The Messenger of Allah (may Allah's peace and blessings be upon him) used to deliver two sermons while standing, and he would separate them by sitting

‘Abdullāh ibn ‘Umar ibn al-Khattāb (may Allah be pleased with him) reported: The Prophet (may Allah's peace and blessings be upon him) used to deliver two sermons between which he used to sit. Another narration reported by Jābir (may Allah be pleased with him) reads: "The Messenger of Allah (may Allah's peace and blessings be upon him) used to deliver two sermons while standing, and he would separate them by sitting."

[Sahih/Authentic with its two versions] [Al-Bayhaqi - Narrated by Bukhari & Muslim]

Friday is a large all-inclusive gathering for the people of a town, and that is why, out of his wisdom, the Prophet (may Allah's peace and blessings be upon him) used to deliver two sermons on Friday to direct the people towards good and warn them against evil. He used to give the two sermons while standing on the pulpit in order to be more eloquent in teaching and reminding them, in addition to the fact that standing displays the strength and splendor of Islam. When he concluded the first sermon, he would sit for a short while in order to rest, thereby separating the first sermon from the second. Then he would stand and give the second sermon; (he did this) so that the orator would not tire and the listeners would not become bored.

http://sunnah.global/hadeeth/en/show/5399