

A field of golden wheat under a dramatic, cloudy sky at sunset or sunrise. The sun is low on the horizon, casting a warm glow over the field. The sky is filled with dark, heavy clouds, with a bright streak of light breaking through near the horizon. The wheat stalks are in the foreground, some in sharp focus and others blurred, creating a sense of depth.

to *sit* in  
heavenly places

## **Ephesians 4:15-16**

**<sup>15</sup> Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,<sup>16</sup> from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.**

## **1 Peter 2:4-5**

**<sup>4</sup> As you come to him, a living stone rejected by men but in the sight of God chosen and precious, <sup>5</sup> you yourselves like living stones are being built up as a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ.**

# Ephesians

Part 1: Chapters 1-3

**Doctrinal:**

**Our position in Christ**

Part 2: Chapters 4-6

**Practical:**

- a) **Our life in the world**
- b) **Our attitude towards the Enemy**



<b>SIT</b>	<b>WALK</b>	<b>STAND</b>
<b>Ephesians 1 - 3</b> <b>Our position in Christ</b>	<b>Ephesians 4 – 6:9</b> <b>Our life in the world</b>	<b>Ephesians 6:10 – 6:24</b> <b>Our attitude towards the enemy</b>

**The Christian life will always have these 3 aspects:**

- 1) To God**
- 2) To one another**
- 3) To the enemy**

Before we can understand our unity in Christ and **WALK** in this new body (of believers), we need to understand what it means to **SIT IN CHRIST**, in heavenly places.

## 1) The Christian life begins with **SITTING**

### 1 Corinthians 15:45 – 49

<sup>45</sup> Thus it is written, “The first man Adam became a living being”; the last Adam became a life-giving spirit. <sup>46</sup> But it is not the spiritual that is first but the natural, and then the spiritual. <sup>47</sup> The first man was from the earth, a man of dust; the second man is from heaven. <sup>48</sup> As was the man of dust, so also are those who are of the dust, and as is the man of heaven, so also are those who are of heaven. <sup>49</sup> Just as we have borne the image of the man of dust, we shall also bear the image of the man of heaven.

## 2) Walking implies **EFFORT**

### Ephesians 2:8 – 9

<sup>8</sup> For by grace you have been saved through faith. And this is not your own doing; it is the gift of God,<sup>9</sup> not a result of works, so that no one may boast.

### Romans 8:3

For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh

**We rest our whole weight; our heavy load – ourselves – our future on Jesus.**

**LET HIM BEAR THE RESPONSIBILITY**

**1 Peter 2:24**

**He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.**



3) Christianity began with a big **DONE** not a **DO**

Ephesians 1:3

<sup>3</sup> Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places

John 19:30

When Jesus had received the sour wine, he said, “It is finished,” and he bowed his head and gave up his spirit.

**From start to finish we are utterly dependent upon Christ**

## **This was God's original design and intent**

### **Genesis 1:23 – 26**

**<sup>23</sup> And there was evening and there was morning, the fifth day.**

**<sup>24</sup> And God said, “Let the earth bring forth living creatures according to their kinds—livestock and creeping things and beasts of the earth according to their kinds.” And it was so. <sup>25</sup> And God made the beasts of the earth according to their kinds and the livestock according to their kinds, and everything that creeps on the ground according to its kind. And God saw that it was good.**

**<sup>26</sup> Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”**

# When was man's first day?

The 7<sup>th</sup> day  
The day of REST!

God's work of creation was complete – Adam could rest

God's rest  
in creation

Sin & Judgement  
Labour

God's rest in  
redemption

**The notion to work out our own salvation comes from the fall:**

**Genesis 3:15**

**By the sweat of your face  
you shall eat bread,  
till you return to the ground,  
for out of it you were taken**

**“If I want to eat, I must toil” [work]  
“If I want to be saved, I must do my part” [work]**

**God has provided all that is needed for our Christian life:**

**John 5:17**

**<sup>17</sup> But Jesus answered them, “My Father is working until now, and I am working.”**

**John 19:30**

**When Jesus had received the sour wine, he said, “It is finished,” and he bowed his head and gave up his spirit.**

## “It is FINISHED”

Τετελεσται or tetelestai:

**Perfect Tense: an event that, completed in the past, has results existing in the present times.**

**Genesis 3:15**

**I will put enmity between you and the woman,  
and between your offspring and her offspring;  
he shall bruise your head,  
and you shall bruise his heel.**

## Ephesians 1:18

having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints.

**We don't work for God. He worked for us.**

## Luke 14:16b – 17

“A man once gave a great banquet and invited many. <sup>17</sup> And at the time for the banquet he sent his servant to say to those who had been invited, ‘Come, for everything is now ready.’”