Get Over It

A Study Outline on Ephesians 2:1-6

Text: Ephesians 2:1-6

Central Truth: God has raised you up and seated you with Christ. To be seated with Him is to share His expectation that everything out of line with His promises must come into line.

Key Question: Where are you sitting?

For personal study and small group discussion. Companion to the article at go-me.org. All Scripture quotations are from the New American Standard Bible (1995).

Opening Prayer

Father, thank You that You did not leave us dead in our trespasses. Thank You that by grace You made us alive, raised us up, and seated us with Christ. Open our eyes today to see where You have placed us, and give us the courage to get up from every place of hurt and take our seat. In Jesus' name. Amen.

Read the Passage Aloud

> *And you were dead in your trespasses and sins, in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience. Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest. But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved), and raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus.* *(Ephesians 2:1-6)*

I. From the Cross to the Throne (Ephesians 2:1-6)

> *But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved), and raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus.* *(Ephesians 2:4-6)*

A. Where the camera points

1. Ephesians 1 shows what happened from the cross to the throne, the finished work of redemption in Christ.

2. Ephesians 2:1 turns the camera to us. "And you were dead in your trespasses and sins."

3. Two spirits are at work in the world. The sons of disobedience follow one. We listen to, respond to, and follow the Spirit of truth.

B. Two words that change everything

1. "But God." Mercy and love moved when we had no way to earn it.
2. "Made us alive together with Christ." Paul sums it up as salvation by grace.

C. The "and" of verse 6

1. "And raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus."
2. The same truth appears in Romans 6:4-11 and Colossians 3:1.
3. The Gospel is more than a forgiven past and a hopeful future. It is a right-now reality.
    a. Right now I am seated with Jesus in heavenly places.
    b. If you are in Christ, the word says it is true of you.

Application Questions

When you describe your salvation, do you speak of a forgiven past, a promised future, or a present position?

What in your life today looks like you have forgotten where you are seated?

Transition: If we are seated with Christ, it matters how He is seated. Hebrews tells us.

II. Seated in Expectation (Hebrews 10:12-13)

> *But He, having offered one sacrifice for sins for all time, sat down at the right hand of God, waiting from that time onward until His enemies be made a footstool for His feet.* *(Hebrews 10:12-13)*

A. How Jesus sat down

1. The Greek word behind "waiting" is ἐκδεχόμενος / ekdechomenos, to wait expectantly.
2. He did not sit in weariness. He did not sit in surrender. He sat in expectation.
3. His expectation is that every enemy goes under His feet.

B. How we sit down

1. He raised us up and seated us with Him, so we share His expectation.
2. The expectation is not that things will get worse.
3. The expectation is that everything out of line with the revealed promises of God must come into line.

C. The natural world will argue

1. Circumstances try to convince us we are somewhere else.
2. "Get over it" is a decision to stay seated in His expectation.

Application Questions

Describe the difference between sitting down in weariness and sitting down in expectation. Which describes you this week?

Name one situation you have been expecting to get worse. What does His expectation say about it?

Transition: Getting over it is easy to preach. Here is how it looked in my own life.

III. Hurt Becomes an Address (2 Corinthians 2:10-11)

> *But one whom you forgive anything, I forgive also; for indeed what I have forgiven, if I have forgiven anything, I did it for your sakes in the presence of Christ, so that no advantage would be taken of us by Satan, for we are not ignorant of his schemes.* *(2 Corinthians 2:10-11)*

A. A testimony of betrayal

1. A business partnership built over months of legal work and travel.

2. Partners moved employees into our office, then set up their own company and took the business we had built together.

3. We were wronged, and the loss ran into seven figures.

B. The easy place to camp

1. Why did they do that? If that had not happened, I could have done this.

2. Instead of moving past it, we put up a mailbox and call the hurt our address.

3. Hurt changes how we see people, how we interact, and how we form new relationships.

C. Unforgiveness is a scheme

1. Satan comes only to steal, kill, and destroy (John 10:10), but he has been defeated and we are seated with Christ.

2. He cannot take from us directly, so he schemes.

a. The scheme is to get us up off the seat and out of expectation.

b. The scheme sits us down instead in the place of hurt.

3. Hurt becomes identity. Identity becomes address. Address becomes a limit on a life God raised up with Christ.

D. It is not automatic

1. The default setting is rage and the need to make them pay.

2. Today that story is nothing to me. That came by decision, not by time.

Application Questions

Is there a hurt you have turned into an address? How does it shape the way you see people now?

What would it look like to forgive on purpose this week, "so that no advantage would be taken of us by Satan"?

Transition: There is a difference between going through something and getting over it. A pilot knows the difference.

IV. Altitude and Attitude (Luke 21:28)

> *But when these things begin to take place, straighten up and lift up your heads, because your redemption is drawing near.* *(Luke 21:28)*

A. Flying over the weather

1. Some air is bumpy. Pilots know they can fly over any storm.
2. A few meters below, wind and cold rain. Above, bright sun, pillowy clouds, and a clear horizon.
3. The only difference is altitude.

B. Attitude sets altitude

1. In an airplane, attitude is the angle of the nose.
2. Life points your nose down, and the weather beats you around.
3. Pick your head up. Jesus said, "Lift up your heads, because your redemption is drawing near."

C. Seated means expectant

1. To be seated with Him is to share His expectation.
2. The natural world has to line up with what He expects.

Application Questions

What has pointed your nose down this month?

What is one concrete way you can "pull back on the yoke" tomorrow morning?

Transition: Here is what it looked like the day hard news came to my own family.

V. Laughing at the Weather (Psalm 2:4)

> *He who sits in the heavens laughs, The Lord scoffs at them.* *(Psalm 2:4)*

A. A second testimony

1. A hard diagnosis for my mother, relayed by phone during my morning prayer time.
2. A red spot on my arm I had never seen, and thoughts that arrived at once with pictures of waiting rooms and test results.
3. Thoughts are the primary way we perceive the world, and the enemy works through them.

B. What I did

1. I went straight to the verse. I have been raised up with Christ. Seated.
2. I did not try to talk God into what His word already promised.
3. I sat alone and laughed, and every time the thoughts returned that day, I laughed again.

C. What happened

1. The next morning the spot was gone.

2. My mother's surgery removed every trace, and none of the other warnings came to pass.

D. Why laughter

1. The One who sits in the heavens laughs, and we are seated with Him.

2. The devil is full of pride and fear, and he hates to be laughed at.

3. Make a list of the prayers Jesus prayed that did not come to pass. I expect that what He expects for me shall be.

Application Questions

What report, symptom, or memory has been demanding a serious response from you? What would it mean to laugh at it from your seat?

Which of Jesus' expectations for you have you been treating as uncertain?

Summary

Whatever has happened to you does not have to define you. It does not have to be your identity or your limit. In Christ you are seated with Him in heavenly places, resting in His victory and sharing His expectation. Below you there may be cold wind and hard rain. Where you sit, there is a clear horizon. Get over it.

Live From It This Week

1. Name the address. Write down the hurt, loss, or fear you have been living at, and say out loud that it is where you have been, not where you live.

2. Take your seat. Read Ephesians 2:4-6 aloud each morning this week and finish with, "I am seated with Christ, and I share His expectation."

3. Forgive on purpose. Name the person or event and release it before God, because unforgiveness is a scheme and you are not ignorant of it.

4. When the thought returns, lift your head. Say Luke 21:28 and refuse to look down at the weather.

5. Laugh at the report. When a symptom, a memory, or bad news shows up, laugh out loud before you do anything else.

6. Move to the next thing. Do the ordinary work of the day, and each time the old thought interrupts, repeat steps four and five.

Memory Verse

> *And raised us up with Him, and seated us with Him in the heavenly places in Christ Jesus.* *(Ephesians 2:6)*

Closing Prayer

Father, I thank You that You made me alive, raised me up, and seated me with Christ. I refuse to make any hurt my address. I forgive on purpose, and I give no advantage to the enemy. I lift my head, because my redemption is drawing near. I sit in the expectation of Jesus that every enemy goes under His feet, and I laugh from that seat. In Jesus' name. Amen.

References

Holy Bible: New American Standard Bible. (1995). La Habra, CA: The Lockman Foundation.

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