

SPIRIT, SOUL, BODY



# Lecture 6

## Spirit, Soul & Body

### THE MIND OF THE BELIEVER

In our last lecture we began to study our soul - what we share with others, the things we hide, the areas unknown even to ourselves. We concluded by examining our will in more detail. We will now examine our mind and emotions, being the remaining parts of our soul.

Our mind is the part of the soul which initiates thoughts, emotions, behaviour and attitudes. This is the progression from the moment we entertain a thought:



Our thoughts determine our emotions. This is why it is so important that we as Christians make sure we only permit thoughts which are noble, dignified, godly (Philippians 4:8). How is that possible?

The renewal of the mind by the Word of God. As we let go of the past and of our former ungodly thoughts and ways and study and meditate on God's Word, the Holy Spirit will bring it to our remembrance and will guide us and instruct us without the interference of any darkness in our minds.

The Bible commands us to pull down every thought which is against God's Word. God knows negative or ungodly thoughts will create negative emotions, such as fear, worry, guilt, condemnation, bitterness and anger, etc. These ungodly thoughts will lead to ungodly behaviour attitudes.

2 Corinthians 10:5 (Wuest translation)

**“demolishing reasonings and every haughty mental elevation which lifts itself up against the experiential knowledge [which we believers have] of God, and leading captive every thought into the obedience to the Christ,”**

Ungodly thoughts come from the sinful nature (Romans 8:6); if we indulge in the flesh, Satan and his demons will take advantage of us. An unrenewed mind with its ungodly thoughts will create darkness in the soul of the believer.

Genesis 6:5-6 (NASB)

**“Then the Lord saw that the wickedness of man was great on the earth, and that every intent of the thoughts of his heart was only evil continually. The Lord was sorry that He had made man on the earth, and He was grieved in His heart.”**

You see, God saw the wickedness of man because of evil thoughts initiated by the sinful nature. In the Old Testament mankind only lived according to the body and soul because their spirit was unregenerate.

Today, believers in the Lord Jesus have the power of the Holy Spirit to reject any thought, word or action which is against the knowledge of God. We are not victims of our own thoughts unless we are not focused on Jesus and “invite” these ungodly ways in our soul.

## THE BODY (soma)

The body is also called the flesh (**sarx**) which itself is not a negative term. For example, in John 1:14 “the Word [Jesus] became flesh and dwelt among us”. ‘Flesh’ is simply a reference to our natural body. Our body enables us to contact this world by means of our five senses: sight, sound, smell, taste and touch.

The word “flesh” (sarx) is used in the negative sense when these areas of the body are out of control. Because we have a sinful nature, the flesh will be out of control unless we depend on the Holy Spirit in us to give us victory over the evil temptations; then our body and soul will not be out of control, but will be controlled by the Holy Spirit. God gave us the five senses to bond us to this world and when rightly used for His purposes, they are for our benefit so that we can live in this world He created.

Romans 12:1-2 (Wuest translation)

“I therefore beg of you, please, brethren, through the instrumentality of the aforementioned mercies of God, by a once-for-all presentation to place your bodies at the disposal of God, a sacrifice, a living one, a holy one, well-pleasing, your rational, sacred service, [rational, in that this service is performed by the exercise of the mind].<sup>2</sup> And stop assuming an outward expression that does not come from within you and is not representative of what you are in your inner being but is patterned after this age; but change your outward expression to one that comes from within and is representative of your inner being, by the renewing of your mind, resulting in your putting to the test what is the will of God, the good and well-pleasing and complete will, and having found that it meets specifications, place your approval upon it.”

There is no way we can offer our bodies at the disposal of God without sacrifice. To obey the Word of God means to put Jesus first, which requires us to sacrifice “self” and deny our pride, ego, lust of the flesh and lust of the eyes. In 1 John 2:16 God defines what it means for the flesh (sarx) to be out of control:

1 John 2:16 (Wuest translation)

“Because everything which is in the world, the passionate desire of the flesh [the totally depraved nature], and the passionate desire of the eyes, and the insolent and empty assurance which trusts in the things that serve the creature life, is not from the Father as a source but is from the world as a source.”

God considers it **insolent** (arrogant and disrespectful) for believers to allow the flesh to corrupt their bodies. If Christians would realise this, they would be more obedient to the Word and the Holy Spirit. This depravation or corruption in a believer means Satan and his demons have gained territory in the believer’s mind and soul. The believer who exercises their free will to allow darkness and act against the will of God “quenches” the Holy Spirit, and therefore His victory, power and resources, within them.

Our bodies will be affected by our soul if it is out of order. For example, if a Christian entertains bitterness, unforgiveness, anger, resentment, guilt, condemnation, hatred, etc., in time there will be repercussions in the body: sickness and disease are often the result of allowing darkness, actually the works of the devil, in us. As imitators of Jesus we are to reject ungodliness. We believers are the temple of the Holy Spirit.

1 Corinthians 6:19-20 (Wuest translation)

“Or do you not know that your body is an inner sanctuary of the Holy Spirit, whom you have from God, and that you are not your own? For you were purchased at a price. Now therefore, glorify God in your body.”