



Seated with Christ

Heather Holleman

from *Seated with Christ: Living Freely in a Culture of Comparison* (Moody, 2015)

Ephesians 2:1-10

“As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. **But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,** 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. For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast. For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

The heart’s focus:

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.

~Colossians 3:1-4

Notes:

Core Principles of a Seated Life

Seated people ADORE (instead of obsessing over their appearance):

- Psalm 34:5 Those who look to him are radiant; their faces are never covered with shame.

Notes:

Seated people ACCESS (instead of being consumed with affluence)

- My God will meet all your needs according to his glorious riches in Christ Jesus. Philippians 4:19
- And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work. 2 Corinthians 9:8
- In the morning O Lord, I lay my requests before you and wait in expectation. Psalm 5:3

Notes:

Quotes to treasure:

“God never withholds from His child that which His love and wisdom call good. God’s refusals are always merciful — ‘severe mercies’ at times but mercies all the same. God never denies us our heart’s desire except to give us something better. ”

~Elisabeth Elliot

“All seats provide equal viewing of the universe.” ~ Hayden Planetarium Guide

“God is so vastly wonderful, so utterly and completely delightful that He can, without anything other than Himself, meet and overflow the deepest demands of our total nature, mysterious and deep as that nature is.” ~A.W. Tozer, *The Pursuit of God: The Human Thirst for the Divine*

Seated people ABIDE (instead of exhausting themselves with achievement):

- For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10
- For it is God who works in you to will and to act in order to fulfill his good purpose. Philippians 2:13
- You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. John 15:16

Notes:

Seated people now live AVAILABLE LIVES

Questions for Reflection

1. Examine the ways you are fighting for a seat at the table you believe will bring you ultimate joy and happiness. Heather mentioned her list of seats she longed for that she needed to confess to Jesus as idols in her heart. Which seats would be on your list?
2. Ephesians 2 offers a powerful gospel presentation and rich theological insights. How would you explain to someone why it matters that Jesus is seated? How would you explain how someone takes their seat with Jesus?
3. How would your life change if you knew you were already seated at the Greatest Table with the Greatest King? Think more about the Hayden Planetarium quote that "All seats provide equal viewing of the universe." What does this mean to you right now in your life?
4. What do you need to understand most right now: adoring, accessing, or abiding?
5. What would have to change in your life to become more available to people?