

## Spiritual Momentum – Upwards, Inwards, Outwards Part 1 – “To Move, We Must Sit”

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“...his incomparably great **power for us** who believe...is like the working of **his mighty strength**, which he exerted in Christ when he raised him from the dead and **seated him at his right hand** in the heavenly realms, far above all rule and authority, power and dominion, and every title that can be given...and **placed all things under his feet** and appointed him to be **head** over everything...”

**Ephesians 1:19-22**

“And God raised us up with Christ and **seated us with him** in the heavenly realms in Christ Jesus.”

**Ephesians 2:6**

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The action point from this teaching is **singularly** to exercise proper faith—to believe the promises of scripture accurately, and to step out into that faith with confidence and courage. There is no other effort that can be exerted that will produce the outcomes we have talked about today.

### SO WHAT? What do I specifically **DO** this week?

**Step One:** Create a time and place to seek God for the proper development of your faith. You will want to devote multiple days within this space to this exercise.

- **Set a time and find a quiet place that is free from distractions**—it may be best to get away from home or

other environments where the distractions of your daily chores or responsibilities could pull you away from this exercise.

- **If you have young children at home**, try alternating with your spouse times to watch the kids so you can pull away distraction-free; or schedule this time before they wake up or after they go to bed if you are home alone with them.
- **Devote at least 30 minutes to each step in this exercise**...commit to multiple days this week to complete this exercise. You may also want to repeat or review each step later in the week for re-enforcement.

**Step Two:** Pray **Ephesians 1:17-23** and **3:14-21** over yourself every day this week.

- **Replace the “you” in these passages with “me”** (Paul is describing his prayers for others; make this your prayer for yourself).
- **Pray it slowly, thoughtfully**; repeat it enough that it sinks in—that you are truly asking God from your heart for the revelation and enlightenment that is described in this prayer.
- **You may also repeat these prayers for others**—insert the names of loved ones in place of the “you’s” that Paul prays in these texts.

**This is a foundational step in your spiritual growth**—to sincerely and passionately ask God to know Him and understand your inheritance in Him. We cannot live up to the fullness of our identity in Him without grasping these truths in the depths of our being.

**Step Three:** Read the following passages from the Psalms and their surrounding context:

- Psalm 18:32-35
- Psalm 20:4-7
- Psalm 44:3-8
- Psalm 118:14-16
- **Consider the implications of sitting at the right hand of God**—the seat of authority—and look for the word “victory.” How are these two concepts related?
- **Visualize the fullness of that position**—its responsibilities, its authority, the power that should naturally be exercised from that position in spiritual matters, and the victory over your circumstances that will occur as a result.
- **Prayerfully visualize yourself seated with Jesus** in that right-hand seat. Visualize exercising delegated authority from him in the daily circumstances and stress-points of your life—not exercising your strength, but rather operating in his strength from a position of delegated authority.
- **Make a personal prayer from these passages.** Put into your own words both a thanksgiving to God and a request for His strength that uses the concepts of these Psalms.

**Step Four:** Ask God to show you specific examples of what all this might mean in your life. How should you live from within the seated authority Christ has delegated to you? How should you be or think differently? What should you do differently?

- **Look less for ways this changes your circumstances, but rather look more for ways your attitude, your mind, your heart, your desires, and your will might be changed while still living through your circumstances.**

- **Do not expect quick answers from God.** Devote at least 30 minutes to this step alone—much of it may be sitting in silence listening with your spirit for God to gently and quietly lead you.
  - **Pro Tip #1:** God cannot speak to us when we are doing all the talking. Emptying your mind of all your distractions, your agenda, your desired outcomes is an essential step to freeing up the space in your heart and mind for God to speak.
- **Keep a journal of what God shows you.** If you like, perhaps share your findings with a close spiritual friend, a small group, or your loved ones who know the Lord. Talking through what you have learned may help solidify or clarify what you are hearing from God.
- **If you listen carefully and do not hear anything in your spirit, that’s OK...write out a prayer to God for the ability to hear Him more clearly.**
  - **Pro Tip #2:** There’s a biblical principle called “waiting on God” that is often a part of how He speaks to us. Sometimes the process of waiting and seeking—even for multiple days or cycles—without experiencing the breakthrough is part of God’s purposeful strategy in your life to cultivate some necessary (and usually unseen) spiritual softening in your heart. Be patient; stay with it. In time, as your heart softens and you keep pursuing God, you will get the breakthrough. Don’t give up!