

Sunday, April 19th, 2026

Spirit, Soul, and Body

Week 1

1 Thessalonians 5:23

²³ Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

Even though God's Word clearly teaches that we are three-part beings, very few Christians practice a functional understanding of spirit, soul, and body in their everyday lives. Most people actually believe that they're only made up of body and soul. They confuse soul and spirit as being basically the same thing. Therefore, on a day-to-day level, they only acknowledge a physical part and an emotional, mental, inner part (commonly called "personality").

Even Strong's Concordance fails to distinguish all three! The Greek word for "spirit" is *pneuma* and is defined as being "the rational soul." But, in studying God's Word, God reveals a very distinct difference between spirit and soul. Therefore, I disagree with this particular definition of the word "*pneuma*." Your spirit is your innermost part, not your "rational soul."

Your body is obvious. It's the physical part of you that can be seen in a mirror. If you were talking to me face to face, you'd be seeing my body. However, you'd be speaking to my soul, which is my mental, emotional part.

Some people define soul as being your mind, will, and emotions. While that's certainly true, it's incomplete because your conscience should also be included. Your soul is what most people call their personality.

You can feel both your body and your soul. If I put my hand on your shoulder, you'd know that I touched you. I can also touch you whether I'm physically near or not. By speaking to your soul, I can make you happy, sad, or even mad. Through my words, I could even "hurt" you without physically touching your body. It's easy to know how you feel in your body and soul because you're constantly in touch with them.

By taking a mental inventory, your body can instantly tell you how it feels. You know if your adrenaline's pumping or if you're tired, if you're healthy or fighting a cold, if your head aches, or if the shower's just right. In fact, you don't even really have to think about it

because your body constantly feeds you this information.

You'd even be aware of fear or depression if it came because you're always in touch with your soul.

That's not so for your spirit because it can't be accessed in any natural way. Jesus declared in **John 3:6**

⁶That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.

He meant that there's no direct connection between the two. They are interrelated, as you'll later see, but spirit is spirit and flesh is flesh. You simply cannot contact your spirit through your emotions or your physical body. Here lies one of the great problems of the Christian life.

If you don't understand that spiritual reality can't be felt, then you'll be confused when God's Word declares that you have the same power that raised Jesus from the dead

Ephesians 1:18-20

¹⁸the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, ¹⁹and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power ²⁰which He worked in Christ when He raised Him from the dead and seated *Him* at His right hand in the heavenly places,

If you think truth can be discerned through your natural senses, then you'll be baffled when the Bible says that you're a brand-new creature who can do the same miraculous works that Jesus did.

2 Corinthians 5:17

¹⁷Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

John 14:12

¹²“Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater *works* than these he will do, because I go to My Father.

Without understanding spirit, soul, and body, you'll search your body and soul in confusion wondering, where is it? I don't really have that kind of power in me. The Bible is so hard to understand!

If you can't see, taste, hear, smell, or touch what the Word reveals about you, you'll immediately be thrown into conflict. This apparent gap between your experience and

God's Word will cause you to throw up your hands in frustration and conclude, "It must not be true!"

Understanding spirit, soul, and body unlocks the spirit realm so you can experience who you are and what you have in Christ.

Since the spirit realm can't be naturally seen or felt, the only way to accurately perceive spiritual truth is through the Bible. Simply take God's Word and believe it.

Jesus said in **John 6:63**

⁶³ It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.

There's more than just praying and asking God to give you spiritual revelations. Most of us just pray and ask, then expect God to just download everything you need into your brain.

Speaking of praying ... Our next Faith Builder Home Group is this Wednesday night @ 6:30pm. The easiest way to stay informed is by **downloading** our church app.

Anyway, God's Word reveals spiritual reality. If you want to know what your spirit is like, you must find out from the Word. You can't just go by emotion or some other type of perception. God's Word is spirit and life.

When you look into the **Bible**, you observe yourself in the **spirit**.

James 1:23-25

²³ For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; ²⁴ for he observes himself, goes away, and immediately forgets what kind of man he was. ²⁵ But he who looks into the perfect law of liberty [God's Word, specifically the New Testament] and continues *in it*, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

God's Word is a spiritual **mirror**.

When you look at your face in a mirror, you aren't really seeing yourself. Rather, you're viewing a reflection. In fact, your eyes have never looked directly into your own face. Think about it—you've always seen a reflection! Even though it's only a representation, you've learned to trust it. If you want to know if your hair is combed or if your makeup is on, you don't just go by how you feel. Since those things can't be felt, you must look in a mirror and then trust what you see.

It's the same with your born-again spirit. God's Word perfectly reflects who you are in the spirit. It's the only way you can know. You can't just assume, "If I had God's power inside of me, I'd be aware of it" because that which is Spirit is spirit and that which is flesh is flesh. It would be like trying to feel if your makeup was on or your hair was combed. Those things

just can't be felt! You must look in God's mirror (His Word) and trust the spiritual reality you see.

Every born-again believer has undergone a complete *inner* transformation.

2 Corinthians 5:17–18

¹⁷Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new. ¹⁸Now all things *are* of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation,

Notice how it doesn't say that "all things are becoming new" or "have the potential of being new." This verse declares "old things have passed (past tense) away,...all things have become (present tense—reality right now) new" and "all things are of God."

If you don't understand spirit, soul, and body, you're instantly set up for confusion, frustration, and ultimately unbelief when you see a verse like this. After reading about a total change and all things being of God, you look at your body and immediately start wondering because it hasn't passed away or become brand new. If you were overweight before receiving the Lord, that didn't change the moment you were saved.

A time will come when you'll receive a glorified body, but that hasn't happened yet.

Your soul wasn't saved either. This sounds strange to many people because they use terminology like "I'm a soulwinner!" and "I came to see a soul saved" in reference to evangelism. In reality, the New Testament only mentions "soul salvation" a few times—and none of them, in context, are talking about the born-again experience (Hebrews 10:39; James 1:21; 5:20; 1 Peter 1:9). Soul salvation happens when an emotionally discouraged and mentally defeated Christian starts believing God's Word and then experiences victory, peace, and joy again. However, when it comes to being born again, your soul wasn't the part of you that completely changed.

Your soul can be transformed now to the degree you renew your mind, change your attitudes, and conform your values to the Word of God. This should happen, and it's in the process of happening, but it didn't automatically happen. In your soul, old things didn't pass away, and all things haven't yet become new. The transformation of your soul won't be completed until you go to be with Jesus.

On the other hand, **2 Corinthians 5:17** clearly states that any person who is in Christ is right now a brand-new creature. Old things have passed away. All things have become new. This total transformation isn't just in process; it's describing a change that's already been done—an accomplished fact.

Where did this complete change occur? According to God's mirror—not in your body and not in your soul, but in your born-again spirit.

Break / Offering

After being born again, the rest of your Christian life consists simply of **renewing** and **releasing**. As you renew your mind and believe God's Word, your soul will agree with what's already transpired in your spirit. When your soul comes into alignment with what it sees in God's spiritual mirror, what's already in your spirit releases into your soul and body. That's how you experience the benefits of your salvation.

If your spirit and soul agree, you experience the life of God. Your born-again spirit is always for God because it's already been completely changed into His likeness and image. When your soul agrees with your spirit, that's two parts of your being against one. Since the majority always rules, your soul and body will experience the life, victory, and power that is in your spirit.

On the other hand, the supernatural flow of life from your spirit to the physical realm stops when your soul agrees with your body (majority rules again) and is dominated by the natural realm. You cut yourself off from experiencing God's life in you when you align your soul with what you can see, taste, hear, smell, and feel instead of what you perceive in God's Word. What's in your spirit must flow through your soul in order to get out to your body and the physical world around it.

Let's take a look at a couple of functional diagrams. So, each of us is made up of **3 parts**: Spirit, Soul & Body. None of us are circles of course, even though some people are rounder than others. These diagrams are just an effort to communicate with you the relationship between Spirit, Soul, and Body by means of illustration.

Consider the first diagram of three circles inside each other. **The outer** circle is your body. It's the part you can see and feel. Then you have an **inner part** that can't be seen but can be felt. That's your soul. Notice how your soul touches both your body and spirit. **Your spirit** is the innermost part. Although it's the center of who you are, it can't be seen or felt.

Most people don't recognize the fact that their spirit is the core of their being. So, they function primarily out of their soulish realm, believing what they think and feel is reality. They may perceive their souls to be the core of who they are, but God's Word says differently.

Your spirit is the real you!

James 2:26

²⁶ **For as the body without the spirit is dead, so faith without works is dead also.**

After God formed Adam, He breathed into him the breath of life in **Genesis 2:7**:
7 And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.

The Hebrew word for “breath” is rendered “spirit” not only here but also in **Job 26:4**:
4 To whom have you uttered words? And whose spirit came from you?

and **Proverbs 20:27**:
27 The spirit of man is the candle of the Lord, searching all the inward parts of the belly.

Adam’s body and soul (his physical, mental, and emotional parts) had no life in them until “spirit” was imparted. Your spirit is your life-giving part!

Since your life comes from your spirit, it’s the innermost circle of the three. Notice also how your spirit is **completely surrounded** by your soul. It has no direct access to your physical body.

With this pipe diagram, one side represents your spirit and the other your body. Your soul/mind acts like a valve in between the two. When you **open the valve**, what’s in your spirit can flow through to your body. Depending upon how open it is, the flow of life could be just a trickle, **a small stream**, or **a river** (John 7:38). When the **valve is closed**, the flow from spirit to body shuts off. That’s a great illustration of how a born-again believer functions!

Remember, **in your spirit** you’ve got the same **power** that raised **Jesus** Christ from the dead.

Ephesians 1:18–20

18 the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, 19 and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power 20 which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places,

Yet it’s possible to have this power and never manifest it. If your soul, like a valve, stays closed to this truth, you won’t experience it. Without opening the valve by renewing your mind to God’s Word, the eternal reality in your spirit won’t be able to impact the temporal “reality” of your physical realm. All that resurrection life and power just stays locked up inside until you look into the spiritual mirror long enough to see the real you and release it.

You could actually die with all of the power that raised Jesus from the dead sitting untapped within you. It would be like dying of thirst while leaning against a well full of life-giving water. If you're dominated by what you feel, your soul is agreeing with the natural realm. "I feel sick and my body hurts. The doctor said I'm dying. Here's my medical record to prove it." Even though you have the resurrection life of God in your spirit, your soul can keep it shut off so that not one drop of life-giving power ever touches your physical body.

You can experience depression, anger, and bitterness all the while possessing God's love, joy, and peace in your spirit. (**Galatians 5:22** ²² **But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,**). Since this applies to every area of your life, can you see how pivotal your soul is?

Your body doesn't really control anything. It just goes with the flow of what it sees, tastes, hears, smells, and feels unless otherwise influenced by the soul. It's amoral—neither good nor bad. Left to itself, your body just reacts to and goes along with what's happening in the physical realm.

When your soul agrees with your spirit, the life of God in you will manifest itself in your physical body. You'll experience healing, deliverance, anointing, victory, power, joy, prosperity—on and on it goes.

So those of us that have been searching for victory ... This is where victory begins!!

Since most Christians don't have a working knowledge of spirit, soul, and body, they're dominated by what they can see, taste, hear, smell, and feel instead of being dominated by God's Word. The flow of life within stays turned off because they don't believe anything they can't see. Neither do they understand the change that happened in their born-again spirits, nor are they fully aware of who they are in Christ. To them, something's just not real if it can't be perceived through their five natural senses. Attempting to be "honest," they search their physical, emotional, and mental realms for God's power. If they can't perceive it, then they must not have it.

However, the truth is that old things passed away, and all things became new in your spirit the moment you were born again. Now, everything you'll ever need in your Christian life is already there. Just renew your mind and release it.

This truth revolutionized my life. I had experienced God's power and reality, but when the emotion of it wore off, I thought they were gone. I knew God and everything He promised was real, but I thought I had to try to get Him to give me things. This type of thinking leaves a person full of discouragement, frustration, anxiety and desperation. This type of thinking will make you feel like no matter how hard you try, you can never get there. Then I started to see that God had already given me everything in my born-again spirit. As this revelation dawned on me, I realized that I just needed to release it.

This simple understanding changed everything.

Since then, I've recognized that the Christian life isn't a process of "getting from God." Instead, it's a process of renewing my mind and learning to release what I've already received. It's much easier to release something I've already got than to go get something I don't yet have!

This incorrect concept of trying to get something you don't yet have carries within it an element of doubt. You see a promise in the Word concerning healing, joy, victory, power, provision, or whatever, and since you know God loves His children and keeps His promises, you start heading toward that, "believing God." You know it's possible—even promised—but since you can't perceive it yet in your mental, emotional, or physical realms, you don't believe it's already been done. In your mind, God's promise isn't a "reality" until you physically have it.

God placed everything you'll ever need *inside* your born-again *spirit*. **Once you** believe you've already got it, *doubt* is eliminated.

You aren't trying to get saved, you were saved. You aren't in the process of being born again, you were born again. When you confessed Jesus Christ as your Lord and Savior, your spirit instantly changed. In your spirit, you are brand new and complete. God has already given you everything you need. The rest of your Christian life isn't spent learning how to get from Him but rather discovering how to release what He's already placed within!