

Allan Hamblin – July 23, 2017

*I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people,<sup>19</sup> and his incomparably great power for us who believe. That power is the same as the mighty strength<sup>20</sup> he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms,<sup>21</sup> far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come.<sup>22</sup> And God placed all things under his feet and appointed him to be head over everything for the church,<sup>23</sup> which is his body, the fullness of him who fills everything in every way.*

Eph. 1:18-23 (NIV)

**Q: What does Paul mean when He says Jesus is seated at God's right hand in the heavenly places?**

1. "Seated at God's right hand" is a position of **honor** and **power**. (Psalm 110:1)
2. Jesus has nothing **left to prove**, and has been given **power to rule**.
3. Being seated is a position of **Rest**, not **inactivity!**

*And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,<sup>7</sup> in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.*

Eph. 2:6-7 (NIV)

**Q: What does Paul mean when he says we have been "seated" with Christ?**

1. Being "in Him" means whatever **is true** of Jesus **is true** of us!

Taking hold of your life, in the Family of God, doesn't start with a big **DO**; it starts with a big **DONE**.

## How can I learn to rest in Christ?

*"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,<sup>2</sup> looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God."*

Heb. 12:1-2 (ESV)

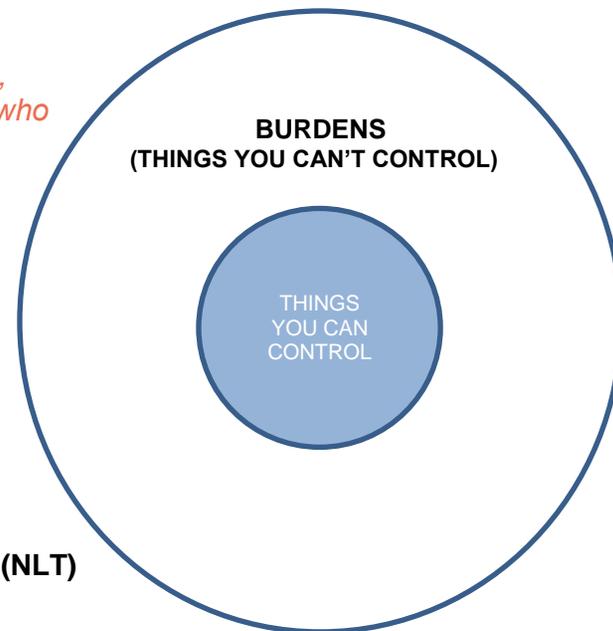
The word "weight" is from the Greek word "ogkos".

- It describes a burden or something so heavy and cumbersome that it keeps a runner from running his race as he should.

## What is it that weighs you down?

*"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."<sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.<sup>30</sup> For my yoke is easy to bear, and the burden I give you is light."*

Matt. 11:28-30 (NLT)



*Where do you focus your energy?*

Learning to sit down and rest in Jesus means learning how to:

- Let Him take **your burdens**.
- Take **the burden** He gives you!

Being seated is a position of **Rest**, not **inactivity!**