

Sunday, April 26th, 2026

Spirit, Soul, and Body

Week 2

Last week we talked about how God's Word is a spiritual *mirror*.

So, 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.

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.**

Philemon 1:6

Paul prayed for his friend: ⁶ **that the sharing of your faith may become effective by the acknowledgment of every good thing which is in you in Christ Jesus.**

The KJV says, "that the Communication of your faith." Every born-again believer already has the faith of God. The possession of faith is not the issue. We don't need to beg God to give us more faith. We need to learn to release what we already have. That's what Paul was praying in this verse.

The word "communication" means the release, transferal, or transmission of our faith works when we acknowledge all of the good things that are in us in Christ Jesus. Most of us are not aware of all the good things in us in Christ. Many of us Christians have bought the lie that there isn't any good thing in us.

Paul did say in **Romans 7:18**, ¹⁸ **For I know that in me (that is, in my flesh,) nothing good dwells;** but he qualified that statement by saying he was talking about his flesh. He was saying that apart from Christ, there wasn't any good thing in him. But he wasn't apart from Christ, and neither are we. We are in Christ Jesus, and there are amazing things in us in Christ.

Until we recognize all the good things in our born-again spirits, the release of our faith will not be effective. When we begin to learn what has happened to us in the spirit, the effectiveness of our faith will increase proportional to our knowledge.

It is not about what we must do, it's all about what has been done for us. Thank You, Jesus!

Old Testament principles don't necessarily apply to New Testament faith. That's why concepts like "getting more faith," "receiving a new anointing," "getting more of God," and "receiving a double portion" don't work. Out of ignorance, people say, "Elisha had a double portion of Elijah's anointing. Tonight is double-portion night! Come up here and we'll pray for you to receive twice as much anointing." Elijah didn't have the fullness of God. He only had a small part. So, Elisha could have twice as much as Elijah.

However, **John 1:16** reveals:

¹⁶ And of His fullness we have all received, and grace for grace.

Under the New Covenant, we have all received (past tense) His fullness.

As a believer, God gave you everything when you were born again. Old things passed away, and all things became new. In your spirit, you received the same measure of faith,

Romans 12:3

³ For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man THE measure of faith.

The same power, the same wisdom, and the same ability as every other Christian. Our spirits are all identical to the Lord Jesus Christ in every way. Your spirit isn't in the process of growing and maturing because it's already complete; you've already got everything!

The rest of your Christian life should be spent learning how to manifest in the physical realm what's already in your born-again spirit. The way your faith becomes effective, productive, and operative is by acknowledging every good thing in you (your spirit) in Christ. You can only acknowledge things that already exist, you can't acknowledge something that's not a reality. Therefore, in order for your faith to work, you must recognize, believe, and acknowledge the good things in you in Christ.

You won't see any manifestation of power, victory, or joy until you start renewing your mind and discovering what God had put inside you. As you begin acknowledging what He has already done, His presence and power will start manifesting in your life. Acknowledging the good things in you, in Christ will cause your faith to work and produce supernatural results.

Most Christians believe God can do anything, but they experience very little. Now that they've been born again, they know they have access to the Lord. They believe that God can release His power in answer to prayer, but whether something comes to pass or not depends on their performance (on being holy, speaking right, studying the Word, tithing, avoiding strife, and other things). This view short-circuits God's power because their focus

is on what they need to do instead of on what Christ has already done. It's not His power these Christians doubt but rather His willingness to use it on their behalf. They think God's power is out there somewhere, and they must do things in order to obtain it.

The truth is, when you were born again, God put His power, anointing, victory, joy, peace—everything—in you in abundance. The only reason they aren't manifest in your soul and body is your unrenewed mind. It's not that God didn't give it, but that you're still looking at the physical realm instead of His spiritual mirror.

One-third of your salvation is already complete! Right now, your spirit is as saved, sanctified, holy, and empowered as it will ever be throughout all eternity. Someday you'll receive a new body and a new soul to match up with your new spirit. Until then, it's your soul and body that are in the process of change, not your spirit. At the Second Coming of Christ, or when you die and go to Him, the change in your soul will be instantly completed. Either way, when the Lord returns, your spirit and soul will be reunited with your glorified body. At that time, all three will be perfect. But until then, the Christian life is renewing your mind and acknowledging the perfection already in your spirit so that your soul and physical body can experience the benefits of salvation.

Romans 12:1-2

¹ I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.

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

Don't be conformed to this world! Conformed means to be poured into the mold of. In life, you will encounter pressures from the world, from the devil, from unbelievers, and from circumstances. Although you can't avoid being melted, you can choose which mold you'll be poured into. When pressure comes, will you become bitter or better? As fiery trials arise, will you stand victorious or give in to defeat? The choice is yours, but you will be changed!

Be transformed by the renewing of your mind. Transformed in the Greek is the same word from which we derive metamorphosis. It's the picture of a little worm spinning a cocoon and then coming out as a butterfly. The way you transform, change, metamorphose from being bitter, hurtful, sick, and defeated into the loving, healed, healthy, and victorious person that God created you to be is through renewing your mind. Your spirit is already changed, and your body is basically your soul's caboose. Whatever you think in your soul, your body will just go along for the ride. Therefore, it's your mind, your thoughts, your attitudes that determine whether you experience victory and the life of God in your spirit or the defeat and death of the fallen natural realm. Renewing your mind to the Word facilitates your transformation.

God's Word tells you what is spiritually true. It gives you the new values and attitudes to which you should conform yourself. As you continually look into the Lord's spiritual mirror, you'll begin to see and experience yourself for who you really are.

Break / Offering

Our next Faith Builder Home Group is Wednesday, May 6th @ 6:30pm. The easiest way to stay informed is by **downloading** our church app.

Let's jump back into God's Word.

Romans 8:6

°For to be carnally minded is death; but to be spiritually minded is life and peace.

Carnal mindedness doesn't necessarily mean "sinful" mindedness. All sin is carnal, but not all carnality is sin. Carnal refers to the five senses; it literally means "sensual." Carnal mindedness is allowing your mind to be dominated by what you can see, taste, hear, smell, and feel. You are carnally minded when your thoughts center primarily on the physical realm.

Even in the natural, you've learned to believe in things you can't see. Radio and television signals constantly surround you. Microwaves heat your food. Because of germs, you wash your hands, whether they look dirty or not. Although these physical things can't be seen, you're still very aware of their presence in your life.

However, there's also an entire spiritual world—including realities within you—that exist beyond your natural perception. Your brain and five senses can't perceive it, but your soul can through God's Word. By faith, you can believe things that can't physically be seen.

Spiritual mindedness releases the flow of God's life in you, but carnal mindedness shuts it off. Simply stated, carnal mindedness equals death, and spiritual mindedness equals life and peace.

Death is anything that's a result of sin. This isn't limited only to the ultimate physical death of your body but includes all of death's progressive effects as well (sadness, loneliness, bitterness, illness, anger, and poverty, among others). In this fallen world, being dominated by your natural senses produces death.

But spiritual mindedness produces life and peace. Jesus declared 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.

When your thoughts are dominated by what the Word says, you're spiritually minded.

It doesn't matter what your physical circumstances might be—God can keep you in perfect peace.

Isaiah 26:3

³ You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.

As your mind stays on Him, your soul agrees with your spirit, and God's peace is released into your soul and body. Your born-again spirit is always in perfect peace—it's just a matter of drawing it out.

On the other hand, you won't experience the peace within, when your mind stays fixed on your problems. Peace—an emotion—is linked to the way you think. Your lack of peace isn't because of any circumstance or person; it's just that you've allowed your mind to be dominated by what you can see, taste, hear, smell, and feel. You're busy thinking about the potential damage, considering what the problem has done to others, and hashing through their opinions on the subject. All the while, God's **peace and** all the other Fruits of the Spirit have been present in your spirit, but you haven't **drawn it** out. Open that closed valve and let peace flow!

Believers shouldn't live like lost people who are trapped in their carnal, physical world.

Ephesians 4:17

¹⁷ This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind,

In context, "Gentile" was a non-Jew, someone not in covenant relationship with God. In other words, unbelievers don't use their minds to perceive spiritual truth.

Ephesians 4:18 talks about "having their understanding darkened." If you don't renew your mind and use it to study and meditate on God's Word, it'll automatically gravitate toward what you can see, taste, hear, smell, and feel. This darkens your understanding.

Understanding is the application of **knowledge**. **Knowledge** puts food into your mouth and chews. **Understanding** actually swallows and digests it so that the beneficial nutrients can be **released** into your body.

The knowledge of God is critical, but it must be understood to be useful. Without understanding, you can't release the life that's in it.

Without *spiritual* knowledge and understanding, your *mind* can't be *renewed*, and the *life* of God in your spirit can't be released. That's why understanding this revelation of spirit, soul, and body is the first step toward walking in life and peace.

We've talked a lot about feelings. Feelings should be the caboose not the engine. They were designed to follow what you think, not lead the way. When you let the caboose act like the engine in your life, you'll find yourself either going nowhere or heading straight for a train wreck. For a believer, this should not be.

Ephesians 4:20–24

²⁰But you have not so learned Christ, ²¹if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: ²²that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, ²³and be renewed in the spirit of your mind, ²⁴and that you put on the new man which was created according to God, in true righteousness and holiness.

Renew your mind to the Word, and put on the new man. **Ephesians 4:24** plainly reveals that your born-again spirit—the new man—was created after God in righteousness and true holiness. You need to recognize and acknowledge your true self in God's mirror. Right now, in your spirit, you are righteous and holy.

At times, you might think, I'm getting holier, but in reality, you're just referring to your actions in the physical realm. The degree of holiness you live outwardly may vary, but the nature of your born-again spirit is righteousness and true holiness.

That's why you must worship God in spirit and truth.

John 4:24

²⁴ God is Spirit, and those who worship Him must worship in spirit and truth.

Your spirit is the part of you that completely changed. Old things passed away. All things became new. You cannot approach God unless you come to Him through the righteousness and true holiness of who you are in your spirit.

You aren't worthy to come into His presence based on the righteousness and holiness of your thoughts and actions. Even at your best, you still fall short of doing everything you should. Even when you've been seeking the Lord wholeheartedly, you still have negative and impure thoughts in your mind. No matter how hard you try, you'll never measure up to God's perfection through your own efforts in the physical, emotional, and mental realms.

How then does God in His holiness fellowship with you if even at your best, you still fall short of His standards? **He communes** with you Spirit to spirit! You became a brand-new creature who is now righteous and holy. In your born-again spirit, you're as pure as Christ is because His righteousness has been given to you.

1 Corinthians 1:30

³⁰ **But of Him you are in Christ Jesus, who became for us wisdom from God—and righteousness and sanctification and redemption.**

Jesus Himself literally became your *righteousness!*

Since God is a Spirit, He looks at you Spirit to spirit. This is why you must worship Him in spirit and truth. You must come before Him in your spirit because it's the only part of you that's been created in righteousness and true holiness. God can only accept you based on who you are in your born-again spirit. That's why the new birth is so essential!

Anyone who hasn't received the Lord but tries to approach Him based on who they are in their actions and thoughts will always fall short of His glory. Even if they've made significant personal improvements, God cannot lower Himself to their level. There's no way they can approach, communicate, or fellowship with God because of their unholy nature. Man's performance simply cannot accomplish what only the new birth can do—change his spiritual nature.

Salvation call

When you were born again, your old spirit died, was instantly removed, and replaced. You became a brand-new creature with a recreated, elevated spirit. God literally sent forth the Spirit of His Son into your heart crying, "Abba, Father". Your spirit and His Spirit intermarried, merged, and became one to create a totally new person. That's why God's mirror reflects you as righteous, holy, and pure. The makeup of your born-again spirit is identical to Jesus Himself!

Fix your gaze on God's mirror. Let your spirit's reflected image dominate your thoughts. As who you are in Christ grows stronger in your heart, carnal "reality" must give way to spiritual reality. This is how you will experience life and peace.