

## “Sit, Stroll, and Stand” – The book of Ephesians

Pastor Kent Groethe

The apostle Paul divided his letter to the Ephesians into three parts that relate to three key aspects of the Christian walk and each section uses a different metaphor to describe that part. The Chinese Christian Watchman Nee points this out in, “**Sit, Walk, and Stand.**”

<b>SIT</b>	Our Position in Christ	(chapters 1-3)
<b>STROLL</b>	Our Life in the world	(4:1-6:9)
<b>STAND</b>	Our attitude to the Enemy	(6:10-34)

*“The life of the believer always presents these three aspects – to God, to man, and to Satan.”* Nee

### 1. SITTING

*“The God of our Lord Jesus...raised him from the dead, and made him **SIT** at his right hand in the heavenly places.”* Ephesians 1:17-21

*“[He] raised us up with him, and made us **SIT** with him in the heavenly places, in Christ Jesus.”* Ephesians 2:6-9

*“Christianity is a peculiar business! If at the onset we try to do anything, we get nothing, if we seek to obtain something, we miss everything. Christianity begins not with the big do, but with a big done.”* Nee

*“We are saved by reposing in the Lord Jesus.”* Nee

We are saved by works, but His works, not ours.

### 2. WALKING

*“**WALK** worthily of the calling wherewith you were called.”* Eph. 4:1-2

*“No longer **WALK** as the Gentiles do in the futility of their thinking. Be completely humble and gentle, be patient, bearing with one another in love.”* Ephesians 4:17

*“**WALK** in love, just as Christ loved us and gave himself up for us...”*  
Ephesians 5:2

*“**WALK** as children of light...proving what is well-pleasing unto the Lord.”*  
Ephesians 5:2

*“You were once darkness, but now you are light in the Lord. **Walk** as children of light...”* Ephesians 5:8-10

*“Look therefore carefully how you **WALK**, not as unwise, but as wise; redeeming the time, because the days are evil.”* Ephesians 5:16-16

### 3. STANDING

*“Put on the whole armor of God, that you may be able to **STAND** against the wiles of the devil...that you may be able to **STAND** in the evil day, and having done all, to **STAND. STAND** therefore.”*  
Ephesians 6:10-11

Watchman Nee said, *“We war against Satan only to maintain and consolidate the victory that Christ has already gained...we don’t need to fight to obtain ground. We only need to hold it against all challenges.”*

For the Christian, our posture matters. We need to be sitting, walking, and standing all at the same time.