

SPIRIT, SOUL, AND BODY

Understanding How God Designed You to Function

CORE TRUTH

You are a spirit, you have a soul, and you live in a body. Lasting change happens when you understand which part of you God transformed at salvation and which parts must be renewed.

KEY SCRIPTURES

1 Thessalonians 5:23
Hebrews 4:12
Genesis 2:7
Romans 12:2
James 1:21

TEACHING

Scripture teaches that humans are three-part beings: spirit, soul, and body. Confusion in the Christian life often comes from not understanding how these parts function together.

At salvation, your **spirit** was recreated. Your spirit is the part of you that is born again, righteous, and united with God. It is complete, holy, and lacking nothing. Your spirit does not grow stronger—it is already perfect.

Your **soul** consists of your mind, will, and emotions. The soul is not instantly changed at salvation. This is why believers can love God deeply yet still struggle with wrong thinking, emotional reactions, or habits. The soul must be renewed through God's Word.

Your **body** is your physical flesh. It responds to what it is trained to follow. The body is not sinful by nature, but it will follow either the soul or the spirit depending on which one is in control.

Many believers try to fix soul and body issues by praying harder instead of renewing their mind. God does not renew the mind for you—He provides the truth, but you must choose to believe it.

When the soul agrees with the spirit, the body follows. This is how real transformation occurs.

PRAYER

Father, thank You that my spirit is fully alive and complete in Christ. Teach me to renew my mind so my soul aligns with truth and my body follows righteousness. Amen.

PERSONAL REFLECTION

Do my thoughts align more with my feelings or with God's Word?

Which part of me has been leading my decisions—spirit or soul?

APPLICATION

Choose one Scripture this week and meditate on it daily, allowing it to reshape your thinking before addressing behavior.

HOW TO TELL THE DIFFERENCE

- **Spirit-led responses** are calm, confident, and rooted in truth
- **Soul-led responses** are reactive, emotional, and fear-driven
- **Body-led responses** seek comfort, avoidance, or instant relief

Learning to pause and identify what is driving your response is key to maturity.