



SIT WALK STAND

1. **Introduction**

- Eph teaches us 3 main keys words: sit , walk and stand

2. **Sit**

- We are raised up to be seated in heavenly places -Eph 2:6
 - a. Where we rest in what God has done for us. We cannot add to His Salvation. – Eph 2:8-10, Col 1:14,
 - b. Where we to rest in Christ's victory over Satan - Sin - Death – Hell – Jhn 16:33, Jms 4:7, Rom 6:14, Jhn 11:26, Rev 1:18
 - c. Where we operate in what has been paid for in Christ –
 - i. We are a new creation – 2 Cor 5:17
 - ii. We are created to do good works – Eph 2:10
 - iii. We will be made alive – 1 Cor 15:22
 - iv. We are free from condemnation – Rom 8:1
 - v. We are reconciled to God – Eph 2:13
 - vi. We are sons of God – Gal 3:26-27
 - vii. We are free – Gal 2:4
 - viii. We always triumph – 2 Cor 2:12
 - ix. We are blessed with every spiritual blessing – Eph 1:3
 - x. We are seated with Him – Eph 2:6-7
 - xi. We are one as a body of believers – Rom 12:5
 - xii. We have grace, faith and love – 1 Tim 1:14
 - xiii. We are righteous, holy and redeemed – 1 Cor 1:30
 - xiv. We have purpose – Phil 3:13-14
 - xv. We have reason to be joyful, prayerful and thankful – 1 Thes 5:16-17
 - xvi. We have eternal hope – 2 Tim 2:10

3. **Walk**

- We are to walk worthy of our position – Eph 4:1
- The Christian is to walk worthy of the high position that God has place him or her in, In Christ. It is living our lives in this world, in light of all the above things, that we are to learn in - SIT.
- I am not to allow this world to shape my beliefs or principles; which are based upon Satan's ways.
- The Holy Spirit is with us to help us live the life.

4. **Stand**

- We must stand against the attacks of the devil – Eph 6:11
- To stand against is to: oppose, resist, and stand against the devil.
- To be able to stand against Satan; the Christian must practice Sitting, and Walking
- A person will not resist Satan if they desire the temptations that he offers.
- A person will not resist if they are living a carnal life.
- We resist Satan from our position as a Child of God, just as Jesus did in Matthew 4:1-10

5. **Summary**

Our order for victory is Sit, Walk then Stand