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Weekly Devotional

Please, sit down!

by Mark A. Segraves

I'm familiar with the command. I've been told to sit down in choir practices, classrooms, youth services and even at home (I have a habit of pacing when I'm on the phone and several times I have been lovingly asked to take a seat). I've frequently asked my own children to take a seat, especially when they're in the middle of homework and they're hit with the sudden urge to travel. Of course, whenever I hear this command, I immediately think of the rebellious little boy who was told to sit down. When he finally complied, he blurted out, "I may be sitting down on the outside, but I'm standing up on the inside!"

So, are you standing up or sitting down? I'm referring not to your physical position but to your spiritual posture. At times, we are called to be still (Psalm 46:10). We are also called to stand (Psalm 4:4), especially when it comes to resisting the enemy (Ephesians 6:13). Of course, while you're standing it is important to "walk in the Spirit" (Galatians 5:16, 25). But do you really know what it means to sit? Maybe you don't realize you are already seated! You see, spiritual postures are not mutually exclusive. You can walk, stand and sit all at the same time!

Listen to what Paul says about our current position in Christ: "Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;) And hath raised us up together, and made us sit together in heavenly places in Christ Jesus" (Ephesians 2:5-6). If your faith is in Jesus Christ and have been saved by the grace of God, you are now seated in a heavenly place of authority, power and blessing through Jesus Christ. This has immediate implications. In a burst of praise, Paul exclaimed: "Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ" (Ephesians 1:3). Right now. Seated. Blessed.

Of course, there is a future implication which actually reveals God's motive in allowing us to be seated in the first place: "That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus" (Ephesians 2:7). Here's a word for you today: Stop fighting the blessing. Accept what Christ has done for you. You don't have to earn the privilege. It has been freely given. You are now in heavenly places in Christ Jesus. Please, sit down!

Prayer: Amazing God, Your kindness is abundant and Your mercy is undeserved. I am overwhelmed. My flaws sometimes make me doubt my position in You, but today I am reminded that I am seated in a place of blessing not because of my lack of flaws but because of Your desire to demonstrate the extravagance of Your grace. Thank You... In Jesus' name, Amen!

Point to Ponder: How does my currently position in heavenly places impact my current position in this earthly place?



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