

SPIRIT, SOUL AND BODY



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'Spirit, Soul and Body'
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Unless otherwise indicated
all Scripture quotations are taken from
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SPIRIT, SOUL AND BODY

Just Like Jesus Right Now!

1 John 4:17 makes this amazing statement – *‘as he is, even so are we in this world.’* If we are born-again we are exactly like Jesus. And this isn’t just when we die and go to heaven, but right now in this world! Well, that’s hard to understand because we all know we’re not pure and perfect like Jesus is, so how can this be true?

(To read about being born-again, go to the end of this booklet.)

The Bible makes it clear that we are made up of three parts – a spirit, a soul and a body. 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 writer explains that our spirit and soul can be separated by God’s Word and therefore are distinct parts – *‘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.’*

Let’s look at each part and see if that can help us understand how we are perfect in this life just like Jesus.

Our Body

We all know exactly what our body is. And I think I can speak for everyone when I say that our bodies were not made perfect when we were born-again and they are not perfect now. So our bodies are not as Jesus is.

Our Soul

Our soul is made up of our mind, will and emotions.

Our mind

Your mind is where you think your thoughts. 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. We are definitely not perfect in our minds.

Our 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 us to be at their mercy. He delights as you experience life-giving emotions of love, joy and peace. But we know that sometimes our emotions can be negative and aren't good for us or for the people around us. So we know that we aren't perfect in our emotions either.

Our 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 we all know that the decisions we make aren't always the right ones. Once again, it's obvious that we aren't perfect in our decision making.

Our Spirit

That leaves our spirit. In 2 Corinthians 5:21 the Bible says – *‘For him (Jesus) who knew no sin he (God) made to be sin on our behalf; so that in him we might become the righteousness of God.’* Becoming righteous means being made pure and right with God. It happens when we are born-again. But where does it happen? Is your body fully righteous? You know it isn’t. Is your soul (your mind, will and emotions) fully righteous? The answer is ‘no’ again. Therefore, it must be in our spirit that we are fully righteous. God took out our old sinful spirit and replaced it with a brand-new perfect spirit that will never need to be changed. As it is now, it will be forever. What a wonderful swap!

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.’

Look at 1 John 4:17 again – *‘as he is, even so are we in this world.’* Think about it – if you are born-again, you are like Jesus right now in this world, not just when you go to heaven! And it is in your spirit that you became perfect and it is in your spirit that you are now just like Jesus.

The Bible also calls your old spirit your ‘old nature’ or ‘old self’ or ‘old man’ and in Romans 6:6 it says that it is dead – *‘our old man was crucified with him.’* And 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, so instead of drawing you to sin, it is drawing you to God. You aren’t consciously aware of your spirit, so you have to make a faith decision to believe this. It is when you do believe it that you will find it to be true.

Heart

In the Old Testament the word 'heart' is largely used to mean our spirit. In the New Testament it is usually used to mean our soul, that is our mind, will and emotions. So heart can refer to your soul or your spirit depending on the context. Put simply, our heart contains both our soul and our spirit.

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.'* As we have seen, when you are born-again, you don't receive a new perfect body or soul. You are given a brand-new perfect spirit.

When you were physically born you were born with a sinful nature or spirit. You don't have to teach children to be naughty, but you do have to teach them to be good. And 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 put a new spirit within you."* Your new man, or new spirit, has been created by God pure and perfect.

So you never need to ask God to give you a new spirit because, if you're born-again, He's already done it. The prayer of Psalm 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 and they could not receive a new spirit. 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 need to thank God and praise Him for what He has already done. Just choose to believe it and decide to live in its truth.

Ephesians 4:24 says we are to – *‘put on the new man, who in the likeness of God has been created in righteousness and holiness of truth.’* Our new man is already ‘on’ in our spirit, but we’re told to put it on in our minds. In other words, we need to train our minds to think in line with the truth that’s in our new spirit. That’s how we can be transformed in our minds too.

Holy Spirit

When we are born-again, as well as giving us a brand-new personal spirit, God also gives us His Holy Spirit to live in us. He comes to live in our new creation spirit and they mingle together to make them one. 1 Corinthians 6:17 says – *‘But he who is joined to the Lord is one spirit.’* This is exciting, wonderful news. And then God did even more and sealed that combined spirit so nothing can ever get in and corrupt it, not even our sin! Ephesians 1:15 says – *‘in whom (Jesus), having also believed, you were sealed with the promised Holy Spirit.’*

Transformation

Do you wish you could control your thoughts and emotions; and were wiser when it comes to making decisions? The wonderful news is that you can do all of that. Although it won’t be completely perfect in this life, 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 our responsibility. But God tells us to do it for our 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. Make a decision to get started and see what a difference it will make.

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

Determination is important. You have to train yourself to think God's way. Decide to believe the Bible even when the evidence around you appears to contradict it, and when what the Bible says contradicts 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.

How to Do 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.’* God's Word will show you when your thoughts are coming from your new spirit and when they are human thoughts coming from your soul.

2 Corinthians 10:5 tells us to cast down thoughts that are contrary to God's Word 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.’* When these human thoughts come, 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's Word, not things that are contrary to it. Philippians 4:8 says – *‘whatever things are true, whatever things are honourable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of*

good report: if there is any virtue and if there is anything worthy of praise, think about these things.'

When problems arise, instead of looking at what the world says about them, find out what God says. Choose to believe it. Speak the verses out loud to build yourself up in them, and refuse to talk in a way which denies them. You'll find it gets easier the more you do it. (To read more about renewing your mind, read my booklet 'Be Transformed'.)

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.*' As you renew your mind in God's Word, you will start to see things the way He does so you won't have to live on a roller-coaster of emotions. The wonderful thing is that you know the end result – Jesus has already won the victory for you. So you can start to live in God's peace and joy, and praying will be easier. Your confidence in who you are in Christ will grow, and your relationship with God will become more intimate.

Renewing your mind is the only 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 start to make it happen today.

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 renew your mind, your soul is being transformed and will finally be made perfect

when you die. The Bible calls it in 1 Peter 1:9 – ‘*receiving the result of your faith, the salvation of your souls.*’ 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.*’

Your spirit, soul and body will be re-united, 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! Enjoy!

Being Born-Again

When you accept Jesus as your Lord and Saviour you become born-again. God becomes your Father and you His child, and you can start to enjoy your personal 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.*’ Say this prayer out loud and believe it in your heart – “Jesus, I declare that You are Lord and that God raised You from the dead to live forevermore. Thank You for dying for me personally. I receive my forgiveness and my salvation now. Thank You Jesus, my Lord and Saviour.”

You are now born-again and Jesus has come to live in you. All your sins are forgiven, past, present and future, and you have a new perfect spirit. And after this life is over, you’ll live in love, peace and joy with your Father God for ever.

Life in Jesus

To read more about Jesus
and all He has done and won for us
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You can read them online
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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 –

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