

## Watch Where You Sit

A Lord's Flock General Assembly Topic

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Where we sit makes a difference. This is true when we choose our seats in a theater, airplane, or in church. Similarly, in our Christian life, we have to make a decision every day - are we going to allow our soul to sit UNDER or OVER our circumstances? Where we allow our soul to sit matters, for our soul is made up of our mind, our will, and our emotion. Thus, it affects our whole being. Let us choose the good things to sit on our souls, so that we can enjoy God's amazing goodness (Phil. 4:8).

### 1. In the Scriptures, the reason why and the place where they sat had significant meaning:

1.1. "...The angel rolled back the stone and sat on it" (Mt. 28:1-5).

1.2. Elijah, in his most depressing time, sat under a solitary broom tree. He was resting not just his body, but his soul as well (1Kings 19:3).

1.3. What are the traits of the BroomTree:

- It grows in dry places. If we are emotionally sad, hurting, or can not find our self-worth, we may be in a dry place.
- It produces bitter fruit. Bitterness does not produce good fruit. Thus, it will help us survive, but it will not help us grow.
- Its twigs can be used for binding things. Elijah found himself bound under his discouragement. When we sit in the wrong place, we can become tied up and trapped.

### 2. What Has the Enemy Tried to Do?

- The enemy tries to stop us from believing God. Will we sit under past mistakes, shame, guilt, and relational issues that are difficult to mend? Where our mind and emotion will sit will affect not just ourselves, but our families as well.

### 3. The angel rolled the stone and sat ON it during Jesus' resurrection (Mt 28:1-2).

3.1 There is more power to be on top rather than under. Even death could not stop Jesus.

3.2 The stone represents whatever it is that's holding us back – people, emotional distress etc. Let us choose to be above them.

### 4. How do we make the right decision every day?

4.1. **Let us fix our eyes on Jesus** who is the perfecter of faith. Jesus endured the cross and saw joy. He sat down at the right hand of the throne of God (Heb. 12:2-3). We have to watch where we sit. When someone wrongs us, let's not choose unforgiveness, but rise above the situation.

### 4.2. Savings Seats

- Our logical brain analyzes rationally, while our emotional brain chooses where our emotion will sit. When negative emotions creep in, let us tell them, "Seat is taken, already reserved for faith, peace, and hope."
- Let us get all our negative emotions that are disobedient to Christ and put them in the hand of God (2 Cor. 10:5).

### 5. The Perfect Seat

5.1. People struggle so much today, because they spend so much time in the back row, instead of in the front row that has been reserved by God for us (Eph. 2:6-8). God has given us the perfect seat.

### 5.2. God reserves seats for His Children

- He reserved a seat for Gideon as a mighty warrior when he was sitting on weakness.
- He reserved a seat for Moses who was sitting on fear.
- God's reserved seats say 'Child of God', and this is where we belong.

**Conclusion:** Jesus endured the cross so that we can **SIT BESIDE Him**. The price of admission has been paid in full; let's enjoy the perks of the front row.

### Reflection:

1. What seat are you on at this moment?
2. How will you make your choices during your daily battles?

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