

## SPIRIT, SOUL, BODY



# Lecture 1

## Spirit, Soul & Body

### THE CHRISTIAN FOUNDATION

God in His mercy has saved us by sending His Son to give us His life, the life of Jesus. We need to understand and acknowledge the foundation God has given us: it is a spiritual foundation to build our lives on Christ.

Many Christians live their lives day by day completely unaware of the solid foundation we have been given. As a result, they are unable to experience the power, love, wisdom and attributes of Jesus in their lives. The following Scripture shows that WE are to build our lives on Jesus.

Matthew 7:24-27 (Wuest translation)

“Therefore, everyone who is of such a character as to be habitually hearing these words of mine and habitually doing them, shall be likened to an intelligent man who is of such a nature that he built his house upon the rocky cliff.<sup>25</sup> And the violent rainstorm came down and the torrents came, and the winds blew and rushed upon and beat against that house, and it did not fall, for it had been built upon the rocky cliff as its foundation and was firmly established upon it.<sup>26</sup> And everyone who is hearing these words of mine and is not habitually doing them shall be likened to an imprudent man without forethought or wisdom who was of such a character that he built his house upon the sandy ground.<sup>27</sup> And the violent rainstorm came down and the torrents came, and the winds blew and rushed upon and beat against that house, and it fell, and its downfall was great.”

### MAN'S DILEMMA

At the Fall, Adam opened a door to Satan through disobedience and sin entered this world. Everything became corrupted: the animal world, the universe, the environment. Adam experienced fear and shame for the first time. Why? Because (foolishly) he had “invited” the sinful nature into his life through disobedience. For the first time, when Adam ate from the ‘Tree of Good and Evil’, he experienced the repercussions of sin: separation from God.

We now have two sources in this life.

1) **One is the sinful nature**, active in mankind since Adam. The sinful nature is passed on from generation to generation. Every baby born on this planet carries the curse of sin. We do not have to become sinners, we are sinners by nature.

2) **The other source is the Holy Spirit**

God has given believers His Holy Spirit in order that we depend on Him, the Counsellor and Helper, and His presence and power.

### **The great decision: Who do I follow? The sinful nature or the Holy Spirit?**

The tragedy is many Christians are unaware that they live their lives controlled by the sinful nature. They consider it “natural” to live by the flesh. There is no middle ground, either we are spiritual people or we are in the flesh which produces no good at all. More clearly, either we serve God or Satan.

## Do we really know who we are?

God created us in His own image. We are **spirit, soul and body**, a triune person just as God is triune: **God the Father, God the Son, God the Holy Spirit**. This means we also have a **free will**. God does not want us to live by a set of rules. God has given us free choice. He could have created our brain to be programmed to automatically love him, but **love is only love when there is a free choice**. We can now choose to live the supernatural, abundant life in Christ. The wonderful truth is the Holy Spirit now lives in us permanently, and his intention is to lead us into His liberty, supernatural peace and joy. Since we have free will, He cannot not do this automatically. He waits for us to invite Him to take over. He loves to help, strengthen and heal us, and to show us His way.

## THE SPIRIT

Our born again spirit has been equipped by the Holy Spirit with everything we need for a victorious Christian life. We need to learn how to manifest in the physical realm what already exists in our born again spirit.

Most Christians believe that God can do anything, but they experience very little. This happens because they rely on their performance (on being holy, speaking right, studying the Word, avoiding strife, praying, fasting and other things).

While these things are good in principle, they are no replacement for exercising faith to receive what God has already given you. This view short-circuits God's power because peoples' focus is on what they need to do instead of what Christ has already done. It is the law instead of grace. They think they must do something to receive from God.

The truth is, when you were born again, God put His power, anointing, victory, joy, and peace in you in **abundance!**

Jesus said in John 6:63 (Wuest translation)

**"The Spirit is He who makes alive. The flesh is not of any use at all. The words which I have spoken to you, spirit are they and life."**

You need to go to God's Word to find out about your spirit. God's Word is spirit and life. **Every** born-again believer has been transformed inside.

2 Corinthians 5:17 (Wuest translation)

**"So that, assuming that anyone is in Christ, he is a creation new in quality. The antiquated, out-of-date things [which do not belong to the new life in Christ Jesus] have passed away. Behold, all things have become new in quality."**

**If you do not understand spirit, soul and body, you will experience confusion, frustration, unbelief and will not live the life God has designed for you.**

The believer who has not understood the powerful change that took place in their spirit will oftentimes live frustrated and disappointed.

The truth is that your spirit has totally changed! **Your born-again spirit is as perfect and complete as it will ever be for all eternity. Right now, your spirit is as perfect, mature and complete as Jesus Himself.**

**It is now your responsibility to believe what God has done!**