



You are made up of 3 parts - spirit, soul and body.  
Your soul is your mind, will and emotions –  
where you think, feel emotions and make decisions.  
Your spirit is the real essence of who you are.

When you become a Christian  
God gives you a brand-new spirit.  
Find out how this works  
and what it means for you.



**Katherine Hilditch** has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

Website: [LifeinJesus.net](http://LifeinJesus.net)

Email: [contact@lifeinjesus.net](mailto:contact@lifeinjesus.net)

# SPIRIT, SOUL AND BODY



*Katherine Hilditch*

[LifeinJesus.net](http://LifeinJesus.net)

'Spirit, Soul and Body'  
by  
Katherine Hilditch

~

Copyright © 2013 Katherine Hilditch. All Rights Reserved.

## *Life in Jesus*

To read more about Jesus  
and all He has done and won for us  
go to –

**LifeinJesus.net**

There are many more booklets on the website

You can read them online  
or print them out  
completely free of charge

There is no limit to the number of copies you can print out  
for your own use or to give away

The booklets are all downloadable

Unless otherwise indicated  
all Scripture quotations are taken from  
the World English Bible British Edition (WEBBE)  
(Any words in brackets are not in the original text  
but are included to help understanding)

Cover background photo by Luke Chesser on Unsplash  
Cover flowers photo by lilartsy on Unsplash

## *Being Born-Again*

When you acknowledge Jesus as God and decide to follow Him, you make Him your Lord. When you accept His sacrifice on the Cross for yourself personally, you make Him your Saviour. You are then born-again and have a new perfect spirit. God becomes your Father and you His child, and you can start to enjoy your personal love relationship with Him.

Romans 10:9 says – ‘*If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.*’ Tell God you are sorry for the wrong things you do, say and think. Choose to believe that Jesus is Lord, that He died for you and is now alive. Accept Him as your Lord and Saviour. Say it with your voice and believe it in your heart.

If you’ve done that sincerely, you are now born-again and Jesus has come to live in you. Everything you’ve ever done wrong or ever will do wrong is forgiven, and after this life is over, you’ll live in peace and joy with your loving Father God for ever.

As a child of God, you now have a whole new family of brothers and sisters. Tell a trusted Christian that you are now born-again so they can help you in your new life in Jesus. And you have the Bible to help you understand and experience more of God’s love for you and all Jesus has done and won for you. It will help you to live your life in the best possible way – His way.

## *SPIRIT, SOUL AND BODY*

The Bible makes it clear that we are made up of a spirit, a soul and a body and that these are distinct parts. 1 Thessalonians 5:23 says – ‘*May your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.*’ And in Hebrews 4:12 the Bible makes it clear that our spirit and soul can be separated – ‘*For the word of God is living and active, and sharper than any two-edged sword, piercing even to the dividing of soul and spirit, of both joints and marrow, and is able to discern the thoughts and intentions of the heart.*’

### *Body*

You know exactly what your body is. And if you have made Jesus your Lord and Saviour you are born-again, and your body will be resurrected and made perfect when Jesus comes again as described in 1 Corinthians 15:42-44 – ‘*The body is sown perishable; it is raised imperishable. It is sown in dishonour; 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.*’ (To read about being born-again, go to the end of this booklet.)

### *Heart*

This booklet looks in more detail at your spirit and your soul, but first we need to look at the term ‘heart’ as it is used a lot in the Bible. In the Old Testament it was largely used to mean your spirit. In the New Testament it is usually used to mean your soul, that is your mind, will and emotions. So the term ‘heart’ can refer to your soul or your spirit depending on the context. Put simply, your heart contains both your soul and your spirit.

## *Spirit*

Studying the spirit focuses on what God has done for you. In 2 Corinthians 5:21 the Bible says – *‘For him who knew no sin (Jesus) he (God) made to be sin on our behalf; so that in him we might become the righteousness of God.’* On the Cross Jesus became sin so you could become righteous, that means pure and right with God. But where can you be righteous? Can your body be fully righteous? You know it can’t. Can your soul, that is your mind, will and emotions, be fully righteous? The answer’s no again. It is your spirit that can be fully righteous.

The free online dictionary defines spirit as ‘The vital principle or animating force within living beings.’ The New Bible Dictionary defines it as ‘That dimension of the human personality whereby relationship with God is possible.’ 1 Corinthians 6:17 says - *‘But he who is joined to the Lord is one spirit.’* That means that when you’re born again your spirit is one with God’s! And 1 John 4:17 says – *‘as he is, even so are we in this world.’*

Think about it – if you are born-again you are like Jesus right now, not just when you go to heaven! These are two amazing wonderful truths – it is your spirit that is made perfect when you’re born-again and it is in your spirit that you are then like Jesus and one with God.

The Bible also calls your old spirit your ‘old nature’ or ‘old man’ and in Romans 6:6 it says that it is dead – *‘knowing this, that our old man was crucified with him.’* You cannot feel your spirit, so you have to make a faith decision to believe this. Romans 6:11 says – *‘consider yourselves also to be dead to sin, but alive to God in Christ Jesus our Lord.’* Your old sinful nature which drew you to sin has gone. Your new righteous spirit is dead to sin. Instead, it is drawing you to God.

will be easier. As you renew your mind, your confidence in who you are in Christ will grow, and your relationship with God will become more intimate.

Renewing your mind is the way to transformation. It’s not something you ask God to do for you. It’s you doing what He’s told you to do. That’s really good news. The fact that you aren’t dependant on someone else or waiting for God to act, means you can get on with it and make it happen.

(For more detail on renewing your mind, see the booklet ‘Be Transformed’.)

## *Whole Spirit, Soul and Body*

Isn’t it exciting how God made you and that He has a plan for every part of you. When you’re born-again, you receive a brand-new spirit which will be yours forever. As you seek to renew your mind, your soul is being transformed and it will be finally made perfect when you die. And God wants your body whole too.

Jesus spent so much time on earth healing people and gave Christians the authority to do so in His Name. But when Jesus comes again your body will finally be transformed into a perfect body. Your spirit, soul and body will be re-united, made perfect and whole, with no more pain or sorrow for eternity! How wonderful that God starts the process in this life and promises completion in heaven. He’s so good!

## How to Do It

The devil will try and stop you. God has given you a weapon to use – His Word, but you need to be seeking to know and understand it. Hebrews 4:12 says – *‘the word of God is living and active, and sharper than any two-edged sword, piercing even to the dividing of soul and spirit ... and is able to discern the thoughts and intentions of the heart.’* The Bible will show you the gap between the truth in your new righteous spirit and the human thoughts in your soul.

2 Corinthians 10:5 tells you how to use this weapon by – *‘throwing down imaginations and every high thing that is exalted against the knowledge of God and bringing every thought into captivity to the obedience of Christ.’* You have to cast down thoughts that are contrary to His way. Say out loud, “I’m not listening. I belong to Jesus and I believe His Word.” Find the truth in the Bible and speak it out. It will settle in your mind and heart. Think about God and Jesus. Singing praise songs will help you to focus.

When the media is talking about issues, or problems arise, find out what God says about them. Learn the verses, believe them, speak them out, build yourself up in them, and refuse to talk in a way which denies them. It gets easier the more you do it.

## What is the Benefit of Renewing Your Mind?

Romans 12:2 ends – *‘so that you may prove what is the good, well-pleasing, and perfect will of God.’* You will start to see things the way God sees them and you will not be so tossed around by life. You know the end result – Jesus has already won the victory for you. You don’t have to live on a roller-coaster of emotions. You can start to live in God’s peace and joy. Praying

Also, when you are born-again you become a new creation! 2 Corinthians 5:17 says – *‘if anyone is in Christ, he is a new creation. The old things have passed away. Behold, all things have become new.’* When you are born-again, you don’t receive a new perfect body and your soul, although greatly enlightened by God, is not made perfect. But you are given a brand-new spirit. Jesus said in John 3:5-6 – *‘Most certainly I tell you, unless one is born of water and spirit, he can’t enter into God’s Kingdom. That which is born of the flesh is flesh. That which is born of the Spirit is spirit.’*

When you were physically born you were born with a sinful nature or spirit. You don’t have to teach a child to be naughty; you have to teach it to be good. But when you are born again, you are born with a righteous spirit – one that is right with God. God prophesied in Ezekiel 36:26 that He would do this – *‘I will also give you a new heart, and I will put a new spirit within you. I will take away the stony heart (spirit) out of your flesh, and I will give you a heart (spirit) of flesh.’* A ‘heart of flesh’ is one that is able to be sensitive to God. Your new man, or new spirit, has been created by God. It’s already been done and is perfect.

You don’t have to ask Him to give you a new spirit – if you’re born-again it’s done, but you do have to believe it and decide to live in its truth. Ephesians 4:24 says to – *‘put on the new man, who in the likeness of God has been created in righteousness and holiness of truth.’* The prayer of Psalms 51:10 – *‘Create in me a clean heart, O God. Renew a right spirit within me,’* was appropriate for people to pray in Old Testament days. Jesus hadn’t yet died for them. But it is not an appropriate prayer or song for born-again Christians. It would be saying, “You didn’t do what You said You’d do, God!” Instead you should be thanking God and praising Him for what He has done.

## **Soul**

Galatians 2:20 says – *‘I have been crucified with Christ, and it is no longer I that live, but Christ lives in me. That life which I now live in the flesh, I live by faith in the Son of God, who loved me, and gave himself up for me.’* This verse leads you from what God has done for you to your response. If you are born-again, your old spirit is dead and you have a new one. You continue to live in your body with your soul, but you are now able to respond to what God has done and live your life by faith in God.

Your soul is made up of mind, will and emotions. The complete transformation of your soul will be fulfilled when you go to heaven. In 1 Peter 1:9 the Bible calls it – *‘receiving the result of your faith, the salvation of your souls.’*

### **Your mind**

Your mind is where you think. You know that, like everyone else, your thoughts aren’t always perfect and pure. Sometimes they’re muddled and you find it hard to think through an issue clearly. Sometimes your imagination runs away with you. Sometimes you worry or feel fearful.

### **Your emotions**

Your emotions are the feelings you have, both positive and negative, towards people and situations you experience, imagine or hear about. God made us to have emotions, but He doesn’t want you to be at their mercy. He delights as you experience life-giving emotions of love, joy and peace. But you know, like everyone else, sometimes your emotions are negative and aren’t good for you or for the people around you. God wants you to be free from them.

### **Your will**

Your will is where you make a decision to do something or not to do something. It’s where ‘me’ can really assert itself. You can make all your decisions from a selfish standpoint or you can seek God’s wisdom and find truly satisfying and good outcomes. But you know, like everyone else, that the decisions you make aren’t always the right ones.

## **Transformation**

Do you wish you could control your thoughts, didn’t have such negative emotions and were wiser when it comes to making decisions? The wonderful news is that you can change all these things. God wants you to start the transformation of your soul here on earth. Romans 12:2 says – *‘Don’t be conformed to this world, but be transformed by the renewing of your mind.’* It’s clear that this is your responsibility. But God tells you to do it for your benefit. It will help you to experience more of the victory Jesus has won for you as you start to see God’s way of looking at things. It’s a challenge and no-one can transform their soul completely in this life, but you can be on the way.

What you think dictates your actions and emotions, so the key is to change how you think. You need to bring it into line with the truth in your righteous spirit. Then your decision-making processes and emotions will start to be renewed too.

Determination is essential. You have to train yourself to think God’s way. Decide to believe the Bible even when the evidence around you appears opposite, and when the Bible is contrary to what the world says. You have to decide not to look at things the way the world does and to look at them the way God does.