



We have all had times in life where our faith is shaken. Maybe recently, you have felt shaken, or maybe a time in the past shook you more than Coronavirus. There will be times in the future where you will feel shaken. So how can we be sure that we will have an unshakable faith? We must first know the sequence.

What are we even talking about?

The “Sit – Walk – Stand” model was promoted by Watchman Nee, a pastor and theologian who lived in China during the height of the Communist revolution. He lived in a time and a place where people needed to understand what it meant to be fully mature in their faith. He pointed to the book of Ephesians, where Paul lays out how the believer begins in a position of sitting, then learns to walk, and only then can stand against the enemy’s attacks.

Read Ephesians 2:6

What position does Paul say God has caused us to be with Christ?

Where does it say this has happened?

The fact that we begin in a position of being seated in heavenly places with Christ tells us that we begin the Christian journey from a place of rest. As Watchman Nee said, “Christianity begins not with a big DO, but with a big DONE.” We can begin in a place of rest, because Jesus has already done the work.

Read Ephesians 4:1

What does Paul encourage us to do?

What do you think it would look like to follow Paul's advice? Is it easy or difficult?

Paul implores us to live our lives in manner worthy of the glorious story we have been called into. This can actually be very difficult. But how much more difficult is it when we haven't learned to sit, or rest, in God's finished work? As Nee says, "Most Christians make the mistake of trying to walk in order to sit", meaning that most of us think we must work to rest, instead of working out of our rest.

Read Ephesians 6:11

What is it that Paul says we will be able to do?

We must be people who can stand strong, unshakable, against the attacks of the enemy. To do this, we must first learn to walk. Before we can walk, we must learn to sit.

In what ways have you attempted to leapfrog the process? How has that worked out?

Pray

Pray a simple prayer asking God to show you what it would like to surrender to His ways, and live life within His design. Ask Him to show you how to rest in Him. Try journaling your thoughts about this to God, whether it be questions, doubts, excitement or wonder.