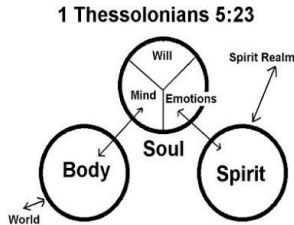


**Spirit, Soul, Body**  
**Additional Teaching Notes**  
**Rachel Howard- Thrive in 2025! February Teaching**

**Meet the Real You!**



**You are a spirit being who has a soul and lives in a body.**

**1 Thessalonians 5:23- And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.**

**Your Body -**

This is your “earth suit”. It is your connection to this world.

It is a vessel through which you experience all that is in the natural, the visible realm.

It is the vehicle through which we communicate with others in this life.

Our 5 senses operate in our body (see, hear, touch, taste, feel)

The body is not sinful. The body can be used for sinfulness as well as righteousness. A believer’s body should be a carrier of the glory of our God!

The body is decaying and dying as a result of original sin.

Our body is the home of the Holy Spirit’s presence, and we are the Holy Spirit’s physical connection to this world. - **SELAH!!!**

**A tent- II Corinthians 5:1-8**

**(Roman’s 6:12)**

**Therefore do not let sin reign in your mortal body so that you obey its evil desires.**

we have to understand what kind of body we have. Paul calls it a *mortal* body. That word, *mortal*, means your body is *susceptible, liable, or under the influence of death*.

**Your Soul**

Your soul houses your mind, will and emotions. Some would say your “personality”

Your mind = what you imagine

Your will = what you want

Your emotions = what you feel

Think of it as the neutral ground between your body and your spirit. Here is where you exercise the gift God gave you, known as “free will”

## Your Spirit

Your spirit is your connection with God.

It is the innermost part of you. It is the deepest part of you.

Your spirit knows perfect fellowship with God - **(I Corinthians 2:10-12)**

**10 - But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God. 11 For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.**

**12 Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.**

The Holy Spirit communicates with our spirit, sharing what He knows of God. He is the Spirit of God. He knows God fully.

The Holy Spirit speaks to our spirit and gives each believer the privilege, the blessing of internal, eternal connection with God Himself!- **SELAH!!!**

Your body belongs to God

**(I Corinthians 6:19)**

**What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?**

Your spirit is one with God - **(I Corinthians 6:17)**

**But he that is joined unto the Lord is one spirit.**

Your spirit, soul and body are owned by God - **(Ephesians 1:14)**

**Which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of his glory.**

## The New Creation

We are all born sinners - **(Psalm 51:5)**

**Behold, I was shapen in iniquity; and in sin did my mother conceive me.**

Every believer, at one time, had the nature of the devil working in us **(Ephesians 2:2-3)**

**Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience:**

**3 Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.**

When we became born again, we received salvation, and we become a new person in the spirit. - **(II Corinthians 5:17)**

**Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.**

It is important to understand that it is not talking about our physical body, or our soul. These 2 parts of us did not automatically become new. That is a process. However, our spirit became

a brand new being immediately upon receiving Jesus Christ as our Lord and Savior. The old sin nature is GONE! - **(II Corinthians 5:17) Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.**

Many believers believe that they are alive to sin and that they, through much frustration and striving battle their sin nature their entire lives. They live a schizophrenic Christian life, nothing like Christ and nothing like the life we have been called to live. The life that Christ died to provide. We are not to continue in sin **(Romans 6:1-3)**

**1 What shall we say then? Shall we continue in sin, that grace may abound? 2 God forbid. How shall we, that are dead to sin, live any longer therein? 3 Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death?**

Your spirit becomes as pure and perfect as Jesus. - **(I John 4:17)**

**Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world.**

**(I Corinthians 6:17) But he that is joined unto the Lord is one spirit.**

**( Ephesians 4:24)**

**And that ye put on the new man, which after God is created in righteousness and true holiness.**

**To experience the freedom that comes through this, we must understand a few things**

**\*Once you are baptized into Christ, you experience a death of your old sin nature.** It is gone! - **(Romans 6:3).**

**Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death?**

Am I saying you become perfect? NO! Am I saying that you will never sin again? NO! I am saying our nature has been changed! You do not have to sin! Now you have the responsibility of deprogramming this computer inside of you, know as the your brain.

\*You reprogram your brain through the renewing of your mind. - **(Romans 12:1-2)**

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

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

You renew your mind through the reading and applying of the Word of God to your every day life, your every decision.

\*Your old man is crucified with Christ - **(Romans 6:6)**

**6 Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.**

There are no laws, punishments, programs that can produce this change. It only happens when we become a new creation in Christ and our sin nature is crucified with Christ, and our mind is renewed to the knowledge of Christ.

**THIS IS EXACTLY WHERE THE DEVIL WANTS YOU TO BE. IT IS A DECEPTIVE TRAP THAT KEEPS MANY CHRISTIANS IN BONDAGE TO SIN constantly a “battle” that has already been won!!**

Many believers believe that they are alive to sin and that they, through much frustration and striving battle their sin nature their entire lives. They live a schizophrenic Christian life, nothing like Christ and nothing like the life we have been called to live. The life that Christ died to provide. We are not to continue in sin **(Romans 6:1-3)**

**STOP SEEING YOURSELF AS “JUST A SINNER SAVED BY GRACE”** - Find that phrase in the Bible! You can't because IT IS NOT THERE. This is a “humble” statement about yourself. It is a lie from the father of lies- Satan himself!!

**(John 8:44)**

**Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.**

Paul never addressed believers that way, Jesus never addressed believers that way! It is impossible to be a “sinner” and a “saint” at the same time. Understand who you are: A saint who sometimes sins. As long as you see yourself a sinner, you will struggle with sin. You have a sin consciousness that must be replaced with God consciousness. God has given you all that you need, but this is something you have to do. He won't do it for you.

**\*Remember, if you see yourself as a grasshopper, everyone else will also!**

**(Numbers 13:33)**

**And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight.**

**I do not have exact bibliography for this lesson. I have taken notes over the years listening to the following teachers. This lesson is composed of their teachings and some of my own studies:**

**Andrew Wommack**