

## Lesson 12

### Body, Soul and Spirit

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#### Opening Verse: 1 Thessalonians 5:23

*And the very God of peace sanctify you wholly; and I pray God your whole **spirit** and **soul** and **body** be preserved blameless unto the coming of our Lord Jesus Christ.*

#### Introduction:

This lesson concludes Level 1 of our STLH Discipleship Course. It provides a concise biblical foundation of man's complete being – *body, soul* and *spirit*. This study also reinforces several key concepts that we've previously learned, and it ends with a guide that covers the responsibilities of our body, soul and spirit.

### **3 Parts of our Being: BODY, SOUL & SPIRIT**

**Gen. 2:7** *And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.*

Our **SOUL** is **WHO** we are (or who we are becoming).

- ❖ It comprises our **mind, will** and **emotions**.
  - MIND = our way of thinking
  - WILL = our ability to make choices/decisions
  - EMOTIONS = our feelings which become a product of how we think and/or of what we experience
- ❖ **Our SOUL will last forever.**

**John 5:24:** *Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life.*

- ❖ God has planted ETERNITY in every soul.

**Eccles. 3:11a** (NIV): *He has made everything beautiful in its time. He has also set eternity in the human heart;*

- ❖ There is nothing in this world that can satisfy the emptiness in our soul except God and His kingdom.

#### NOTES:

## 1. Our **BODY** is the outward shell of our soul.

Our physical body is what envelopes our invisible soul while we live here on earth. It will not last forever since our Heavenly Creator has put an expiration date upon every human life on earth.

***Eccles. 12:7 (AMPC):*** Then shall ***the dust [out of which God made man's body] return to the earth as it was, and the spirit shall return to God Who gave it.***

It will be such an amazing experience for the Sons of God to be RAPTURED (1 Thess. 4:16-17) when the Lord returns for His Church. In a split second, our bodies will be supernaturally transformed and glorified, just like our Lord Jesus Christ's body.

***Rom. 8:11*** But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

Our life on earth is temporary, as our bodies will not last forever. This imperfect world is not our home and greater things are ahead in God's eternal kingdom. And so our focus and hope as we wait for that day - is in the promise of our eternal life with Christ!

***2 Corinthians 5:1-5 (MSG):*** For instance, we know that when these bodies of ours are taken down like tents and folded away, they will be replaced by resurrection bodies in heaven—God-made, not handmade—and we'll never have to relocate our "tents" again. Sometimes we can hardly wait to move—and so we cry out in frustration. Compared to what's coming, living conditions around here seem like a stopover in an unfurnished shack, and we're tired of it! We've been given a glimpse of the real thing, our true home, our resurrection bodies! The Spirit of God whets our appetite by giving us a taste of what's ahead. He puts a little of heaven in our hearts so that we'll never settle for less.

NOTES:

## 2. Our **SPIRIT** is our body's breath of life and it is also our soul's channel of spiritual life.

Upon **birth**, we receive the breath of life and upon **death**, our human spirit returns to God (*Eccles. 12:7*).

***Eccles. 12:7*** (AMPC): *Then shall the dust [out of which God made man's body] return to the earth as it was, and **the spirit shall return to God Who gave it.***

When we are filled with God's Spirit, we receive the supernatural power of God (*Acts 1:8*), which is also when our human spirit becomes joined or intertwined with God's Spirit.

### **1 Cor. 6:16-17**

<sup>16</sup> *What? know ye not that he which is joined to an harlot is one body? for two, saith he, shall be one flesh.*

<sup>17</sup> ***But he that is joined unto the Lord is one spirit.***

As two *flesh* joined together become one body, the same principle implies that two spirits become one = **God's Spirit dwelling in our human spirit.**

➤ **The Holy Ghost remains within us for all eternity!**

**2 Cor. 6:16b**: *for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people.*

**Rev. 22:17** *And the Spirit **and the bride say**, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely.*

As the bride of Christ, we are most privileged to have His Holy Spirit dwelling in us, as we pass from earth into His eternal kingdom.

The *living fountains of water* (*Rev. 7:17*) will be available for all other "saved" souls to enjoy and drink from but we (His chosen bride) will always have the Holy Ghost living inside of us.

NOTES:

## A Comparison between our SOUL and SPIRIT:

1. Our SOUL and SPIRIT are both distinct but interconnected.

- They **interrelate** with each other but have **different functions**.

***Hebrews 4:12*** For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

2. The SOUL is the **WHO** or the essence of a person (the ongoing product that encompasses the **mind, will** and **emotions**), while the SPIRIT is the **WHAT** (the interphase or influencer of the soul) that allows humanity to have a supernatural connection with God.

***Proverbs 20:27***: The spirit of man is the **candle** of the LORD, searching all the inward parts of the **belly**.

**Candle** = God's lamp or light

**Belly** = our soul

**God uses our human spirit to become a light to our soul!**

- The Soul is the WHO or the essence of a person.
- The Spirit is WHAT connects our soul to God.

3. We discern spiritual things with our SPIRIT and not with our MIND or INTELLECT.

Since the spiritually blind are not able to receive God's revelation, they would often use their intellect or logic.

We should not rely upon our own intellect or logic but we should seek and hunger for true revelation from His Spirit.

The meat of God's Word may take time for us to digest (or to fully understand certain biblical concepts). But be assured that the spiritual seeds that are planted in our spirit will eventually sprout out with revelation at the right time.

NOTES:

## What is Our RESPONSIBILITY?

**Mark 12:29-30** *And Jesus answered him, The first of all the commandments is, Hear, O Israel; The Lord our God is one Lord: And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.*

### Responsibilities of our Body, Soul and Spirit:

1. We need to be **BORN** into God's kingdom in order for us to enter into the kingdom of God = **being Baptized in Jesus name and being filled with the Holy Ghost.**

**John 3:5:** *Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God.*

**Acts 2:38** *Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.*

2. We need to **GROW** and become **DISCIPLES** of Jesus.

**Matt. 16:24** *Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me.*

**Does God own you?**

**Have you accepted His will?**

**Are you following Him?**

- We need to relinquish ownership of our self to truly become His disciple.
- We must strive to study, obey, and to teach His Word.

**John 8:31**

*If ye continue in my word, then are ye my disciples indeed;*

- We should LOVE one another.

**John 13:35**

*By this shall all men know that ye are my disciples, if ye have love one to another.*

- We must bear much FRUIT.

**John 15:8**

*Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.*

NOTES:

**3. Our MIND (the conscious part of our SOUL) needs to be continually renewed in God's Word.**

**Romans 12:2** *And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.*

**2 Timothy 2:15** *Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.*

When our mind is renewed in God's Word, it becomes a **healthy filter system:**

- Our mind is like the desktop of our computer but our hard drive is our heart/soul.
- A program (our spirit) automatically filters out what we hear in our mind according to what's in our hard drive.
- That's why our spirit needs to try every thought (*1 John 4:1*) by comparing it with the Word before accepting into our heart (which eventually affects who we become).

**Psalms 119:11** *Thy Word have I hid in my heart that I might not sin against thee.*

***I might not sin*** – because the Truth that I store in my heart (inner man) will filter out what I continually keep in my inner man through the spirit (filter system).

Our will is a big factor in what we ALLOW for our spirit to filter out or to store into our heart/soul. A submitted will enables us to develop a healthy filter system!

So whatever is stored (what we choose to know and believe) becomes a strong factor for our behavior and actions which eventually leads us to our eternal destiny.

**4. Our EMOTIONS need to be subject to the Spirit since we cannot trust our carnal feelings.**

**Jeremiah 17:9** *The heart is deceitful above all things, and desperately wicked: who can know it?*

- ❖ Emotions come from our heart.
- ❖ The heart is the “subconscious” part of our soul.

## What is the HEART?

Hebrew root word: leb

***Psalm 51:10*** Create in me a clean **heart**, O God; and renew a right spirit within me.

Greek root word: kardia

***Matthew 5:8*** Blessed are the pure in **heart**: for they shall see God.

- A part of our soul – seat of our thoughts & passions
- Reveals things that we desire, treasure or prioritize
- Our inner man that can be expressed by our emotions
- Can simply refer to our emotions, feelings or passions

## Two Elements of our Heart: Inward and Outward

(1) The outflow of our **EMOTIONS** reveal what we treasure or desire (both pure and carnal).

- Carnal desires - when we covet temporal things or desire to gratify the appetites of our flesh that we have not (yet) crucified.

(2) Our **INNER MAN** or the seat of our thoughts and affections, is that which continually stores what we understand, believe and value; this is also what builds our moral character.

Thus, we don't want to impulsively trust in the outflow of our heart or in our "reactionary" emotions because these may not be filtered by the spirit.

### **Jeremiah 17:9**

*The heart is deceitful above all things, and desperately wicked: who can know it?*

And we need to carefully guard the inflow of our heart (what we store in our value system) because this will affect our continual choices in life and eventually our eternal destination.

### **Prov. 4:23:**

*Keep thy heart with all diligence; for out of it are the issues of life.*

(Continuation of Responsibility #4)

**Our EMOTIONS need to be subject to the Spirit since we cannot trust our carnal feelings.**

- We can't trust in our emotions because they are mainly **REACTIONS** to our thoughts or experiences which could be either carnal or spiritual.
- We need to learn the **DIFFERENCE** between what we feel with our emotions and what we sense in our spirit so that we can be subject to (and led by) the Spirit.
- Know the difference between Philia (deep emotional love) and Agape (God's unconditional love).

**For when we minister with our philia or emotions, we could miss God's specific timing and method.**

### Heart Maintenance:

**Psalm 51:10** *Create in me a clean heart, O God; and renew a right spirit within me.*

**Proverbs 4:23** *Keep thy heart with all diligence; for out of it are the issues of life.*

- ❖ Having a repentant heart that is subject to the Spirit and God's righteousness.
- ❖ Seeking to have a pure motive in all that you do.
- ❖ Dying to the desires of your flesh and human will.

**5. We need to DIE DAILY TO OUR FLESH AND WILL as we choose to FOLLOW and OBEY God's will.**

**The constant choices of our will - determine our eternal destiny!**

- A. **DIE to your FLESH** = against the **lust of the flesh**
- Cravings for sensual gratification, comfort and pleasure that open a door to temptation and deception.
  - Deny your flesh, fast and replace your carnal habits.

**1 John 2:16** (AMPC) *For all that is in the world—the **lust of the flesh** [craving for sensual gratification] and **the lust of the eyes** [greedy longings of the mind] and the **pride of life** [assurance in one's own resources or in the stability of earthly things]—these do not come from the Father but are from the world [itself].*

## **B. DIE to SELF-WILL = to lust of the eyes and pride of life**

Dealing with the **LUST OF THE EYES:**

- Filter out what you see, read or listen to since these affect your carnal appetite and desensitize your spiritual senses!

### **The Influence of our EYES:**

- It all starts from our physical sight! Our eyes are just like cameras - whatever we SEE is STORED in our brain!
- Then whatever our mind and heart DWELL upon will soon provoke us to ACTION!
- We need to develop our ability to see what God sees versus giving in to see what my flesh wants to see.
- When we are not consistent (dabbling into the desires of our flesh through worldly entertainment) it dulls our spiritual sense to see what God wants us to see. It diminishes our sensitivity!

Dealing with the **PRIDE OF LIFE:**

- Exercise dependency on God which is the opposite of being self-sufficient.
- During your routine or easy tasks, be conscious to acknowledge God and to seek for His guidance and company.

**1 John 2:17** *And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.*

### **IN SUMMARY:**

#### **Responsibilities of our Body, Soul and Spirit:**

1. We need to be BORN into God's kingdom in order to enter into the kingdom of God.
2. We need to GROW and become DISCIPLES of Christ.
3. Our MIND needs to be continually renewed in God's Word.
4. Our EMOTIONS need to be subject to the Spirit.
5. We need to DIE to our FLESH (against the lust of the flesh) and to Die to our human WILL (against the lust of the eyes and pride of life) and to continually choose to follow and obey God's will.

### **NOTES:**

**Lust of the Eyes =**

Greedy longings of the mind

**Pride of Life =** assurance in one's own resources of in the stability of earthly things