

## ***Spirit, Soul, and Body***

**Key Verse: 1 Thessalonians 5:23** Now may the God of peace Himself sanctify you completely; and may your whole spirit (pneuma), soul (psuche), and body (soma) be preserved blameless at the coming of our Lord Jesus Christ.

### **Introduction**

In Lesson 5, we learned that we are made righteous through faith in the finished work of Jesus. However, in our day-to-day living, we do often do not seem to be very righteous. How can God say we are righteous when we make such bad choices at times? The key to understanding and correcting this situation lies in the proper understanding of the three-part nature of man.

### **Three Parts — One Person**

Man has three dimensions: spirit, soul, and body. He is a spirit being who has a soul and lives in a body. Each part relates to a different realm: spiritual, mental, and physical.

#### **What is Man?**

**Psalm 8:4-8** What is man that You take thought of him, And the son of man that You care for him? Yet You have made him a little lower than God, And You crown him with glory and majesty! You make him to rule over the works of Your hands; You have put all things under his feet, All sheep and oxen, And also the beasts of the field, The birds of the heavens and the fish of the sea, Whatever passes through the paths of the seas.

God => Man => Angels => Other Creations

**Genesis 1:26** Then God said, "Let Us **make** man in Our image, according to Our likeness; and let them rule over the fish of the sea and over the birds of the sky and over the cattle and over all the earth, and over every creeping thing that creeps on the earth. (**make** = asah = to form, construct, prepare, build)

**Genesis 2:7** Then the LORD God **formed** man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being (**form** = yatzar = to form or shape [like a potter])

**Genesis 1:27** God **created** man in His own image, in the image of God He **created** him; male and female He **created** them. God blessed them; and God said to them, Be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky and over every living thing that moves on the earth. (**create** = bara = the production or effectuation of something new, rare & wonderful)

 **What are the three parts of a man or woman?**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

**Spirit of Man**

Man’s spirit is that part that knows and relates to God. It is the real you.

**1 Corinthians 2:11-14** For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God. Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God. These things we also speak, not in words which man’s wisdom teaches but which the Holy Spirit teaches, comparing spiritual things with spiritual. But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know *them*, because they are spiritually discerned.

**Soul of Man**

The soul of man includes his intellect, will, and emotions. People sometimes confuse the spirit and soul of man, thinking they are the same. While it may be difficult at times to distinguish between the two, they are not the same. They can be separated.

**Hebrews 4:12** For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

**Body of Man**

The body is that outward part of a person that houses the real you. It contacts the physical realm. The body is a housing or vehicle through which a person’s spirit and soul functions in this present physical world.

**2 Corinthians 5:1-6** For we know that if our earthly house, *this* tent, is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. For in this we groan, earnestly desiring to be clothed with our habitation which is from heaven, .... So *we are* always confident, knowing that while we are at home in the body we are absent from the Lord.

Spirit	Soul	Body
Holy of holies	Inner court	Outer court
Contacts God	Contacts minds/emotions	Contacts world
Spiritual realm	Intellectual realm	Physical realm
God-conscious	Self-conscious	Sense-conscious

## Salvation of the Whole Person

Man is a three-part being. The salvation of each of those parts is related to the born again experience. However, each part experiences a different salvation process as we move toward that final righteous and perfect state originally intended by God.

The spirit attains perfection at the very instant a person is born again. The soul ideally moves toward perfection over time as it is renewed to the things of God. Final perfection of the body is completed when the person goes to be with the Lord.

**Isaiah 53:4, 5** Surely our griefs He Himself bore, And our sorrows He carried; Yet we ourselves esteemed Him stricken, smitten of God, and afflicted. But He was pierced through for our transgressions, He was crushed for our iniquities; The chastening for our well-being fell upon Him, and by His scourging we are healed.

The body moves away from perfection as it deteriorates throughout a person's life until it finally decays in death. Perfection comes to the body when believers receive a new body at the coming of the Lord. What we can experience now is divine health.

 **Which part of man experiences full salvation first?**

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### Salvation and the Spirit

Before salvation, a person is dead in sin. When a person is born again, his spirit is made alive, making him a new creature in Christ.

**Ezekiel 11:19** Then I will give them one heart, and I will put a new spirit within them, and take the stony heart out of their flesh, and give them a heart of flesh...

**Ephesians 2:1** And you *He made alive*, who were dead in trespasses and sins...

**2 Corinthians 5:17** Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

This new spirit is joined to God's spirit and has the righteousness of Jesus.

**1 Corinthians 6:17** But he who is joined to the Lord is one spirit *with Him*.

**2 Corinthians 5:21** For He made Him who knew no sin *to be* sin for us, that we might become the righteousness of God in Him.

When God says you are righteous, He is referring to the real you, the spirit. The spirit man of a Christian is totally righteous. There is nothing that can be done to make that spirit more righteous than it is.

 **When the Bible states that you are righteous, what part does it mean?**

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*At the death of a believer*, his spirit immediately goes to be with Jesus. His works will be judged to determine his rewards, but his salvation will not be in question.

**2 Corinthians 5:6-8** ...we are at home in the body we are absent from the Lord...to be absent from the body and to be present with the Lord.

**1 Corinthians 3:11-15** ...builds on this foundation *with* gold, silver, precious stones, wood, hay, straw, each one's work will become clear...it will be revealed by fire...If anyone's work which he has built on *it* endures, he will receive a reward. If anyone's work is burned, he will suffer loss; but he himself will be saved, yet so as through fire.

At the death of a non-believer, his spirit eventually ends up at the Great White Throne Judgment before being cast into the Lake of Fire.

**Revelation 20:11-15** Then I saw a great white throne .... The sea gave up the dead who were in it, and Death and Hades delivered up the dead who were in them. And they were judged, each one according to his works. Then Death and Hades were cast into the lake of fire. This is the second death. And anyone not found written in the Book of Life was cast into the lake of fire.

### Salvation and the Soul

After the new birth, a Christian's soul (mind, will, and emotions) must be saved. This salvation of the soul is a process that takes place over a believer's entire life as his mind is renewed and transformed to conform to the will of God.

**James 1:21** Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to **save** (deliver, protect, heal, preserve, do well, make whole) your souls.

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

**1 Peter 1:22** Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart...

**Ephesians 4:23** and be renewed in the spirit of your mind...

At death, the soul goes with the spirit to be with the Lord (for believers) or to await the Great White Throne Judgment (for non-believers).

### Salvation and the Body

When a person is born again, he receives a new spirit, but his body is not replaced. If you were bald a minute before salvation, you will still be bald a minute after salvation. Unfortunately, the body also retains its old desires for self-gratification after you are born again.

**Romans 7:18-25** For I know that in **me** (that is, in my **flesh**) nothing good dwells; for to will is present with me, but *how* to perform what is good I do not find. For the good that I will *to do*, I do not do; but the evil I will not *to do*, that I practice. Now if I do what I will not *to do*, it is no longer **I** who do it, but sin

that dwells in me. I find then a law, that evil is present with me, the one who wills to do good. For I delight in the law of God according to the **inward man**. But I see another law in my **members**, warring against the law of my **mind**, and bringing me into captivity to the law of sin which is in my **members**. O wretched man that I am! Who will deliver me from this body of death? I thank God—through Jesus Christ our Lord! ....

At death the body dies and decays. Later, when Jesus returns and Christians are resurrected, they will receive a new, spiritual body that is perfect in every way. However, until that day, the Bible gives us specific instructions on how we are to rule our bodies rather than to let our bodies rule us.

**1 Corinthians 15:42-44, 51-52** So also is the resurrection of the dead. *The body* is sown in corruption, it is raised in incorruption. It is sown in dishonor, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a natural body, it is raised a spiritual body. There is a natural body, and there is a spiritual body. ... Behold, I tell you a mystery: We shall not all sleep, but we shall all be changed—in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed.

**Philippians 3:20-21** For our citizenship is in heaven, from which we also eagerly wait for the Savior, the Lord Jesus Christ, who will transform our lowly body that it may be conformed to His glorious body, according to the working by which He is able even to subdue all things to Himself.

## Successful Christian Living – Inside Out

**3 Jn 2** Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.

To live a life that brings glory to God and joy to us, we must properly address the various aspects of our three-part nature. Attitudes, actions, responses, and reactions to life's circumstances are determined by your conscious & subconscious self-perception. If you see yourself as a victim, you'll live like a victim. But if you see yourself like God does – His child – then you'll live that way.

2 Cor. 4:7-9, 16 talks about an inner life and an outer life. Think of a geode - rough on the outside, not appealing, but beautiful crystals on the inside. The outer life is our reputation with people. The inner life is our reputation with God.

Nobody really knows what's in you except for you and God. Are you a happy Christian? Are you an exterior or interior Christian? Are you a Christian of outer oppression, yet inner wealth (Rev. 2:9)? Or outer wealth, yet inner poverty (Rev. 3:17). We tend to count the wrong things (outward) and that makes us depressed (inward). For example: "My sister got a new car, but I still have this ol' Geo Metro!"

The disciples wanted to rule in a physical kingdom, but Jesus says the kingdom is within us (Luke 17:20, 21). We need to concentrate on ruling over that kingdom first. There is a lot that goes on inside of us.

**Prov. 25:28** a river is a swamp w/o banks; city w/o walls is no city; a man out of control (w/ no self-imposed limits) is no man

**Prov. 16:32** self-discipline is more important & more difficult than physical prowess (skill/ability)

**Prov. 12:24** they never get a position of authority

The problem occurs when we have too much contact with the world and not enough contact with God. We are to be the home of God. Does He feel "at home" inside of us? What other things does He have to live in there with? What about the atmosphere? Like when you go to friends house and they say, "Make yourself at home." Then they get in a huge fight or talk bad about your friend - how do you feel now? Many Christians are not at rest, because Jesus in them (in the inner man) is not at rest.

### Spirit Responsibilities

The born-again spirit will always seek to serve God. A Christian must realize that his spirit is righteous with the righteousness provided by Jesus. Attempts to perfect our right relationship with God through good works will hinder our relationship with God (see Lesson 5 on Righteousness).

### Body Responsibilities

We must not let the body rule our spirit and soul. The body will self-destruct if we let it. The body is sense oriented. It chooses to do what feels good for the moment, regardless of later consequences. It does not like pain, discomfort, or pressure. It will avoid anything that is difficult and run to anything that feels good or brings pleasure. If we allow the body to have its way, it will bring death to our life.

**Romans 8:5-7** For those who live according to the flesh set their minds on the things of the flesh, but those *who live* according to the Spirit, the things of the Spirit. For to be carnally minded *is* death, but to be spiritually minded *is* life and peace. Because the carnal mind *is* enmity against God; for it is not subject to the law of God, nor indeed can be.

We must present our bodies as living sacrifices to God. That means that we must bring our bodies into submission to God's will. The key to accomplishing this on a regular basis rests in the realm of the soul.

**Romans 12:2** I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service.

**1 Corinthians 9:27** But I discipline my body and bring *it* into subjection, lest, when I have preached to others, I myself should become disqualified.

**Colossians 3:5** Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry.

 **What are we supposed to do with our bodies?**

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## Soul Responsibilities

A person's spirit is in union with Jesus and it will always want to do God's will. The body is always seeking that which is easiest or produces the most pleasure. Therefore, the body will always choose against God's will in order to satisfy its own desires. There is constant conflict between a believer's spirit and body.

**Galatians 5:16-17** I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

The soul has an essential function in this conflict. When a situation arises, the spirit will always urge you to do God's will while the body will always urge you take a different route. Your soul will cast the tie-breaking vote.

**Romans 12:1-2** I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

Which way your soul "votes" depends on how well you have renewed your mind to the things of God. If your soul is strong in the things of God, it and your spirit will gang up on your body to drag it to the altar and present it as a living sacrifice to the will of God. However, if your soul is weak in the things of God, you will end up following the desires of your body and further weaken your soul.

 **What must you do with your mind so you can effectively present your body as a living sacrifice to God?**

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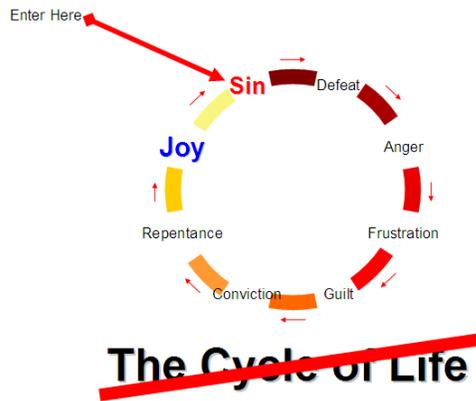
**1 Peter 2:11-12** Beloved, I beg *you* as sojourners and pilgrims, abstain from fleshly lusts which war against the soul, having your conduct honorable among the Gentiles, that when they speak against you as evildoers, they may, by *your* good works which they observe, glorify God in the day of visitation.

You can measure your progress in renewing your mind by evaluating the choices that you make each day.

## Anatomy of Sin

Are you a sinner or are you a Saint? If you see yourself as a sinner, you will be in bondage to sin. Does the Bible call us believers or sinners? Sinners saved by grace? We are called saints, holy ones, children of God – who occasionally sin.

Remember the war in Romans? Where is it fought? ...in the mind. When you got saved there was no "clear" button for the mind. If satan can control your thoughts he can control your behavior. You, the spirit you, is not the issue. For example: if a dog ran up and bit you on the leg, would you beat on your leg or the dog? The dog = sin, don't beat yourself up.

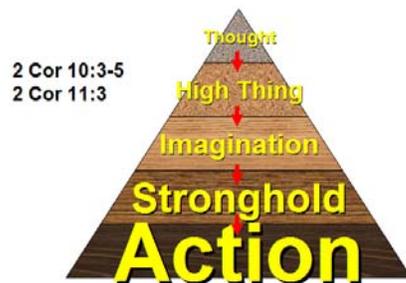


**2 Cor. 11:3** leave the simplicity...lest your minds should be led astray...

**2 Cor. 10:3-5** For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.

Sometimes strongholds are destroyed through the wrecking ball approach – hit after hit, it brings the building down. But, sometimes it’s like strategically placed dynamite - within seconds it brings the building down.

**2 Cor. 10:3-5** (Living) It is true that I am an ordinary, weak human being, but I don’t use human plans and methods to win my battles. I use God’s mighty weapons, not those made by men, to knock down the devil’s strongholds. These weapons can break down every proud argument against God and every wall that can be built to keep men from finding Him. With these weapons I can capture rebels and bring them back to God, and change them into men whose hearts’ desire is obedience to Christ.



1. Thought = soul = plan; scheme; device; plot; spontaneous thoughts & temptations used to assault believers
2. High thing = soul = an elevated place or thing; all pride that rises up
3. Imagination = soul = calculative reasoning; wisdom or logic; a person’s mind-set; philosophies; religions; humanism; atheism; racism; intellectualism; materialism; rejection; perversion, etc.; anything that causes a person to think a certain way
4. Stronghold = spirit = fortress; bad habits; sinful thought patterns; repeated acts form a habit; exercised habits = strongholds; a place from which to hold something strongly
5. Action = body

**Josh. 7:1-26** "So Achan answered Joshua and said, "Truly, I have sinned against the LORD, the God of Israel, and this is what I did: when I **saw** among the spoil a beautiful mantle from Shinar and two hundred shekels of silver and a bar of gold fifty shekels in weight, then I **coveted** them and **took** them; and behold, they are **concealed** in the earth inside my tent with the silver underneath it."

**2 Sam. 11:2-13** David & Bathsheba

"If you think you can do a thing or think you can't do a thing, you're right." Henry Ford

**Prov. 23:7** As a man thinketh (to act as a gate-keeper) in his heart so is he...

**Ps. 19:14** meditation of my heart = what you think about when you are free to think on your own

**Col. 3:15-17** peace of God rule

**Is. 26:3** ...mind is stayed on the Lord He will keep in perfect peace

**Phil. 4:6-9** peace of God guards hearts & minds

**Prov. 4:20-23** the springs (issues) of life = borders of life

**Prov. 16:23** heart of the wise teaches his mouth...

**Lk. 6:45** ...out of the abundance of the heart the mouth speaketh

## Anatomy of Prayer

**Ps. 37:4** ...give you the desires of your heart

**Mk. 11:24** ...whatsoever ye desire...

**1 Jn. 5:14-16** ...ask according to His will...

**1 Cor. 14:14** (Amp) For if I pray in an unknown tongue, my spirit by the Holy Spirit within me prays, but my mind is unproductive it bears no fruit and helps nobody

## Anatomy of Praise

**Mk. 12:30** ...love the Lord w/ all heart, soul, mind & strength

**2 Chron. 16:9** eyes of the Lord ..."is perfect" = complete; made ready; peaceable

**Ps. 22:3** inhabits the praises...

**Jn. 4:23, 24** seek those who worship in spirit and in truth

**Is. 12:3** with joy draw water...

## Sanctification

When something or someone is sanctified, it is set apart for God's use. As Christians, our lives—**spirit, soul, and body**—must be set apart for the use of our Lord.

**1 Thessalonians 4:3-7** For this is the will of God, your sanctification: that you should abstain from sexual immorality; that each of you should know how to possess his own vessel in sanctification and honor, not in passion of lust, like the Gentiles who do not know God; that no one should take advantage of and defraud his brother in this matter, because the Lord is the avenger of all such, as we also forewarned you and testified. For God did not call us to uncleanness, but in holiness.

**John 17:17-19** Sanctify them by Your truth. Your word is truth. .... And for their sakes I sanctify Myself, that they also may be sanctified by the truth.

**1 Thessalonians 5:23** Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

## Summary

Man is a three-part being.

The spirit, when born again, is righteous. You cannot add to what Jesus did.

The body is self-serving. It must be presented as a living sacrifice, requiring it to serve God's purposes rather than its own desires.

The soul needs work. It is our job to renew our mind so it functions with godly purpose and wisdom rather than with worldly goals.

Your mission in life is to renew your mind and rule your body. If you do this, your life will bring glory to God and joy to you. Failure to be diligent in this mission will lead to shame and discouragement.