

Sunday, May 3rd, 2026

Spirit, Soul, and Body

Week 3

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.

We've been talking about how God's Word is a spiritual *mirror*.

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 full benefits of your salvation.

Romans 12:2

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.

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.

Today, let's first look at **1 John 4:17**

¹⁷ Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world.

As He is, this is Jesus, so are you—right now—in this world. Notice how it's this world, not the next. The Word says now, presently, here on earth. It's not talking about heaven in the future. As Jesus is, so are you!

If you only look in your physical and soulish parts to see if you're like Jesus, you'll very likely conclude, "The Bible is so hard to understand!" You'll see all kinds of physical imperfections—baldness, wrinkles, bulges, or something else—that you know Jesus doesn't have. In your emotional realm, there may be depression, discouragement, anger, bitterness, and very little of God's kind of love. In light of these contrary facts, you could wonder, How can I be as Jesus is?

But now that you're beginning to grasp spirit, soul, and body, you know 1 John 4:17 must be speaking of your spirit. The born-again part of you is the only feasible explanation for "as Jesus is right now, so are you in this world." It's not your body, nor your soul, but your spirit that's as Jesus is. What an awesome truth!

Very few Christians truly believe this reality. Since their spirits can't be physically seen or emotionally felt, carnal facts consistently win over spiritual truth. Without looking at themselves in God's spiritual mirror, they just submit to what they see, taste, hear, smell, and feel. Many Christians remain carnally minded and experience its deadly effects instead of choosing to be spiritually minded and enjoying life and peace.

When you truly believe that you are, in your **spirit**, just as **Jesus** is right now in heaven—in all of His glory, power, and perfection—it **revolutionizes** your life. However, believing is just the first step. You must also learn how to release this reality from within. Just thinking this awesome thought once won't instantaneously change everything in your life. It's a process. As the seed of this truth becomes firmly rooted and established in your mind, a process of understanding, growing, and maturing begins in your soulish realm. Then, over time, you see radical changes manifest as you continue believing this truth and releasing God's corresponding power from within your born-again spirit.

What would you do if I told you there was a million dollars hidden in your front yard? It's buried (so you can't see or feel it), but it's there. Since nothing in the yard shows evidence of this truth, all you'd have to go on is my word and your sense knowledge. Which would you believe?

If you trusted what you could see and feel more than my word, you'd miss out on the treasure because you wouldn't pursue it. That money would stay buried, and you'd hardly ever think about it. Sure, someone might bring it up in conversation once in a while, but you wouldn't care. In fact, you could live in poverty just a few feet away from this abundant wealth hidden right there on your property. It could be that close, and you'd never benefit from it. Unless you believed my word, you'd do without the treasure.

However, if you trusted my word, you'd start digging! Although believing is an important step, it's just the first. You'd have to dig, find the money, and then bring it up out of the ground in order to benefit from it. If you had a backhoe and could take bigger scoops, you'd be able to find the treasure quicker than someone with just a spoon. Still, if both believed, both would eventually receive. You might get to the treasure faster than the fellow with the spoon, but if he didn't quit after going the first inch and getting a blister, he'd find the money too.

Even if all you've got is a spiritual spoon, you'll still hit pay dirt if you just keep digging. The more you know and understand God's Word, the quicker you'll start seeing spiritual riches manifest in your life. But before any of it works, you must acknowledge what's already there. In your spirit, as Jesus is, so are you in this world!

You are one with Jesus Christ right now.

1 Corinthians 6:17

¹⁷ But he who is joined to the Lord is one spirit *with Him*.

In Vine's Expository Dictionary, "one" means "to the exclusion of others." It's much deeper than mere similarity (or being joined together as "one" in purpose); this speaks of complete union. If there are molecules and atoms in the spirit realm, then you are molecule-for-molecule and atom-for-atom identical to Jesus. As He is, so are you in this world. In your spirit, you are completely one with Him.

By embracing the Word, you'll be able to see the perfection that's in your spirit start flowing out through your soul and body. It'll not only impact you but also others whom God touches through you. Virtue will flow out of you and heal people just like it did with Jesus!

I haven't tapped into all of it yet, but I've seen enough to testify. Like you, I'm still in the process of renewing my mind. But every believer has the potential of experiencing so much more. These truths will change you!

If you think that God's power is with Him somewhere out there, eventually you'll become discouraged. It's not that you won't believe God has power, but you'll doubt you can ever attain it. You must believe you are one with Him in spirit and that it's your responsibility to release His power from within in order to see it manifest.

You can't doubt you'll get something that you know you've already got! It's just a matter of releasing what He's placed in you. If you really believe, you'll keep digging until you eventually hit pay dirt, and something begins to work.

I didn't understand how faith worked for many years, but just knowing it was there motivated me to keep digging. The deeper I dug, the more I'd find. The more I'd find, the quicker and easier it became to dig. I laid my spoon down in favor of a shovel. After awhile, I'll toss the shovel aside and step up into a backhoe.

My attitude completely changed since discovering these truths. When problems came, I used to feel inadequate. I'd cry out, "O God, I know You've got power, but I'm just a man. I don't have any power at my disposal." Then I started realizing I'm not just a man anymore. One-third of me is complete. One-third of me is identical to and one with Jesus. One-third of me is wall-to-wall Holy Spirit! Because of the confidence, security, and faith this has given me, I can confront and overcome problems now that I wasn't able to before. As you keep digging, these truths will do the same for you.

Offering Break

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

No human being could have dreamt up the new birth and all of the realities that take place in our born-again spirits. It's just beyond our imagination that God would indwell us and that our spirits would be as He is in this world.

If you've received the revelation this far, you can say, "I see it! I'm a brand-new person in my spirit. Old things passed away, and all things have become new. As Jesus is right now, so am I in this world. My spirit, the real me, was created in righteousness and true holiness.

Many people who have seen these truths, who rejoiced over them, and who were immediately impacted have since sinned or gotten busy and forgotten. Something happened and they find themselves back in some of the same negative situations they were in before being born. Due to their own apparent failure, they feel, Maybe I was changed, but I've blown it...again. Regarding everything we've discussed this far about what happened at salvation, they argue, "That may have been so before, but I've blown it so much since then that it can't possibly be true of me now!"

I have good news—what God does in the spirit always remains constant and unchanging regardless of fluctuations in your performance.

The change occurred in the spirit, not the physical realm. In fact, one-third of your change is already complete. Your new man has been created in righteousness and true holiness.

Ephesians 4:24

²⁴ **and that you put on the new man which was created according to God, in true righteousness and holiness.**

You're not evolving into change because in your spirit, you already are changed.

Jesus became sin so you could become righteous.

2 Corinthians 5:21

²¹ **For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.**

Jesus became what you **were** so you could become what He **is**. **He took** your **sin** and gave you His **righteousness**.

Most of the church today acknowledges that Jesus paid the price for their sin but don't really believe they have become righteous. They think this will take place in the future when they arrive in heaven.

2 Corinthians 5:21 Typical Christians have accepted the first part of this verse but rejected the second half. They believe Jesus bore sin for us all, but don't believe He actually made us righteous. They refer that to something that happens off in the future in eternity.

However, Paul made the forgiveness of our sins and our becoming righteous a “package deal.” That is to say, if one part is true, then the other part is true. It's like a coin. Coins have two sides. You can't have only “heads” or only “tails.” All coins have both. Likewise, any person who accepts that Jesus paid for our sins also has to accept that He made us righteous—you are righteous!

God doesn't look at you the way you look at yourself. He looks upon your spirit and sees that you are righteous. Most people pray, “O God, I'm so sorry. I've failed You miserably again. How can You love me? Have mercy!” They don't recognize the truth that the performance of their bodies and souls, either good or bad, has absolutely no bearing on whether or not God accepts them. If you're born again, it doesn't matter if you've rebelled or just aren't everything you should be. God sees you as righteous and truly holy because He's looking at your spirit. God is pleased with you!

Ephesians 1:5–6

⁵ having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, ⁶ to the praise of the glory of His grace, by which He made us accepted in the Beloved.

Accepted means more than just mere toleration. He's literally pleased with you! You might not be pleased with the shape your mind or body is in, but God sees you in the spirit. When you were born again, you became a brand-new creature, and He's pleased with His workmanship.

Accepted in Ephesians 1:6 is the same Greek word translated “highly favored” in **Luke 1:28.**

²⁸ And having come in, the angel [Gabriel] said to her [Mary], “Rejoice, highly favored one, the Lord is with you; blessed are you among women!”

These are the only two places in Scripture where this particular Greek word is found. Therefore, as the woman who bore Christ was accepted, so you are highly favored of the Lord.

Did you know, that **once** you **believed** and you were **saved**, you were **sealed** with the Holy Spirit?

Ephesians 1:13

¹³ In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise,

Your born-again spirit was created in righteousness and true holiness. As Jesus is, so became your spirit right here in this world. It became one with the Lord. Then, all of this goodness was immediately sealed tight with the Holy Spirit.

When someone cans food, traditionally, you would seal the jar with paraffin seal. This makes an airtight seal that preserves and protects the food within. Airborne impurities are prevented from getting inside and causing the food to rot and spoil. That's how this word seal is used in Ephesians 1:13.

When you were born again, your spirit was immediately encased—**vacuum-packed**—by the Holy Spirit for the purpose of preservation. When you fail in any area of your life after being saved, the rottenness, uncleanness, and defilement that comes to your body and soul do not penetrate your spirit. This Holy Spirit seal keeps the good in and the bad out.

God doesn't look at sin the way people do. To Him, sin isn't only doing something wrong by violating a command, it's also not doing something right that you should have done.

James 4:17

¹⁷Therefore, to him who knows to do good and does not do it, to him it is sin.

Nobody loves their mate exactly like Christ loved the church. No one is as passionate about ministering to others as they should be. None of us meditates on the things of God as much as we could. Therefore, according to God's definition of sin, everyone constantly falls short.

If you don't understand that the Holy Spirit encased your born-again spirit, your conscience will eventually give you the impression that you've lost the righteousness and true holiness your spirit was created in. Your conscience, with its knowledge of right and wrong, constantly bears witness to your mind about your thoughts and actions. If you aren't careful, you'll allow the knowledge of your failures to affect you. You'll think, Well, when I was born again, God gave me a brand-new start, but I've failed since then. You may confess, try hard, and get back to where you feel like, Now I'm back on track and everything's fine, but it won't be long before your conscience shows you something else. If you go up and down like this day after day, year after year (which a lot of believers do), after a while, you'll think, What's the use?

Yet, the truth is that your spirit was sealed. Sin and its effects cannot enter into your spirit. When you sin, your spirit does not participate. It retains its original holiness and purity—and will for eternity.

1 John 3:9

⁹Whoever has been born of God does not sin, for His seed remains in him; and he cannot sin, because he has been born of God.

This means you are as righteous and holy now, in your spirit, as you will ever be!

Many people struggle to understand 1 John 3:9 because its context clearly shows that Christians do sin:

1 John 1:8

⁸ **If we say that we have no sin, we deceive ourselves, and the truth is not in us.**

1 John 1:10

¹⁰ **If we say that we have not sinned, we make Him a liar, and His word is not in us.**

1 John 2:1

² **My little children, these things I write to you, so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous.**

These are three instances from the same letter where the writer, the apostle John, talks about sinning. The first two communicate, “If you say you haven’t sinned, you’re a liar.” He adds, “I’m writing to you so that you will not (future tense) sin. But if you do sin, you have an advocate with the Father.” Then, in **1 John 3:9** he declares, “If you’re born of God, you cannot sin.” That sounds very contradictory.

Both Scripture and experience reveal that Christians can sin. The context of the book of 1 John shows that **chapter 3**, verse 9 is not saying that it’s impossible for a born-again believer to do something that’s sin. Yet, it also clearly says that if you’re born of God, you cannot sin. How can this be?

Some people take 1 John 3:9 to mean you can’t “habitually” sin. Several Bible translations now even render it this way. People who think along this line preach: “If you were a drunk before you were saved, you might get drunk once or twice, but if you’re truly saved, you won’t habitually sin. Eventually, you’ll see victory in that area, or you weren’t truly born again.”

In order to embrace this view, you have to categorize sin—which God doesn’t. To Him, there are no “big” sins and “little” sins. By His definition, we all habitually sin. We all habitually fail to study God’s Word as much as we should. We all habitually fail to love others the way we should. We all habitually fail to be as considerate as we should. We habitually get into self-centeredness, and God has to habitually deal with us about it.

Sometimes, we also pass over things that God calls sin. For instance, the Lord views gluttony the same as drunkenness, adultery, and murder (Deuteronomy 21:20). Gluttony is a sin that can only happen habitually. You can’t become overweight by eating just one large meal. Even if you gorged yourself, it would only make a pound or two of difference. In order to gain an extra fifty to a hundred pounds, you’d have to do it again and again. Being

overweight is a habitual sin. This isn't said to condemn anyone but to put things in perspective.

If you understand spirit, soul, and body, the interpretation of 1 John 3:9 is obvious. Your spirit is the only part of you that's been born of God. Your soul and body have been purchased, but not yet redeemed. Therefore, your spirit cannot sin even though your body and soul can. **This means** your ***performance*** doesn't affect the ***purity*** and ***holiness*** of your spirit.

This truth is pivotal to your relationship with God. If you tie His acceptance to your performance, you'll always come up short. You might do better than certain other people, but your own conscience will condemn you. Eventually, it'll keep you from enjoying God's love and blessings because you know that you've tried and tried but still have faults after all these years. When you understand spirit, soul, and body, you know that it was your spirit that changed. Created in righteousness and true holiness, it's been sealed by the Holy Spirit so no sin can penetrate it. The righteousness you were born again with stays uncontaminated. Since God is a Spirit, He always deals with you Spirit to spirit. No matter how you're performing, you can always approach Him in your born-again spirit. That's awesome!