

## “LIVING POWERFULLY: Sitting Down”

### Core Value #6

[Letter to Ephesians—manual for world-changers; (ch. 1-3) SIT- our relationship with Jesus; (ch. 4-5) WALK- our relationships with others; (ch. 6)- STAND- our posture toward the enemy]

**PROP-** Changing the world *around us*—begins with changing the world *inside us*.

### EPHESIANS 1:15-2:9

- Father “seated (Jesus) at his right hand in the heavenly realms” (1:20)
- “And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus” (2:6)

“SEATED” (*kathizo*)-

- To settle down into
- To continue in
- To be established (internally)
- To settle; become immovable, steadfast

#### 1. SITTING IS THE POSTURE OF DEPENDENCE

- Rest your WEIGHT on another (trusting their support)
- Cease from expending your own ENERGY (trusting their power)
- It involves being established in 2 realities:
  - Apart from Jesus—we can do *nothing* (John 15:5)
    - We can exist—but not really live
    - We can manage sin—but not overcome it
  - We can do all things through Christ who *strengthens us* (Phil. 4:13)
    - *Dunamis*- His miraculous power
    - He LOVES to GIVE (John 3:16)
    - He is deeply grieved when we don’t receive (i.e., “we do not need a thing (from You)” Revelation 3:17)

#### 2. SITTING IS FOUNDATIONAL

- SITTING is to WALKING obediently and STANDING victoriously—what BASIC MATH is to TRIGONOMETRY and CALCULUS
- Not a PHASE to pass through—but a FOUNDATION to build on
- In Genesis—God works→ then rests; Adam rests (in what God has accomplished)→ then works
- God first seated Jesus→ then seated us with Him

- We start by discovering & being established in what God has provided; i.e., “bestowed on us” (Ephesians 1:6-7)
- SEE Romans 6:6-11
  - Our history was part of His history
  - What happened to Him—happened to us (*dollar bill in magazine*)
  - He died FOR us and AS US (2 Cor. 5:21)
  - We get in trouble when we try to WALK before we SIT
    - Strive to forgive our offender in my strength, OR...
    - Know that I no longer live—my old, unforgiving man was crucified with Jesus—now I totally depend on Him to love and forgive through me!

### 3. SITTING IS AN ONGOING ACTIVITY

- When FACING TRIALS-
  - Stop, sit down and remember all the times God has come through for you!
  - Stress is an inside job; frantic busyness doesn’t threaten the enemy—our peace does (Romans 16:20)
- When RECEIVING NEW REVELATION
  - Every fresh encounter begins with a fresh “sitting down”
  - Let Him renew the spirit of your mind
  - New patterns of thinking—shaped by *logos* (“God’s logic”)
- When TEMPTED TO REACT
  - In fear or frustration over an offense or a setback
  - Stop and draw near (vs. retaliating in fear)
  - “The prayer of a righteous person (*closely connected with God*) is powerful and effective.” (James 5:16 NIV)
  - “The prayer of a person living right with God is something powerful to be reckoned with.” (The Message)

### CONCLUSION

The lifestyle of those SEATED WITH HIM can be described this way:

**“In righteousness you will be established:**

**Tyranny will be far from you;**

**you will have nothing to fear.**

**Terror will be far removed;**

**it will not come near you...**

**no weapon forged against you will prevail,**

**and you will refute every tongue that accuses you.**

**This is the heritage of the servants of the LORD,**

**and this is their vindication from me,”**

**declares the LORD.” (Isaiah 54:14,17)**