4 - He who speaks in a tongue edifies (builds up, emboldens, puts together) himself...

1Cor. 14:14-15 - For if I pray in a tongue, my spirit prays, but my mind is unfruitful. So what shall I do? I will pray with my spirit, but I will also pray with my mind; I will sing with my spirit, but I will also sing with my mind.