

Fueling Station 6:
Key to Sitting, Walking, Standing and Running



Introduction:

In the diagram above we have symbols for the human condition that relate to our relationship with God. Let's look at the pictures from left to right: The first picture of us laying down represents that we were "dead" in our trespasses and sins, being seated in a chair is our justification in Christ, standing refers to our ability to take a stand against the enemy and the powers of darkness, walking pictures a life of righteousness being led by the Spirit of God, and running refers to the race for inheritance when Jesus comes again to set up His kingdom. It is an important reminder that the end result of inheritance will be dependent upon how well we walked with the Spirit and stood against the enemy. When sitting, standing, walking, and running are put together it equals a life well lived and pleasing to Christ and God. At the end of Paul's life he proclaimed that he had fought and finished the race of faith and as a result received the crown of righteousness that is also available to those who do the same.

Unlocked:

Ephesians 1:3

"Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ,"

*The initial encouragement to us is that everything that means anything can be found in Christ, and this has been given to His faithful saints.(1:1)

Ephesians 1:11-14

"In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, 12 so that we who were the first to hope in Christ might be to the praise of his glory. 13 In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy

Spirit, 14 who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

“For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. Therefore do not become partners with them; for at one time you were darkness, but now you are light in the Lord. Walk as children of light (for the fruit of light is found in all that is good and right and true), and try to discern what is pleasing to the Lord.”
Ephesians 5:5-10 ESV

*It is important to notice a seeming contradiction: on the one hand it seems to say that we are guaranteed inheritance and on the other hand a clear warning to the church of receiving no inheritance. So which one is it? It is both. The first passage has told us that we have already received and inheritance, which is the Holy Spirit, and He is our guarantee or “down payment” of a future completion of this inheritance. This inheritance is to be made “holy” before our Lord which was the purpose of giving the Holy Spirit in the first place. Notice the context:

“even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love”
Ephesians 1:4 ESV

*Then it moves us into another understanding of inheritance which is conditional based on how well we “ran” the race. This type of inheritance is noted a little further in Pauls instructions to the church at Ephesus:

“For this reason I, Paul, a prisoner of Christ Jesus on behalf of you Gentiles— assuming that you have heard of the stewardship of God’s grace that was given to me for you, how the mystery was made known to me by revelation, as I have written briefly. This mystery is that the Gentiles are fellow heirs, members of the same body, and partakers of the promise in Christ Jesus through the gospel. To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the unsearchable riches of Christ,”
Ephesians 3:1-3, 6, 8 ESV

*This mystery given to Paul to proclaim which he does in all his epistles is that the Gentiles who were once alienated from the promises of Gods privileged inheritance have now been included or as Romans 11 puts it “grafted in”. The warning to Gods people is that this type of inheritance can also be lost and we can be “cut-off” because of our lack of obedience in walking as children of light!

Lying down:

“And you were dead in the trespasses and sins”

Ephesians 2:1 ESV

“For the death he died he died to sin, once for all, but the life he lives he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.”

Romans 6:10-11 ESV

*Notice that we were once dead but now alive!

Sitting:

Ephesians 2:6

“But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus,”

*When Christ finished His work on the cross and proclaimed “It is finished”, it is this finished work that causes us to be “seated” with Him at initial conversion based on faith. This became the first act of Grace freely given by our God. Our identity from this moment forward is an adopted child of God! Notice that it does not take any effort to be seated on our part. All the effort was performed by Christ.

Ephesians 1:19-20

“What is the exceeding greatness of His power toward us who believe, according to the working of His might power which He worked in Christ when He raised Him from the dead and seated Him at the right hand of the heavenly places.”

Just for fun, lets look at another application of the word “sit”:

Mark 10:37

“And they said to him, “Grant us to sit, one at your right hand and one at your left, in your glory.”

Note: Sitting in another context means to reign with Christ on His throne. To sit on His right and on His left were the positions of greatest honor that the disciples were asking for. To sit is a position of authority that the Father gave to Christ and that Christ said was up to the His Father’s discretion to give to His followers.

Revelation 3:21

“The one who conquers, I will grant him to sit with me on my throne, as I also conquered and sat down with my Fathers on his throne.”

*Jesus Himself is evaluating His Church/Body in this verse. He is saying to the faithful who “overcome” as part of His body will receive this honor.

In summary to “sitting” in Christ, we have two distinct parts. First, the inheritance of adoption and forgiveness of our sins which has already taken place to those in His body, and secondly the promise to the overcomer to sit on His throne and reign with Him when His kingdom comes in power and glory.

Walking:

Galatians 5:16

“But I say, walk by the Spirit, and you will not gratify the desires of the flesh.”

*As Paul develops this life of faith he now goes from our position of being “in Christ” seated with Him, to now “living out” or “walking out” our faith in Christ. Paul goes through great lengths to explain what Christ has done for us in order that we might live for Him, and “walk” according to His ways. This “walking” is extremely important to the body of Christ in order to receive the promised rewards of full inheritance and not go through the “hour of trial” or have your name “blotted from the book of life”. We will come to find out that the power that Christ has offered by His grace through faith, is what we will be held accountable for in the way we lived our lives.

Ephesians 2:1,2

“and you He made alive who were dead in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience.”

Ephesians 2:10

“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

“I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, with all humanity and gentleness, with patience, bearing with one another in (agape) love, eager to maintain the unity of the Spirit in the bond of peace.”

*Paul uses words like “urge” because his greatest fear was that as children of God we would not live lives pleasing to Him!

Galatians 4:17

“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.”

Galatians 5:16

“I say then: walk in the Spirit, and you shall not fulfill the lusts of the flesh.”

Galatians 5:25

“If we live in the Spirit, let us also walk in the Spirit.”

*Can the church who has started walking with God continue to walk as the world walks and not in the holiness of Christ? The answer to this is a resounding YES! This is the very reason that the epistles warn the church of this very fact.

Ephesians 5:2

“And Walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.”

*We are to walk as Christ walked, which is why in Romans 12 Paul says to offer ourselves as a “living sacrifice.”

“for at one time you were darkness, but now you are light in the Lord. Walk as children of light (for the fruit of light is found in all that is good and right and true), and try to discern what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them.”
Ephesians 5:8-11 ESV

*Paul is always encouraging us to walk as disciples, intimate followers because those who are not ready will not be able to inherit the Kingdom. Paul uses walk in terms of purity, righteousness and holiness.

Ephesians 5:15;17

“Look carefully then how you walk, not as unwise but as wise...Therefore do not be foolish but understand what the will of the Lord is.”

Standing:

Ephesians 6:10

“Put on the whole armor of God, that you may be able to stand against the schemes of the devil.”

*Strength is synonymous with Standing. In Christ we have been given armor to stand against the devil.

Ephesians 6:13

“Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.”

*Paul uses standing in the context of how a Roman soldier would prepare for battle. Strength and authority are synonymous with standing. In Christ, we have been given the armor of truth, to stand against the devil and his tactics/schemes.

1Peter5:12

“Stand firm in the grace of God.”

Luke 21:46

“But stay awake at all times, praying that you may have the strength to escape all these things that are going to take place, and to stand before the Son of Man.

* If we are able to stand in the judgement of God that means that we have done well!

Running:

1 Corinthians 9:24

“Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.”

Galatians 5:7

You were running well, who hindered you from obeying the truth?

*The purpose of Paul encouraging the church to run for the prize is to finish their maturity, to finish being sanctified that they may receive the prize, which is entering their rest because the race is over. The rest is entering the Kingdom and inheriting the land just like the promises to Abraham’s descendants of “promise” and like Moses trying to enter the “promise land”.

Philippians 2:16

“Holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain.”

* Paul’s race was to keep us in the race so that he didn’t labor in vain.

Hebrews 12:1

“Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us. Looking unto Jesus the author and finisher of our faith.”

*Jesus will finish our faith development. This development of our faith is called the race. Our faith is being made mature. This faith is more precious to God than gold or silver. The warnings of not being found mature are to lose out on the “riches” in Christ!

Acts 20:24-25

“But I do not count my life of any value nor as precious to myself, if only I may finish my race and the service that I received from the Lord Jesus, to testify to the gospel of the grace of God.

And now, I know that none of you among whom I have gone about proclaiming the kingdom will see my face again.”

In the book of Acts this movement of Christianity was actually called “The Way”. This saving had a very strong connection with the Way to the Kingdom of God that can only be accomplished by the gospel of Grace for this race. Part of Paul’s ministry was to win people into this understanding which is also our exhortation.

In summary, we through initial faith in Christ are now seated with Christ as an adopted Child of God and a betrothed bride to Him. We are also admonished to live out our new positions by walking in the truth that pleases Him and His Father in order to enter our rest and receive full inheritance. This can be achieved if we will put on the full armor of Christ and take our stand against the lies and temptations of the enemy. Finally, we are to be running this race with endurance to receive the ultimate imperishable Crown, the name of the “New Jerusalem”!

Laboratory Research:

Strong's Concordance

sugkathizō: to make to sit together, to sit together

Original Word: συγκαθίζω

Part of Speech: Verb

Transliteration: sugkathizō

Phonetic Spelling: (soong-kath-id'-zo)

Definition: to make to sit together, to sit together

Usage: I cause to sit down with, sit down together.

Strong's Concordance

peripateō: to walk

Original Word: περιπατέω

Part of Speech: Verb

Transliteration: peripateō

Phonetic Spelling: (per-ee-pat-eh'-o)

Definition: to walk

Usage: I walk, hence Hebraistically (in an ethical sense): I conduct my life, live.

HELPS Word-studies

4043 peripatēō (from 4012 /perí, "comprehensively around," which intensifies 3961 /patēō, "walk") – properly, walk around, i.e. in a complete circuit (going "full circle").

Strong's Concordance

histēmi: to make to stand, to stand

Original Word: ἵστημι

Part of Speech: Verb

Transliteration: histēmi

Phonetic Spelling: (his'-tay-mee)

Definition: to make to stand, to stand

Usage: trans: (a) I make to stand, place, set up, establish, appoint; mid: I place myself, stand, (b) I set in balance, weigh; intrans: (c) I stand, stand by, stand still; met: I stand ready, stand firm, am steadfast.

Strong's Concordance

trechó: to run

Original Word: τρέχω

Part of Speech: Verb

Transliteration: trechó

Phonetic Spelling: (trekh'-o)

Definition: to run

Usage: I run, exercise myself, make progress.

HELPS Word-studies

5143 tréxō – properly, to run (like an athlete competing in the ancient Greek games); (figuratively) advance speedily, like an athlete moving forward with full effort and directed purpose (see 1 Cor 9:24).

5143 /tréxō) ("running wide-open") conveys intense desire to get to the goal as quickly as possible. 5143 (tréxō) was used of "runners in a race, of swiftness or of effort to attain an end (so Herodotus, Eur., etc.)" (A-S).

Application/Contemplation:

- 1) what area do you struggle in the most? Sitting, Walking, Standing, Running?
- 2) How is it possible to struggle with "sitting"? Do you sometimes doubt your position in Christ?
- 3) What do draw your identity from? Who do you draw your identity from? Is there a difference?
- 4) Have you decided to go into strict training, disciplining your body in order to race well and receive the inheritance? What is your greatest motivation?
- 5) Did Jesus finish His race? Did Paul? Are You?

*Remember be a good Berean and be diligent in studying the scriptures to show yourself approved and encourage others to do the same!