

PARENTING BY THE BOOK

SPIRIT – SOUL - BODY

1. **1 Thessalonians 5:23** (NASB) Now may the God of peace Himself **sanctify you entirely**; and may your **spirit** and **soul** and **body** be preserved complete, without blame at the coming of our Lord Jesus Christ.

A. PAUL MAKES IT CLEAR THAT THESE PARTS ARE **REAL** AND **DISTINCT** FROM EACH OTHER:

1. **SPIRIT**

2. **SOUL**

3. **BODY**

4. **NOTE: WE ARE SANCTIFIED (CHANGED) IN THAT ORDER**

a. **SPIRIT... INSTANTLY**

b. **THEN SOUL... PROCESS**

c. **THEN BODY... PROCESS**

B. **BODY**

1. OUR **BODY** IS WHAT WE **SEE** WHEN WE LOOK IN A **MIRROR**.

2. OUR **BODY** CAN **FEEL** WHEN IT IS **TOUCHED** (PHYSICALLY).

C. **SOUL**

1. **COMPOSED OF:**

a. **MIND**

b. **WILL**

c. **EMOTIONS**

d. **CONSCIENCE**

e. **PERSONALITY**

2. OUR **SOUL** CAN ALSO **FEEL** WHEN IT IS **TOUCHED** (EMOTIONALLY):

a. **ANGER**

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- b. FEAR
- c. HURT
- d. ETC.

D. SPIRIT

1. **John 3:6 (NASB)** "That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.
2. **CONTRARY TO THE BODY AND THE SOUL, WE CANNOT FEEL THE SPIRIT.**
 - a. **IT CANNOT BE ACCESSED IN ANY NATURAL WAY.**
3. **THE SPIRIT IS THE PART OF US THAT GOD COMMUNICATES WITH.**
 - a. **THE SPIRIT IS THE PART THAT ALL OF GOD'S POWER AND LIFE FLOW THROUGH TO OUR SOUL AND OUR BODY.**
4. **James 2:26 (NASB)** For just as the body without the spirit is dead, so also (A COMPARISON) faith without works is dead.
 - a. **THIS VERSE MAKES IT CLEAR THAT THE LIFE GIVING PART OF US IS THE SPIRIT.**
5. **THE SPIRIT REALM CANNOT BE SEEN OR FELT**
6. **NOTE: THE ONLY WAY TO DISCERN SPIRITUAL TRUTH IS THROUGH GOD'S WORD.**
 - a. **John 6:63 (NASB)** "It is the Spirit who gives life; the flesh profits nothing; the words that I have spoken to you are spirit and are life.
 - 1) **GOD'S WORD REVEALS SPIRITUAL REALITY... IF WE WANT TO UNDERSTAND THE SPIRIT WE MUST GO TO GOD'S WORD.**
 - b. **James 1:23-25 (NASB)** For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; for *once* he has looked at himself and gone away, he has immediately forgotten what kind of person he was. But one who looks intently at

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the perfect law, the *law* of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does.

1) THIS VERSE LIKENS A MIRROR TO GOD'S WORD.

2) GOD'S WORD IS A PERFECT REFLECTION/PICTURE OF SPIRITUAL TRUTH.

7. THERE IS A TOTAL TRANSFORMATION THAT TAKES PLACE IN EVERY PERSON THAT IS BORN AGAIN.

a. 2 Corinthians 5:17 (NASB) Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.

1) IF WE DO NOT UNDERSTAND THE CONCEPT OF SPIRIT, SOUL, AND BODY WE SET OURSELVES UP FOR CONFUSION, FRUSTRATION, AND LITTLENESS OF FAITH.

2) BY THE PROCESS OF ELIMINATION THIS SCRIPTURE IS TALKING ABOUT OUR SPIRIT BECAUSE:

i. OUR BODY IS THE SAME AFTER SALVATION.

ii. OUR SOUL IS THE SAME IMMEDIATELY AFTER SALVATION.

b. THE TRANSFORMATION IN OUR SOUL AND OUR BODY IS A PROCESS.

1) SANCTIFICATION

c. THE TRANSFORMATION IN OUR SPIRIT IS NOT A PROCESS...

1) JUSTIFICATION

2) IT IS INSTANTANEOUS... AND OUR SPIRIT IS NOW:

i. PERFECT

ii. MATURE

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- iii. COMPLETE
- iv. RIGHTEOUS
- v. HOLY

8. AS WE GET OUR **SOUL** IN AGREEMENT WITH WHAT HAS ALREADY TRANSPIRED IN OUR **SPIRIT**, OUR **BODY** WILL BE CHANGED IN IT'S BEHAVIOR PATTERNS.

a. OUR **SPIRIT** HAS TO FLOW THROUGH OUR **SOUL** FOR OUR PHYSICAL WORLD (**BODY**) TO CHANGE.

1) THAT IS THE **PROCESS** OF **SANCTIFICATION**.

9. OUR **MIND** IS LIKE A **VALVE** ON A **FAUCET** IN OUR **SOUL**.

a. IF OUR **MIND** IS **CLOSED** OUR **SPIRIT** WILL NOT BE ABLE TO **RENEW** OUR **MIND**.

1) WHEN OUR **MIND** IS **CLOSED** TO **SPIRITUAL TRUTH** THE **FRUIT OF THE SPIRIT DOES NOT FLOW FROM OUR SPIRIT TO OUR SOUL**.

i. LOVE, JOY, PEACE, PATIENCE, KINDNESS, GENTLENESS, GOODNESS (**GODNESS**), FAITHFULNESS, AND SELF-CONTROL.

2) WHEN OUR **MIND** IS **CLOSED** TO **SPIRITUAL TRUTH** **GOD'S POWER DOES NOT FLOW FROM OUR SPIRIT TO OUR SOUL AND TO OUR BODY**.

b. **OUR MIND IS ABLE TO CONTROL HOW MUCH OR HOW LITTLE OUR SPIRIT IS ABLE TO AFFECT OUR SOUL AND OUR BODY**.

2. **AFTER SALVATION THE REST OF OUR CHRISTIAN LIFE IS RENEWING OUR MIND SO OUR SOUL AND OUR PHYSICAL BODY WILL EXPERIENCE THE BENEFITS**.

3. **Romans 12:1-3a (NASB)** Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, *which is* your spiritual service of worship. And **do not be conformed to this world, but**

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be **transformed by the renewing of your mind**, so that you may **prove what the will of God is**, that which is good and acceptable and perfect. For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith.

A. **“CONFORMED” = PRESSURE FROM THE WORLD, SATAN, AND OUR CARNAL BODY NOT TO BE SPIRITUAL.**

1. **THE THREE ENEMIES OF THE SOUL THAT WANT US NOT TO BE TRANSFORMED BUT TO CONFORM:**

- a. **THE WORLD**
- b. **THE FLESH**
- c. **THE DEVIL**

2. **James 3:14-17 (NASB)** But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth. **This wisdom is not that which comes down from above, but is earthly, natural, demonic.** For where jealousy and selfish ambition exist, there is disorder and every evil thing. But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy.

B. **“TRANSFORMED”**

1. **GREEK = METAMORPHO**

a. **ENGLISH = METAMORPHOSIS**

b. **THE PROCESS OF GOING FROM A WORM TO A BUTTERFLY.**

C. **IF WE WANT A TRANSFORMATIONAL CHANGE IN OUR LIFE FROM A DEFEATED PERSON TO THE VICTORIOUS PERSON (THAT GOD WANTS US TO BE) IN EVERY AREA OF LIFE WE MUST “RENEW OUR MIND”.**

1. **BECAUSE THAT IS THE VALVE THAT IS STOPPING/HINDERING THE FLOW OF POWER TO OUR SOUL AND BODY!**

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4. HOW DO WE RENEW OUR MIND?

A. OUR MIND IS RENEWED THROUGH THE WORD OF GOD!

1. **READING** GOD'S WORD IS GOOD.
2. **KNOWLEDGE** OF GOD'S WORD IS BETTER.
3. **MEMORIZING** GOD'S WORD IS IMPORTANT.
4. **UNDERSTANDING** GOD'S WORD IS CRITICAL.
 - a. **KNOWLEDGE** OF GOD'S WORD IS LIKE PUTTING FOOD IN YOUR MOUTH.
 - b. **UNDERSTANDING GOD'S WORD** IS LIKE SWALLOWING THAT FOOD SO THE BODY CAN START DIGESTING IT SO THE NUTRIENTS CAN BE RELEASED INTO OUR BODY.

B. Romans 8:6 (NASB) For the mind set on the flesh is death, but the mind set on the Spirit is life and peace,

1. **"MIND SET ON FLESH" = CARNAL = OF THE 5 SENSES (SIGHT, TASTE, SMELL, HEAR, FEEL) = DEATH**
 - a. CAN MEAN PHYSICAL DEATH.
 - b. **BUT...** ANXIETY, DEPRESSION, HATE, FEAR, REJECTION, LONLINESS, JEALOUSY, AND SADNESS ARE SLOW DEATHS.

1) THEY ARE THE OPPOSITE OF, AND BLOCK, **"LIFE"** AND **"PEACE"**.

2. **"MIND SET ON SPIRIT" = LIFE AND PEACE.**
3. **John 10:10 (NASB) "The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.**

C. "RENEWING YOUR MIND" IS A PROCESS = SANCTIFICATION.

5. NEXT WEEK: HOW TO EMPOWER THE HOLY SPIRIT TO OVERCOME SIN PATTERNS IN OUR LIVES.

A. SPENDING TIME WITH GOD.

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Consider this diagram of three circles inside each other (appears like a target). The outer circle is your **body**. It's the part you can see and feel. Then you have an inner part that can't be seen but can be felt. That's your **soul**. Notice how your **soul** touches both your **body** and **spirit**. Your **spirit** is the innermost part. Although it's the center of who you are, it can't be seen or felt. Most people don't recognize the fact that their **spirit** is the core of their being. They function primarily out of their **soul** realm, believing that what they think and feel is reality. They may

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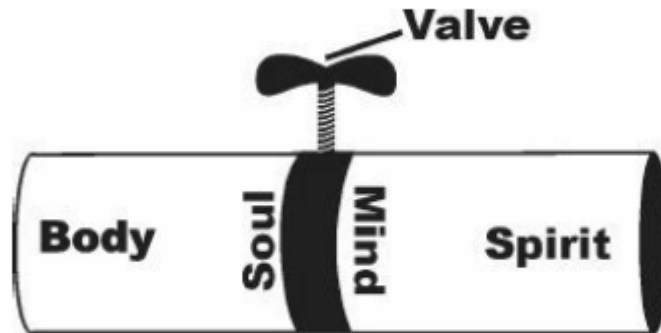
perceive their **souls** to be the core of who they are, but God’s Word says differently. Your **spirit** is the real you!

James 2:26 “For as the **body** without the **spirit** is **dead**, so faith without works is dead also” (James 2:26).



The diagram of three rings also illustrates the lack of a direct link between **spirit** and **body**. That’s why everything that comes from your **spirit** to your **body** must go through your **soul**, your mental, emotional part!

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With the pipe diagram, one side represents your **spirit** and the other your **body**. Your **soul** acts as a **valve** in between the two. When you open the valve, what's in your **spirit** can flow through to your **body**. Depending upon how open it is, the flow of life could be just a trickle, a small stream, or rivers. When the **valve** is closed, the flow from **spirit** to **body** shuts off. That's a great illustration of how a born-again believer functions! "Renewing our minds" (Romans 12:2) with the Word of God opens the valve.