



order of importance?
Will everyone answer this question the same way?

It would be dangerous to make assumptions here, but spirit may well come at the end of the list more often than not.



What is the danger in this?
Why do we say "body, soul and spirit" rather than "spirit, soul and body"?
What is the difference? Which is better?



Most Christians neglect the needs of their bodies. True or false?
Most Christians neglect the needs of their souls. True or false?



Three or One?
 It is healthy to think of ourselves as having three parts. It helps us to recognise and meet the needs of each. But it also has a danger attached to it. We are one, not three. God created us in such a way that each of our parts needs the other, and the health of each part affects the health of the others. Each part of our being is separate but they are also very closely interlinked and interdependent.

The most obvious example.



What is the body without the spirit? James 2:26
 The biblical definition of death is the separation of the body and spirit.

How does the health of our bodies affect our soul and spirit?



What happens when you are tired?
What happens when you are hungry?
What happens when you are sick?

If your emotions are not in a good way one of the first set of questions that need to be asked are:

- Are you eating properly?**
- Are you getting enough sleep?**
- Are you physically safe?**



What happens when you exercise?
 You release endorphins and your soul get a natural high!

This effect is not only in one direction.
If you are depressed what effect does it have on your energy levels?
When you are in love what effect does it have on your energy levels?

How does a psychosomatic illness work?
How does the placebo effect work?

Our mental state affects our physical state. That is how we are made.

Is this true of the spirit too?



Is it only your body that can be sick? Psalm 119:28, Psalm 34:18.

What does the Christian faith contribute to the health of your body?
What does the Christian faith contribute to the health of your soul?
What does the Christian faith contribute to the health of your spirit?



Next week we will consider a bunch of bible verse that talk about body, soul and spirit and consider what they mean and what they have to teach us.

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. 3 John 2

FREEDOM

Christian Church

Body, Soul & Spirit



May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 1 Thessalonians 5:23



According to this verse, what are we made up of?
 The Bible teaches that we are a tripartite being, we are made up of three parts. Our visible part we call a body, our invisible side we can divide, as the above verse does, into soul and spirit.



Our Tripartite nature reflects God's triune nature.
 Not everyone agrees. There has been much debate as to whether we are tripartite; body, soul and spirit, or bipartite; a visible part (the body) and an invisible part (the soul and spirit combined.) It is certainly true that the Bible itself does not always differentiate between spirit and soul, sometimes it uses either of these interchangeably to mean the immaterial part of our being. Often it uses words like heart, innermost being, or mind.



Some people would even say that since our soul/spirit is a product of our brain, a body is all we are. To an extent this is true.
Do you agree?

If you cut up a person's brain will you find a separate area that is just soul or spirit?
 No, you won't, but we do believe that a persons spirit continues to exist after their death.



Historically the argument as to whether we are bipartite or tripartite has been more heated than the difference it makes. An older generation of Christians felt the need to argue passionately over such things.

What do you think, are we bipartite or tripartite?



Are the soul and the spirit the same thing? Hebrews 4:12

It is clear there is a crossover between our souls and spirits. Even the verse above which states that they are different also implies their separation is almost impossible. The bibles looseness of language acknowledges this. But considering soul and spirit separately is helpful, so for the sake of this study, we will all be tripartite!



What is your body?
What is your soul?
What is your spirit?

Simple definitions.

Our body is obvious, although the New Testament sometimes uses words related to our physical bodies to describe our old sinful natures (flesh).



www.freedom.gen.nz
 studies@freedom.gen.nz
 Pastor Ray Moxham

Our soul is our mind, thoughts, our feelings, our will and our emotions. It enables us to be self-aware. The Greek word for soul is psyche. It is our headspace.

Our spirit is the part of us that enables us to know God and communicate with God who is Spirit John 4:24. Our spirit is our core identity and the part of us that lives on after death. It is our life force, conscience and higher nature.



Our bodies enable us to interact with the physical world around us.

Our souls that enable us to interact with other people. To have relationships.



Our spirits that enable us to relate to God.

It has been said:

We are a spirit.

We have a soul.

We live in a body.



It has also been said:

A soul is what you get when you combine a spirit with a body!

We need to recognize the components of which we are made up. Each part of us has needs.



What do our bodies need?

Food, water	Rest
Air	Exercise
Warmth, shelter	Clothes



What happens if we neglect the needs of our bodies?

Do we look after our bodies as much as we should?



What do we need to do to be physically healthy?

Eat right	
Exercise right	



Be medically aware

How healthy is your body?

What should you do about this?



What do our souls needs?

Shoes.	stimulation
To love & be loved	Rest
relationship	security



Peace

What happens if we neglect the needs of our souls?

Do we look after our souls the way we should?



What do we need to do to have healthy souls?

Think right	
Do relationships well	



Be self-aware

What happens if your soul is unhealthy?

Do you know your mental health?

What are the best things you can do to today help your soul be healthy?



What does our spirit need?

A relationship with God	
Worship something greater than ourselves	
Self-actualisation – fulfilment.	



What happens if we neglect the needs of our spirits?



What do we need to do to be spiritually healthy?

Talk to God	Serve.
Be filled with the Spiritual	



Worship

How spiritually healthy are you?

If you are not, what are you going to do about it?

Our contemporary culture is increasingly aware that we have spiritual needs.

How does our society want to fill those needs?



What evidence is there in the world around of peoples spiritual needs?

Just out of interest.

Which of your list of needs had the most items in it?

Is this significant?

Which of this list had the most subtle needs?

It is probably true to say that our body shouts its needs while our spirits whisper.



Which is most important, body, soul or spirit?

We all agree that each of these is important. Most Christians would consider their spirits to be most important, then their souls and lastly their bodies.

Is this true?

What is the danger in this?

The danger in this is that we devalue the needs of our bodies and souls because we prioritise our spirits.



What order would the average person in the street rank body, soul and spirit in