

Sunday, May 17th, 2026

Spirit, Soul, and Body

Week 5

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.

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.

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. The Word says now, presently, here on earth. As Jesus is, so are you!

Studying God's Word will draw out the wisdom that's in your spirit.

Your goal is to facilitate *single*-mindedness. You are not trying to get the Word of God into your spirit because the mind of Christ already knows all things. You are trying to get God's Word into your soul so that your spirit can bear witness with it. Remember our **illustration**?

1 Corinthians 2:16 says:

¹⁶ But we have the mind of Christ.

As a New Testament believer you have the mind of Christ in your born-again spirit. You can understand the things of God!

When you were born again, your old sin nature left behind a body.

Romans 6:6

° knowing this, that our old man was crucified with *Him*, that the body of sin might be done away with, that we should no longer be slaves of sin.

That's why you still feel a drawing toward sin even though you're dead to it. Your old man was crucified, has died, and now is gone, but its effects are still being felt through your physical body and unrenewed mind.

Your natural mind was programmed to act like the child of the devil that you were before receiving the Lord.

Ephesians 2:1-2

¹ And you *He made alive*, who were dead in trespasses and sins, ²in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience,

You were taught how to be selfish, angry, lustful, critical, greedy, bitter, and to do all the other sins that you did. But now that you're born again, your heavenly Father has adopted you into His family and given you a brand-new, righteous nature. However, your old man left behind a body. This means your physical mind will continue functioning like a computer under its prior programming until you renew it to God's Word.

You have **one** nature but **two** minds. If you think you have both the old nature and the new one inside, you're going to think you are two different people at once. That's schizophrenic. You only have one nature, the new one. But you do have two different minds, the **unrenewed** mind (**flesh**) and the **mind** of Christ (**spirit**).

The key is to reprogram your **physical** mind to agree with your **spiritual** mind. Your spirit is always for God, always thinks on who you are in Christ, always considers what you have in the Lord, and always believes what you can do in Him. As you renew your natural mind to think like your spirit, you'll experience the life and power of God within you.

It's that simple, but not that easy. If you tapped into the spirit realm as a brand-new believer, only listened to who you are in Christ, and let the Holy Spirit instruct you without any negative outside influence (human, religious, or demonic), you would naturally start radiating and manifesting the life of God in your thoughts and actions. Yet, life's just not that way. You've been programmed wrong and need reprogramming. The enemy lies to you, and friends, family, and religious people say, "Oh no, you don't have the nature of God! You're just an old sinner saved by grace. You can't do these things." These voices constantly challenge you not to believe what your spirit is saying. Due to this, you manifest the life of God from your spirit only to varying degrees, depending on how well you renew your mind.

Your physical mind decides whether you'll be dominated by your spirit or your flesh. If you don't renew it with God's Word, your natural mind will automatically gravitate toward what it can see, taste, hear, smell, and feel. You must get into God's Word and mix it with faith in order to be led by your spirit.

Offering Break

Galatians 5:16

¹⁶ **I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.**

It's like a little kid who has a hard time buttoning their shirt. It's, at first, a problem until they reprogrammed their mind. As they grow up, they don't even have to think about it. It becomes "second nature."

You can mistake something that comes so naturally to you today as your "nature," when in reality, it's something you learned. The reason you still do some of the things you do is that you haven't renewed your mind. Your old sin nature isn't in there forcing you to do things like before you were born again. You've just acted on these negative things and had them reinforced by the carnal world around you so often that they've become established patterns of thinking and acting. If you're born again, you're not evil inside. You just need to reprogram your mind to God's ways of thinking and acting.

Jesus has set you free! There's no sinful nature inside of you that you're warring against. That old man is dead and gone. If you aren't manifesting your freedom in every area of life, it's because you're ignorant of it. You haven't renewed your mind, and your flesh still dominates you in different ways. Personally, I've experienced a tremendous amount of victory, but I'm still in the process of renewing my mind just like anybody else!

The "**flesh**" is not really describing a "**sinful nature**" after you've been born again. Rather, it more accurately refers to every thought, emotion, desire, and part of you that isn't under the control of your brand-new righteous spirit.

Technically speaking, **what's** true of the **Holy Spirit** is also true of your **born-again spirit** because they are **one**.

1 Corinthians 6:17

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

There aren't capital letters in the Greek. Translators decided from the context of a passage whether to render it "Spirit" or "spirit." Either way—Holy Spirit or born-again spirit—the same point is made.

Galatians 5:16

¹⁶ **I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.**

The thoughts, desires, patterns, and habits that were established in you through the old sinful nature will begin to diminish as you choose to be dominated by your spirit instead. You don't have to continue in bondage to lust, alcohol, hatred, drugs, strife, gossip, depression, sickness, discouragement, disease, poverty, or anything else that's ungodly.

You can break all of those things off because in your spirit, you're already free. It's just a matter of renewing your mind and beginning to see who you are in Christ manifest. As that happens, you won't fulfill the lust of the flesh. Isn't that Awesome!

Prayer