

✓ Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he said to them, "Why are you thinking these things? Mark 2:8  
**How do you know something in your spirit?**

Jesus is exercising what we today would call a word of knowledge. This reminds us that the gifts of the spirit work in cooperation with our spirits.  
*The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit. 1 Corinthians 2:14*

✓ *The Spirit himself testifies with our spirit that we are God's children. Romans 8:16*  
**According to this verse; how do we know we are saved?**

✓ *Create in me a clean heart, O God; and renew a right spirit within me. Psalm 51:10*  
**What is a right spirit?**

✓ *After David had finished talking with Saul, Jonathan became one in spirit with David, and he loved him as himself. 1 Samuel 18:1*  
**The word spirit here is nefesh usually translated life or soul.**  
**What does it mean to be one with someone in spirit?**

✓ *For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. Galatians 5:17*  
Paul uses flesh here not so much to describe our bodies but our sinful natures.  
**Is the body naturally sinful?**

Bodies are neutral and the propensity to sin (sometimes loosely called original sin) is found in our souls and spirits too.

**What point is Paul making here?**

As believers we (almost) always but part of us seems to pull against this. It is this that Paul calls the flesh and he calls for us to put it to death.

✓ *I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh. Ezekiel 11:19*  
**What is a divided heart?**  
**What is the new spirit here and how does it contrast with as heart of stone?**

✓ *A cheerful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22 cf Proverbs 3:7-8; Proverbs 14:30*  
**What is this saying?**  
**How does it work?**

? **Which part of us sins?**  
**Which part of us gets saved?**  
**Which part of us dies?**  
**Which part of us worships God?**  
Yes, folks, these were trick questions. Each of these acts is seen as part of the whole being; Spirit, Soul and Body.  
(eg. Which part of us sins? Micah 6:7, 2 Corinthians 7:1, Zechariah 13:2, Ezekiel 18:4)

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# FREEDOM

## Christian Church

### Spirit, Soul and Body

✿ Last week we looked at the various needs of our bodies, souls and spirits and how each part of us affects the whole. This week we are going to look at a bunch of verses that relate to body, soul or spirit.

▶ **Revision**  
**The body is...**  
**The soul is...**  
**The spirit is...**

✓ *My soul is weary with sorrow; strengthen me according to your word.. Psalm 119:28*  
**What is weary soul?**  
**How do souls get weary?**  
**According to this verse what will strengthen our souls?**  
**How is this going to work?**  
*The law of the LORD is perfect, reviving the soul. The statutes of the LORD are trustworthy, making wise the simple. Psalm 19:7*

✓ *He restores my soul; Psalm 23:2*  
**Why might your soul need to be restored?**

✓ *Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God. Psalm 42:11*  
**What is a downcast soul?**

✓ *Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:29 cf Psalm 62:1*  
**What is a rested soul?**  
**How will, your soul find rest?**

✓ *The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalm 34:18*  
*The human spirit can endure in times of illness, but a crushed spirit who can bear? Proverbs 18:14*  
**What is a crushed spirit?**  
**Why is it so hard to bear?**

✓ *What good is it for someone to gain the whole world, yet forfeit their soul? Mark 8:36*  
*Matthew 16:26*  
**What did Jesus mean by this?**  
**How do you forfeit your soul?**

✓ *Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. 1 Peter 2:11*  
**In what way do sinful desires war against our souls?**

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 *And the dust returns to the ground it came from, and the spirit returns to God who gave it. Ecclesiastes 12:7*

**What dust is being referred to here and what happens to it?  
What happens to the spirit?**

 **Read 2 Corinthians 5:1-4**  
**How is our body described?**  
**What is the heavenly dwelling that is described?**  
**What does Paul mean by naked here?**  
**Why are we groaning?**

 *Our body is a tent, (cf 2 Peter 1:13) that is temporary and perishable. The heavenly dwelling is not heaven it is a heavenly spiritual body like the one that Jesus had after his resurrection. Even in eternity, we retain a body, for at the resurrection we receive a new body. We will never be 'pure' spirits. In fact, to be out of the body is to be naked. Paul considers this a temporary abnormal state. Paul describes this in more detail in 1 Corinthians 15*

 *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies. 1 Corinthians 6:19-20*

**What does it mean your body is a temple?**  
**What are temples for?**  
**How is a temple different from a tent? What does each emphasize?**  
**If my body is a temple then....**  
**How do you honour God with your body?**  
An early heresy that infected the church was the idea that as long as you kept your mind pure you could do whatever you wanted with your body.  
**If your body is a temple does it matter what you do with it?**

 *Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God- this is your true and proper worship. Romans 12:1*

**What are we to do with our bodies?**  
**Give some examples of what this might mean.**  
**Don't we worship God with our minds?**

 *Then the LORD God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. Genesis 2:7*

**What happened to our bodies to make us alive?**  
The word for being here is nefesh, which is otherwise translated soul or life.  
**How does the dust of the earth contrast with the breath of God?**  
**Do you ever feel this tension?**

 *He answered, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, "Love your neighbour as yourself." Luke 10:27*

**How do you love the Lord with your heart?**  
**How do you love the Lord with your soul?**  
**How do you love the Lord with your strength?**  
**How do you love the Lord with your mind?**

 *No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. 1 Corinthians 9:27*

**What does Paul mean by this?**  
**In what way is our body to be a slave?**  
**What is the other option?**

Paul is not suggesting that we should get into flagellation or masochism. Beating ourselves is not going to make us holy or spiritual. What he is saying is that he will not be ruled, governed or controlled by his body, he will control it. After all, as Jesus pointed out, the flesh is notoriously weak. Mark 14:38.

 *Each of you should learn to control his own body in a way that is holy and honourable, 1 Thessalonians 4:4 cf Romans 6:12 ;19, 1 Corinthians 6:13.*

**How to? what end?**  
The Greek is *Somma*; which is normally translated body but is also translated, slave.  
**What does it mean to make your body your slave?**  
Our bodies do what we train them to do. This is true of addictions and habits.

 *Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 2 Corinthians 4:16*

**What is wasting away?**  
**What can you do about this?**  
**What isn't?**  
**How are we renewed?**  
**Why are we not going to lose heart?**  
**How are you going to age gracefully?**

 *Give ear and come to me; hear me, that your soul may live. Isaiah 55:3*  
The spirit cannot live by itself it needs constant renewal by God's Spirit.

 *For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. 1 Timothy 4:8*

**What value is Physical exercise?**  
**What are its limitations?**

 *Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. Matthew 10:28*

**What point is Jesus making?**  
**Who has power to kill the body?**  
**Who has power over the soul?**

We noted last week that the Bible is not totally constant in the way it uses spirit and soul. Usually it is the Spirit that lives on but here it is the soul. The one who has power over the soul here is God, not Satan.

 *But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you. Romans 8:10-11*

**What promises are found here?**  
**What does it mean to be alive in spirit?**  
**What effect does this have on our conscience?**  
**Is this effect permanent?**

 *But whoever is united with the Lord is one with him in spirit. 1 Corinthians 6:17*

**What part of us naturally responds to God?**  
**What does this mean?**  
**How does it happen?**

When we became a Christian the greatest change was in our spirit. God's Holy Spirit gives birth to our spirit. John 3v6. Our spirit becomes alive. Romans 8v10. We become new creations. 2 Corinthians 5:17.