

The Christian Life Summarized in 3 Words

Psalm 1:1 warns us to not walk, stand and sit. However, these are all inevitable for us as humans since we can't fly.

What exactly is the Bible trying to teach us?

After studying, I realized Ephesians sets forth what the Christian life looks like using the same three words.

Sitting refers to our position in Jesus Christ, our beliefs (Eph. 2:6).

Ephesians states that you are seated in heavenly places. Not only did you die with Jesus, but you were also buried and raised with Him (Gal. 2:20).

Christians don't live for heaven; they live out of heaven. They are seated in heavenly places in Christ Jesus. That is who you are.

Walking represents our behavior and Christian practices (Eph. 4:1).

Paul cautions us to no longer walk (live) like we did in the world (Eph. 4:17). He also writes in Ephesians 5 to walk in love, walk as children of light and walk in wisdom.

The Bible commands us to walk; it does not say we are walking. As a Christian, the Spirit of God powers your new desires in Christ; so, walking, working and living don't become too hard. But ultimately, it is a choice to actually walk.

☒ Standing is our posture in spiritual warfare (Eph. 6:11).

As you are in your Christian walk, you will get attacked with compulsive, condemning, fearful and anxious thoughts. This is

when you take your posture as a warrior. You are a dangerous person to the enemy because you have the Spirit of God living inside you. Do not fear, stand firm and resist the devil (Eph. 6:13).

I encourage you to continue in your walk with Christ and keep pressing into God's presence. Allow His Spirit to comfort you and His Word to be the lamp to your feet.

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Vladimir Savchuk leads the HungryGen movement and pastors a multi-cultural church with a clear-cut, focused vision to see the salvation of souls, healing, deliverance, and the raising of young leaders. He leads the annual Raised to Deliver conference which attract thousands from all over the globe. He leads three different internships. He is a sought-after speaker at conferences and camps.