

*All born again Christians know Christ as Saviour.  
Many Christians know Christ as Lord  
Very few Christians know Christ as their LIFE!*

# *Knowing Christ as Life*



## **Life Essentials** **STEP 4**

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# LIFE ESSENTIALS

## Lesson 4

### SEATED BUT WALKING

Let's review the assignment from last lesson.

1. Galatians 2:20. Can you repeat this verse for memory?

**"I have been \_\_\_\_\_ Christ;  
and it is no longer I who live, but \_\_\_\_\_ in me;  
and the life which I now live in the flesh (body)  
I live by \_\_\_\_\_ the Son of God, who loved me and gave  
Himself up for me."**  
Galatians 2:20

What is the significance of this verse to you today? \_\_\_\_\_

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2. Romans 6:1-11. How many times did you find your death with Christ mentioned? \_\_\_\_\_

What is the significance of this truth to you today? \_\_\_\_\_

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3. What was the impact of the truths that you reviewed from the diagram in the centre of the booklet for lesson 2? \_\_\_\_\_

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Notes

In this session we will discuss:

1. Where is Jesus now ?  
and where am I now in relation to Jesus ?
2. Setting the Mind.
3. Walking in the Spirit.

It is wonderful to know that:

- When Christ died \_\_\_\_\_ died
- When Christ was buried, \_\_\_\_\_ was buried, (the old me)
- When Christ was raised from the dead  
by faith \_\_\_\_\_ too was raised with Him.

But it doesn't stop here.

## 1. WHERE IS JESUS NOW?

Ephesians 1:20 clearly tells us where Jesus is:

**“He (God) raised Him from the dead and seated Him (Jesus) at His (God’s) right hand in the heavenly places,”**

After Jesus was raised from the dead, the Father took Him to be with Himself, and seated Him in a place of power and authority over all things.

That is relatively easy for us to understand.

Acts 1:9 tells us:

**“And after He had said these things, He was lifted up while they were looking on, and a cloud received Him out of their sight.”**

So we know where He is, with the Father in \_\_\_\_\_.

Now here is another amazing truth:

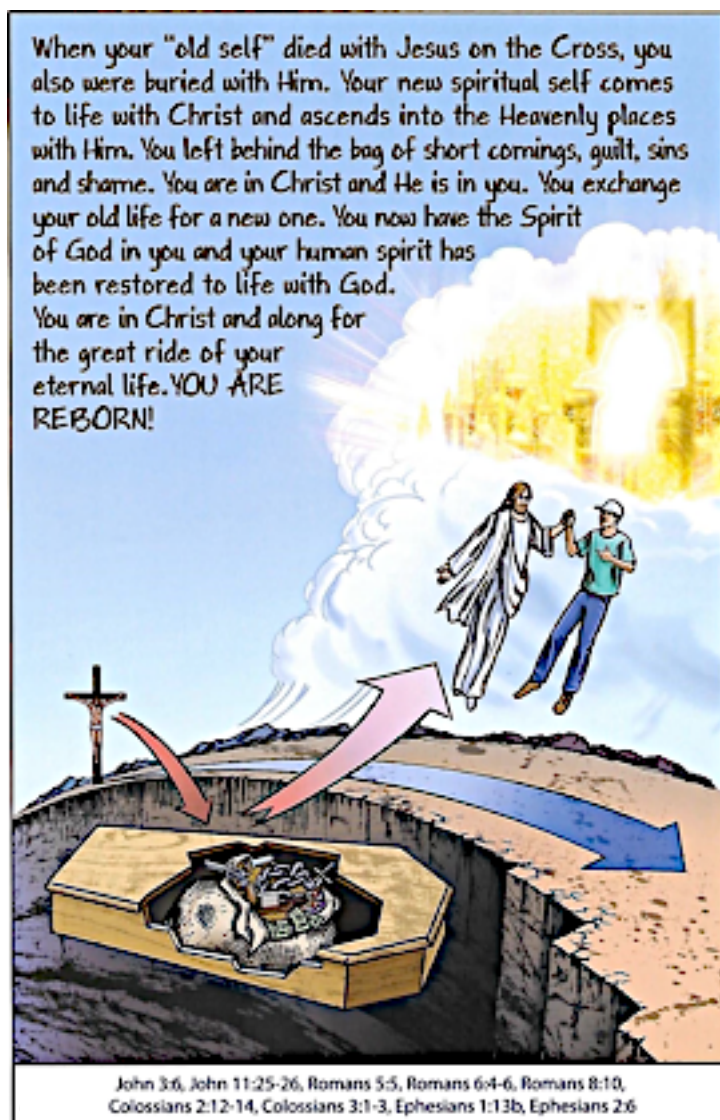
**“and (God) raised us up with Him, and seated us with Him (Jesus) in the heavenly places in Christ Jesus,”** Ephesians 2 ; 6

Amazing! We are there with Him too. Can you believe that? \_\_\_\_\_

Not wishing to question the truth, let's unpack what this means.

Having been \_\_\_\_\_ with Christ, having been \_\_\_\_\_ with Christ, and having been \_\_\_\_\_ with Christ, you were also **seated with Him in heavenly places.**

This little illustration, added to the one in Lesson 2, attempts to show how we were spiritually taken to be with Jesus, where He is now, in heaven.



As Christians who know that Christ \_\_\_\_\_ within, we have a choice—

Be filled with spiritual thinking and truth and walk in LIFE

OR

Be filled with earthly human thinking and walk in DEATH.

Which do you think is the best way ?

*LIFE*

OR

**DEATH**



**Your Choice**

**Suggested Prayer:**

Heavenly Father, I thank you for placing me into Christ. I thank you that in Him, I am seated in the Heavenly places, and my citizenship is already in heaven. Thank you for the security that comes from being seated there. I see that all of my former ways of thinking are based on my identity and citizenship on this earth. My mind is in need of constant renewal, in light of what you have done, to make me what I am. I know that you will never condemn me, but that I am likely to learn through my mistakes where my thinking needs to change. I am trusting you to teach me your ways, to have my mind and my thinking totally renewed and in the process I will become more and more like the Lord Jesus. Thank you for loving me through this process, as I learn to set my mind on things of heavenly import. Through this process you will teach me to walk in the Spirit.

Your child, \_\_\_\_\_. Amen

**Our next session will be about LIVING IN VICTORY.**





Time \_\_\_\_\_ Place \_\_\_\_\_ Date \_\_\_\_\_

Romans 8:5-6

**“For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit.**

**For the mind set on the flesh is death, but the mind set on the Spirit is life and peace,”**

What are the two choices in these verses for our mind to set on?

MIND SET	WALK	RESULTS (EXPERIENCE)
Things of the _____ 	According to _____	DEATH Living as if we are separated from _____ 
Things of the _____ 	In the _____	LIFE ! _____ and _____ Joy, rest, security and FRUIT of the _____ 

What walk comes from a mind set on earthly things? \_\_\_\_\_

What walk comes from a mind set on heavenly things? \_\_\_\_\_

\_\_\_\_\_

What is death in this verse? \_\_\_\_\_

What experience do you wish to have? \_\_\_\_\_

Then what is the key to getting there? \_\_\_\_\_

on heavenly things., like truth found in the \_\_\_\_\_ of God and Christ living in me.

God’s word has a promise for us in Isaiah 26:3 KJV

**“Thou wilt keep *him* in perfect peace, *whose mind is stayed on thee: because he trusteth in thee.*”**

Walking in the Spirit always brings P\_\_\_\_\_.

Walking after flesh (our own way of doing things), always brings turmoil, anxiety, fear, confusion and conflict.

Where are your two feet right now? On the \_\_\_\_\_.

Where is your spirit? In me and in \_\_\_\_\_.

Where does scripture tells us Jesus also is? In \_\_\_\_\_.

So while our feet are upon the \_\_\_\_\_ our \_\_\_\_\_ is in \_\_\_\_\_.

Jesus said as much about himself when he was here:

**"Do you not believe that I am in the Father, and the Father is in Me?"**  
John 14:10

Then 10 verses later he said:

**"In that day (resurrection day) you will know that I am in My Father, and you in Me, and I in you."** John 14:20

In verse 2 and 3 of the same chapter he said to His disciples:

**for I go to prepare a place for you. "If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, there you may be also.** John 14:2-3

Then, just hours before going to the cross, and in the garden as He prayed to His Father, He asked of Him:

**"I do not ask on behalf of these alone, but for those also who believe in Me through their word; that they may all be one; even as You, Father, are in Me and I in You, that they also may be in Us, so that the world may believe that You sent Me.** John 17:20-21

What did Jesus ask His Father to do ? \_\_\_\_\_

Why did He ask Him to do this? \_\_\_\_\_

Have you believed in the Lord Jesus? \_\_\_\_\_

Then who are you one with? \_\_\_\_\_ and \_\_\_\_\_.

**What does “seated” mean?**

In the Old Testament worship system in the tabernacle, synagogue or temple, there was NEVER any place to sit, especially not for the priest or the one offering sacrifices.

The work of the priest was never done. He was constantly offering sacrifices, day after day, all day long.

He could never sit down.

When Jesus offered Himself, a sacrifice once and for all the sin question was entirely dealt with. He cried out before He died, "IT IS FINISHED."

Hebrews 10:12 tells us:

**"but He, having offered one sacrifice for sins for all time, sat down at the right hand of God."**

Having dealt with sin once and for all, He could sit down.

In the very core of our being, our spirit, we are \_\_\_\_\_ with Him.

All of our sins, past present and \_\_\_\_\_ are already dealt with.

We have been made one with \_\_\_\_\_.

We can rest, knowing that we are in \_\_\_\_\_ and He is in \_\_\_\_\_.

What do you think about this tremendous truth? \_\_\_\_\_

What does it do for you? \_\_\_\_\_

How can you respond to this truth \_\_\_\_\_

## 2. SETTING THE MIND, WALKING IN THE SPIRIT

Very often, as the Apostle Paul wrote his letters, he used the word "therefore", after he had explained something important. He moved from stating the truth about what happened, and then he gives an important instruction so that we can take action on the truth.

Here is an example from Colossians 3:1 – 4:

**" 1 Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God.**

**2 Set your mind on the things above, not on the things that are on earth.**

**3 For you have died and your life is hidden with Christ in God.**

**4 When Christ, who is our life, is revealed, then you also will be revealed with Him in glory."**

Let's look at these verses and pull out some important truths and instructions that will help us.

What has happened to us in verse 1? \_\_\_\_\_ up with \_\_\_\_\_.

Where is Christ seated in verse 1? \_\_\_\_\_

In section 1 we learned that someone else is too. Who ? \_\_\_\_\_

If that is where we are, what are we to do?

In verse 2, Paul calls this by other words? What are they ?

\_\_\_\_\_ the \_\_\_\_\_

What do you think things above are? \_\_\_\_\_

What are we not to set our minds on? \_\_\_\_\_ that are \_\_\_\_\_

Why are we to think this way? Because we have \_\_\_\_\_ and our life \_\_\_\_\_

In verse 4, what is going to happen when we think this way?

\_\_\_\_\_ is going to be \_\_\_\_\_ through us, and we will be \_\_\_\_\_ with Him \_\_\_\_\_. (Amazing life)

In other words, if we c \_\_\_\_\_ on h \_\_\_\_\_, rather than concentrate on e \_\_\_\_\_ things, we will live in Him.

This is what the Bible calls, **Walking in the Spirit**.

As we allow the things of the Spirit to occupy our minds, the Spirit of Christ dwelling in us causes us to walk in His ways.

Ezekiel, one of God's prophets said it this way:

**"I will put My Spirit within you and cause you to walk in My statutes, and you will be careful to observe My ordinances." Ezekiel 36:27**

The Apostle Paul encourages us In Galatians 5:17

**"But I say, walk by the Spirit, and you will not carry out the desire of the flesh."**

And in Romans 8:13

**"if by the Spirit you are putting to death the deeds of the body, you will live."**

In simple English, when we are focused on Jesus living in us, instead of what is happening around us, our old flesh \_\_\_\_\_ and \_\_\_\_\_ are set aside, and we can walk in victory in Christ's Power.

