

SPIRIT, SOUL, BODY



# Lecture 5

## Spirit, Soul & Bod

### DISCERNING THE SOUL

Our soul is the part of our being responsible for determining our actions, words, intentions and the direction we take in life. The soul of a Christian who has not fully submitted their will to the Holy Spirit is a soul which will carry pain, sorrow, confusion, fear, guilt, condemnation and much more, even though Jesus has removed these from us. It is a soul that has not received the full impact of the love and power of the Holy Spirit, and consequently, such a believer lives partially submitted to the sinful nature and the flesh and also partially submitted to the Holy Spirit. The will of the believer can be split in two, sometimes obeying the Word and sometimes obeying the flesh.

For us to live a life empowered by the Holy Spirit, our soul needs healing and freedom.

### THE JOHARI WINDOW

The Johari Window shows us four aspects of our soul:

- 1) The “Public” part of my soul is what is known both to myself and to others.
- 2) The “Unknown” is the part of my soul that is known to others, but it is unknown to me.
- 3) The “Hidden” part is the ‘secret me’ that I keep hidden from others.
- 4) The “Unknown” is the part of my soul that is unknown both to myself and others.

1 open/free area	2 blind area
3 hidden area	4 unknown area

The window’s four sections represent four parts of our soul. As the diagram indicates, only the left panes are visible to myself. Panes 2 and 4 are hidden from my view.

We are going to examine this concept in light of Scripture in order to gain a godly perspective. God has instructed us in His Word in order to free our soul in every way.

#### 1 Open free area (the Public part)

This is the area where we are responsible to live according to our new identity in Christ. We, as believers, are to imitate Jesus and show integrity, humility and obedience to Jesus and in this way being true ambassadors of Christ.

2 Corinthians 5:20 (Wuest translation)

**“Therefore, on behalf of Christ and in His place we are acting as ambassadors, as though God were saying, I beg of you, please, through us as His intermediate agents. We beg you in Christ's stead, Be reconciled at once to God.”**

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## 2 Blind area (the unknown part)

Every person possesses - to some extent - a blind area within their soul. No doubt there have been times when somebody has made you aware of your blind spots. Our tendency is to become defensive and deny it because of lack of humility or even taking offense. The Holy Spirit will always confirm the truth. We need to go to God in order to acknowledge and correct any deception in our lives.

Proverbs 12:15 (NASB)

**“The way of a fool is right in his own eyes, But a wise man is he who listens to counsel.”**

Psalms 139:23-24

**“Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way.”**

## 3 Hidden area (the secret part)

The Bible exhorts us to share our sins with one another, this represents sharing our “hidden area” with a righteous person in order to experience healing. Keeping hidden sin and other harmful secrets buried in our souls is keeping darkness in our souls; honesty and humility are required to experience healing. Sharing with a righteous person means dispelling darkness with the light of the Truth. God wants us to let go of any secret sins in order to experience healing of the soul.

James 5:16 (Wuest translation)

**“Be confessing therefore your sins to one another for your own benefit, and be praying for one another that you may be healed. A prayer of a righteous person is able to do much as it operates.”**

## 4 Unknown area (unknown to me and to others)

We depend on our Heavenly Father for the truth about ourselves. He knows us TOTALLY. We don't. The more we depend on the Holy Spirit and the Word, the more we will come to know the truth about ourselves. This unknown area is known only to God and He will reveal it to us if we ask Him.

Romans 8:27 (Wuest translation)

**“Moreover, He who is constantly searching our hearts knows what is the mind of the Spirit because, according to God, He continually makes intercession on behalf of the saints.”**

## THE WILL OF THE BELIEVER

The soul consists of the mind, **will** and emotions. There is a big difference between the way an unbeliever exercises their will and the way a Christian exercises theirs. The will of the unbeliever is ruled only by the body and the soul. The unbeliever's spirit is dead (empty) and they can only make decisions in the natural realm, ruled by the sinful nature.

The Christian has the capacity to enter into the spiritual realm by the Holy Spirit and consequently make spiritual decisions with God's wisdom and in accordance with His will. God's will is for us to live spiritual lives and to have our soul under the power and authority of the Holy Spirit. This is our new life and identity as new creations in Christ. The will of the believer is key to a successful life in Christ.

Our love for our Heavenly Father gives us the desire to please Him and should be the driving force directing our will, ie. every decision made, every thought. Jesus exercised His will to obey His Father out of love for Him and also out of love for us. He is our example.

Ephesians 5:1-2 (Wuest translation)

**“Be becoming therefore imitators of God, as children beloved, and be ordering your behavior within the sphere of love, even as Christ also loved you and gave himself up in our behalf and in our stead as an offering and a sacrifice to God for an aroma of a sweet smell.”**