



**Psalm 1:1**

***Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful***

Three Don'ts: Don't walk. Don't stand. Don't sit.

Three Positions of Believer:

**1. Sitting - this is the believer's position in Christ, seated with Him in heavenly places.**

*And raised us up together, and made us sit together in the heavenly places in Christ Jesus.  
Ephesians 2:6*

**2. Walking - this is the believer's calling to walk worthy of Lord.**

*I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called. Ephesians 4:1*

**3. Standing - this is the believer's posture of resistance to the work of the devil.**

*Put on the whole armor of God, that you may be able to stand against the wiles of the devil.  
Ephesians 6:11*

The Christian life can be summarized in three words: sitting (Eph. 2:6), walking (Eph. 4:1), and standing (Eph. 6:11).

**I. SITTING represents our belief (Eph. 1-3)**

Jesus died for us; we died with Him (Gal. 1:4; Rom. 6:3)

Our identification with Jesus doesn't end with the cross and resurrection; it continues to His exaltation.

David (Ps.1:1) tells us where to not sit; Paul (Eph. 2:6) tells us where we are seated!

Paul doesn't tell us where to sit; he says where we are seated (In Christ).



Adam's first day was God's day of rest; those who are in Jesus enter God's rest.

14 Spiritual Truths About the Identity of Believers:

1. BLESSED in Christ with EVERY SPIRITUAL BLESSING Eph 1:3
2. CHOSEN before the foundation of the world Eph 1:4
3. REDEEMED through His blood Eph 1:7
4. OBTAINED an inheritance Eph 1:11
5. SEALED with the Holy Spirit of promise Eph 1:13
6. MADE ALIVE together with Christ Eph 2:5
7. SAVED by grace Eph 2:5
8. RAISED up with Christ Eph 2:6
9. SEATED with Him in heavenly places Eph 2:6
10. CREATED in Christ for good works Eph 2:10
11. BROUGHT NEAR by the blood Eph 2:13
12. ACCESS to the Father Eph 2:18
13. We are CITIZENS SAINTS MEMBERS HEIRS BRIDE BODY BUILDING Eph 2:19
14. LOVED by Christ Eph 3:19; 5:2; 5:25

Jesus is the identity of every Christian. (1 Jn. 4:17)

We don't live for heaven; in Christ, we live from being seated in the heavenly places.

## II. WALKING represents our behavior (Eph. 4-5)

Walk worthy of the call (Eph. 4:1)

No longer walk as Gentiles (Eph. 4:17)

Walk in love (Eph. 5:2)

Walk as children of light (Eph. 5:8)

Walk in wisdom (Eph. 5:15)

Too many people have been told to walk who have not sat.

There are people who are sitting and sinning and don't think they need to walk.

"The grace that doesn't change my life will not save my soul." Charles Spurgeon

*For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ, who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself His own special people, zealous for good works. Titus 2:11-14*

If I'm just going to sit positionally but not walk practically, I will give:

- an opportunity to the devil. (Eph. 4:27)



- an obstacle to the Holy Spirit. (Eph. 4:30)

### III. **STAND** represents our battle (Eph 6)

Stand when hell breaks loose (everything goes wrong). Eph 6:13

Extinguish fiery darts (stop demonic lies - thoughts). Eph 6:16

Confront the enemy in close combat (rebuke demonic presence). Eph 6:17

It's better to be a warrior in the garden than a gardener in the war.