

Heirs of Promise Church

"Bringing Our Fruit Back To God"

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Num. 13:20

Title: Spirit, Soul, and Body

4-26-26

Text: **1 Thess. 5:23** And the very God of peace sanctify you wholly; and I pray God your whole **spirit** and **soul** and **body** be preserved blameless unto the coming of our Lord Jesus Christ.

Introduction: We are a spirit, we have a soul, and we live in an earthly body. The spirit listed first in **1 Thess. 5:23** is significant. It is most important to feed, exercise and train our human spirit. The Holy Spirit dwells inside our spirit. Our spirit man is seated in heavenly places In Christ. Our soul can be renewed by the Word to this revelation knowledge and our flesh (body) controlled by our spirit and soul. We can live in right standing with God because of what Jesus did for us.

I. Spirit: "Our spirit man" (Who we really are in God's eyes)

References:

2 Cor. 5:17 Therefore if any man be in Christ, he is a **new creature**: old things are passed away; behold, all things are become new.

John 3:3 Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be **born again**, he cannot see the kingdom of God.

1 Cor. 14:14 For if I pray in an unknown tongue, **my spirit** prayeth, but my understanding is unfruitful.

Ephes. 2:4-6 But God, who is rich in mercy, for his great love wherewith he loved us, [5] Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;) [6] And hath raised us up together, and **made us sit together in heavenly places in Christ Jesus:**

- A. The Holy Spirit dwells inside our spirit: **Romans 8:16** The Spirit itself beareth witness with our spirit, that we are the children of God:
- B. We are led by the Spirit: **Romans 8:14** For as many as are led by the Spirit of God, they are the sons of God.
- C. When our spirit man is absent from the body we are present with the Lord: **2 Cor. 5:8** We are confident, I say, and willing rather to be absent from the body, and to be present with the Lord.
- D. Our spirit man bares fruit then abiding in the Word: **John 15:5** I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.
- E. Our spirit man grows up: **Ephes. 4:15** But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:

II. Soul: (Renewed with the Word of God)

References:

Romans 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Hebrews 4:12 For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of **soul** and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

- A. Our soul is comprised of our thoughts, imaginations, will, and emotions: **Philip. 4:8** Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.
- B. By an act of our will, we pull down undesirable thoughts and imaginations: **2 Cor. 10:4-5** For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

III. Body (flesh)

A. Our body is a temple where the Holy Ghost lives: **1 Cor. 6:19-20** What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? [20] For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

B. Our body has (**5**) **senses** to navigate the physical realm.

1. Touch, taste, hear, see, smell.

2. Our spirit man also has senses for the spirit realm: **Hebrews 5:13-14** For every one that useth milk is unskilful in the word of righteousness: for he is a babe. [14] But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.

senses: (**Heb. 5:14**) **Gr.** = organs of perception

C. Symptoms (pain) in our body can distract us from the Word of God. (The enemy can not touch our spirit man.)

D. With the help of our spirit and soul (the will) we can control the urgings of the flesh: **1 Cor. 9:27** But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

Conclusion: We are a spirit, we have a soul, and we live in an earthly body. We should place first importance on feeding, exercising, and training our spirit. Our spirit man is in the same relationship as Adam had with God before sin came into the world. The spirit of man can be fed, exercised, trained, and grow up into maturity. The spirit man gives life to the soul and gives strength to resist the urges of the flesh.