

# The Tri-Unity of Mankind

## Spirit *with a Soul, in a Body*

1 Thess. 5:23; Heb. 4:12

**We are spirits  
with a soul (destiny),  
in a body**

**Spiritual  
Spirit**

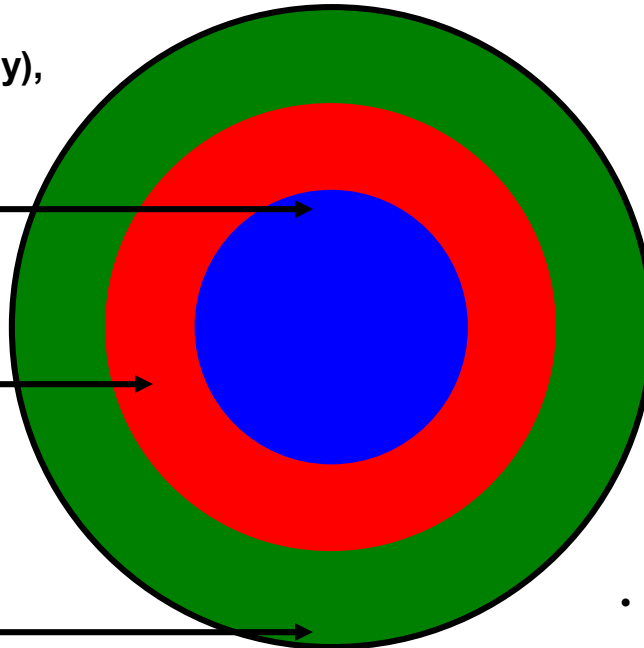
(1 Corinthians 2:14)

**Spiritual  
Soul**

(Destiny  
Psalm 139:13-18;  
Rom. 8:28, 29;  
Eph. 1:5,6;  
1 Thess. 5:23)

**Body**

**(Limbic system, brain, the other organs,  
immune system, the other systems)**



- 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.  
- 1 Thess. 5:23
- “For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of **soul (destiny)** and **spirit**, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart (spirit).” – Hebrews 4:12

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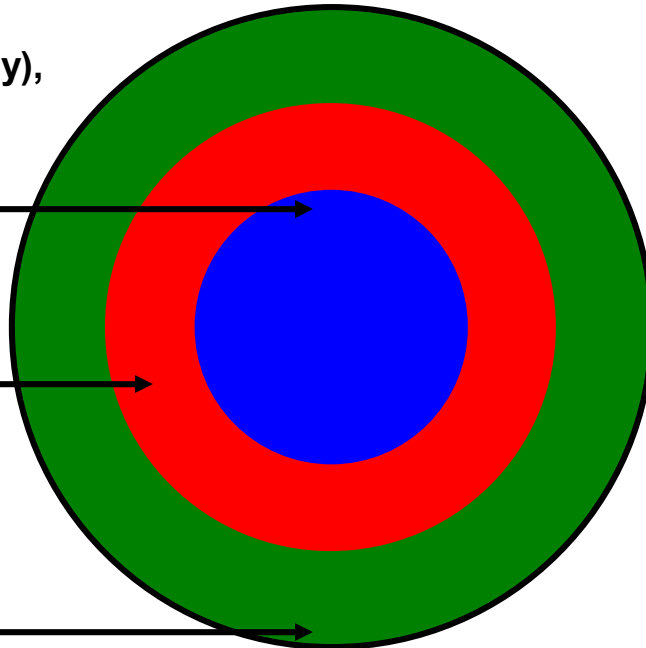
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1 Corinthians 2 teaches us, “For no one can know the things of a person except that person’s own spirit. Even so no one knows the things of God except the Spirit of God” (verse 11). The spirit of a person is deeper than the mental understanding or the faculties of memory and reason, and that our spirit is the only thing that knows all about us. Our brains don’t know all about us. There are things about us that our brain hasn’t yet discovered.

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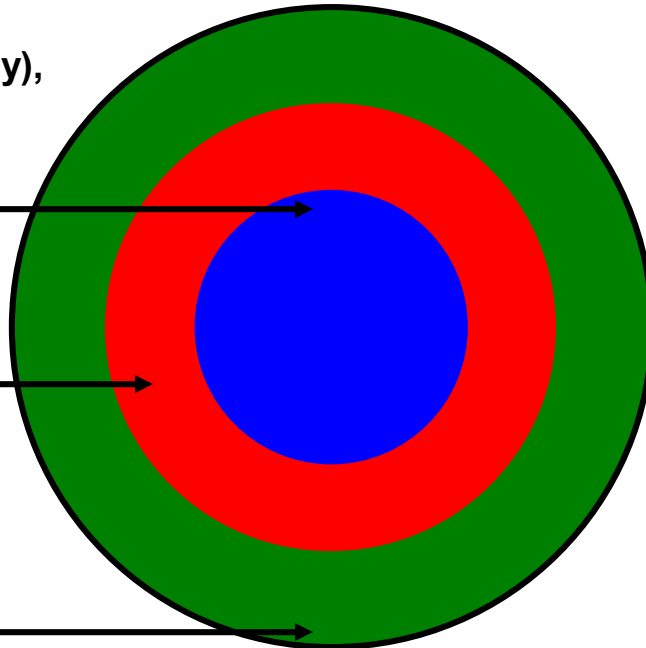
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The soul and spirit, or the “inner man” (or inner-most being), has a form and shape exactly like the outer man and fits into the body even to the outer skin. The inner man can wear clothing, rest, eat, drink, and do other things (Revelation 6:11; Matthew 17:5; Luke 16:19-31; Hebrews 12:23). The original Greek word for spirit in the New Testament is *pneuma*. The primary meaning is invisible force. The spirit of man is the intellect, will, mind, conscience, and other invisible faculties that make him a free moral agent and a rational being. Both the soul—destiny—and spirit of man are spiritual and immortal. In general we can say that the spirit is that which knows (1 Corinthians 2:11), and the soul is who we truly are—the hope of Father God—His promises—our destiny. (See Psalm 139:13-18; Rom. 8:28,29; Eph. 1:5,6; 1 Thess. 5:23 ) Our soul—our destiny—also has intellect, will, mind, conscience, and other invisible faculties that are aspects of a free moral agent and a rational being. And both combined comprise the inner being which leaves the body at death (James 2:26).

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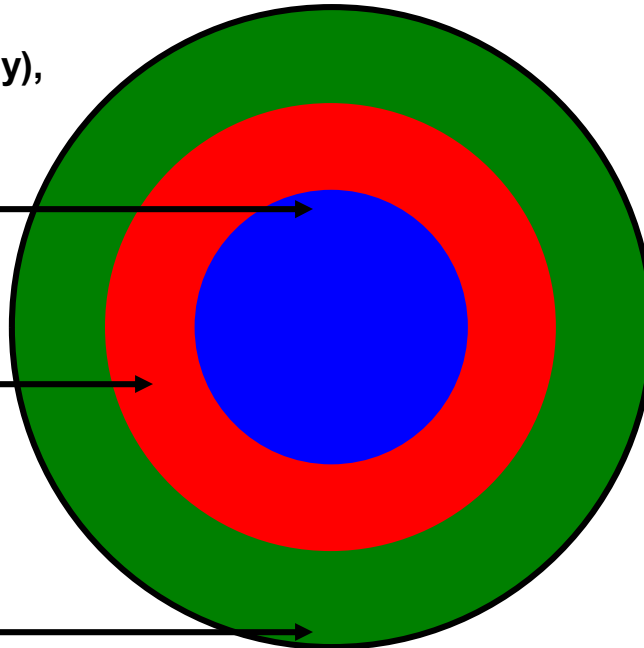
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"σῶμα," the original Greek word translated "body" means: "The body (as a sound whole), used in a very wide application, literally or figuratively: - bodily, body, **slave**."

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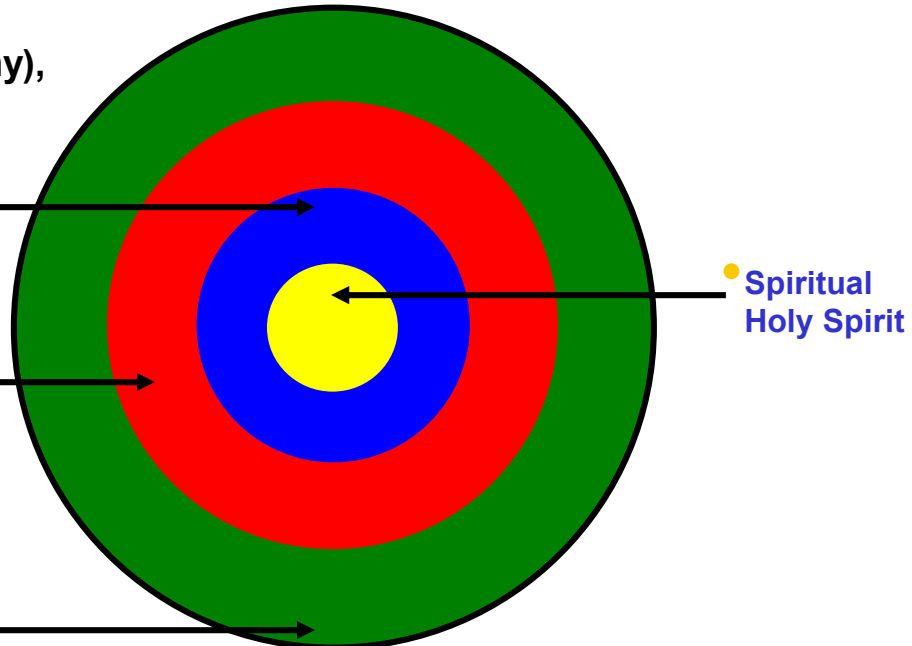
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When Jesus was teaching on the coming of the Holy Spirit, the Comforter, He said: If a person loves Me, he will keep My words: and My Father will love him, and We will come unto him, and make our abode with him (John 14:23).

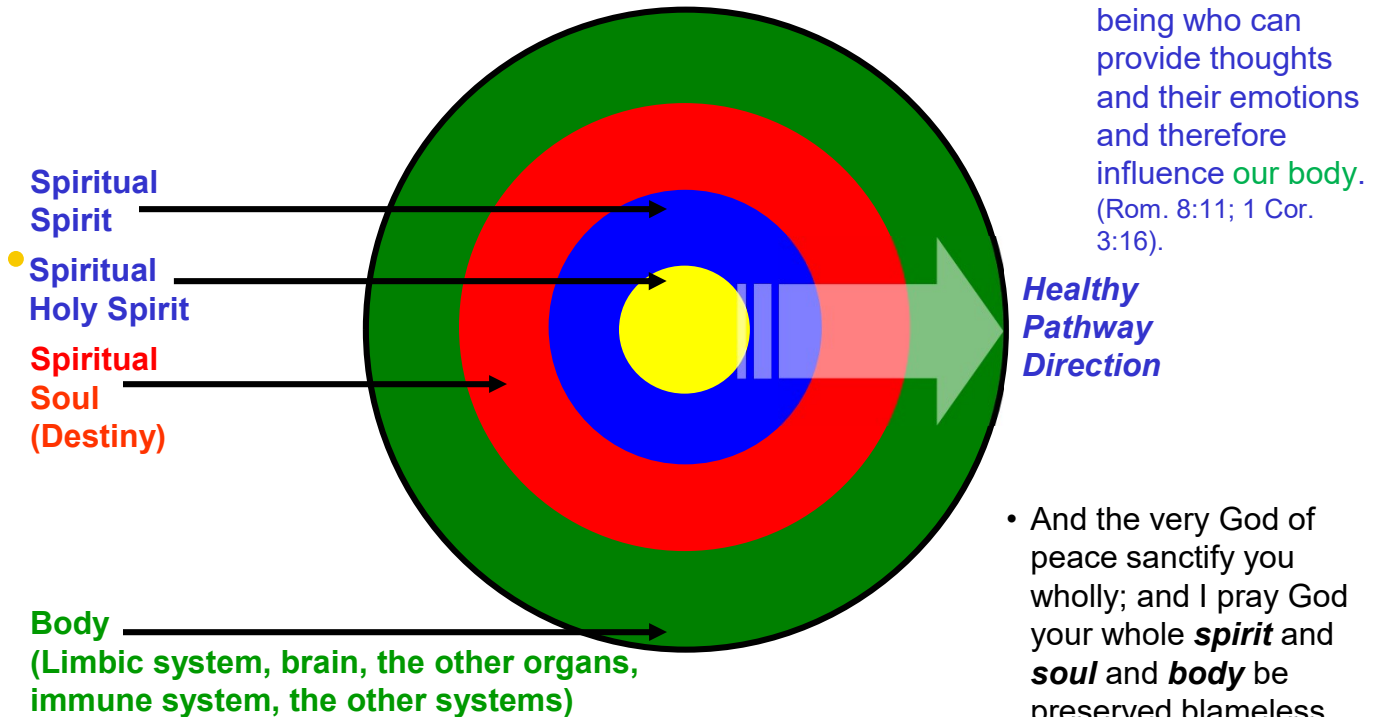
The Holy Spirit is the abiding presence of the Father and the Son within the life of a follower of Jesus the Christ.

It is the work of God the Father to draw people to Christ (Jn. 6:44). When a person accepts Jesus' salvation, it is the Holy Spirit who does the work of regenerating the heart. He convicts of sin and righteousness and judgment and calls people to repentance (Jn. 16:8-11). Titus 3:5 states, "Not by works of righteousness which we have done, but according to His mercy He saved us by the washing of regeneration and renewing of the Holy Spirit."

# The Tri-Unity of Mankind

## Spirit *with a Soul, in a Body*

1 Thess. 5:23; Heb. 4:12



- **Spiritual Holy Spirit**
- The Holy Spirit is an invisible spirit being who can provide thoughts and their emotions and therefore influence our body. (Rom. 8:11; 1 Cor. 3:16).

*Healthy Pathway Direction*

- 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.  
- 1 Thess. 5:23

The apostle Paul graciously informs us at 1 Corinthians 9:27: "But I [figuratively] strike a blow to my body, and make it my slave [bring it into subjection], so that ... I myself will not be disqualified."

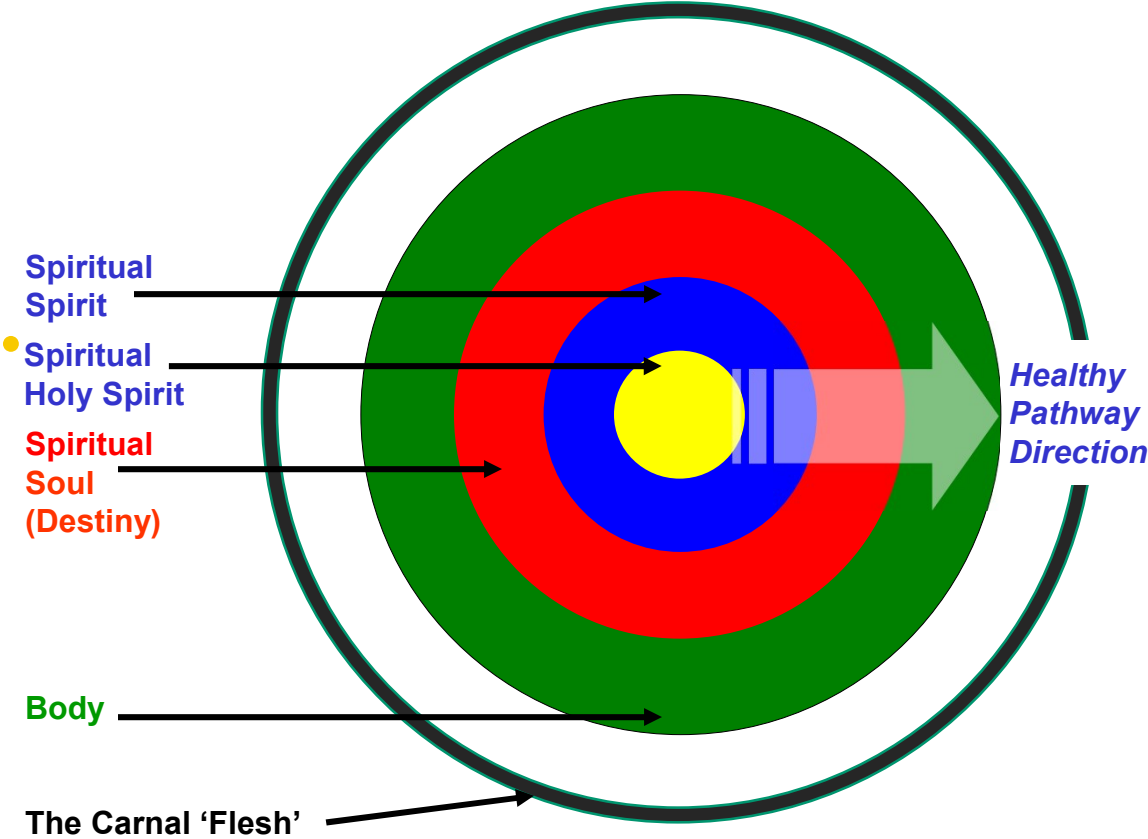
Figuratively speaking, Paul was beating his mortal body black and blue to bring it into slavery so that he should not become disqualified. He considered his body an enemy with which he must contend in mortal combat to keep it under control by self-denial, abstinence, and severe mortification (Rom. 6:12-16, 8:12-13; Col. 3:5-10).

Be reminded Paul constantly acted to keep the body as a slave to the soul (his spirit, destiny, and the Holy Spirit), not permitting his destiny to be the slave of the body.

Be also reminded that "σῶμα," the original Greek word translated "body" means: literally or figuratively: "bodily, body, **slave**."

# The Carnal 'Flesh'

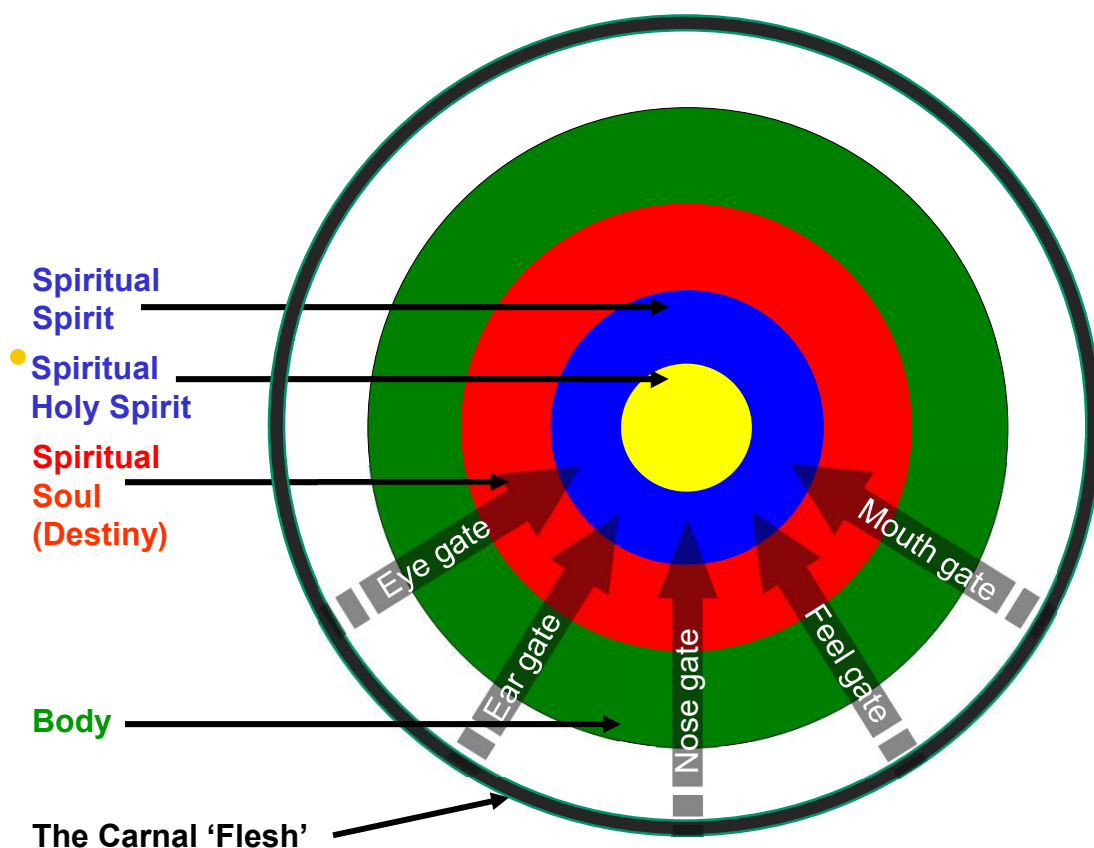
Ephesians 2:1-3; Romans 8:5-13



# The Carnal 'Flesh'

The *Spirit* at Work in the Hearts of Those in Disobedience

Ephesians 2:1-3; Romans 8:5-13



The apostle Paul graciously defines the flesh for us at Ephesians 2:1-3 NIV, following:  
"Once you were [spiritually] dead because of your disobedience and your many sins. You used to live in sin, just like the rest of the [cursed] world, **obeying the devil**—the commander of the powers in the unseen world. He is **the spirit at work in the hearts** of those who are **disobedient to God**. All of us used to live that way, following the passionate desires and inclinations of **the flesh**. Following **its cravings and thoughts**, we were subject to God's anger, just like everyone else..."

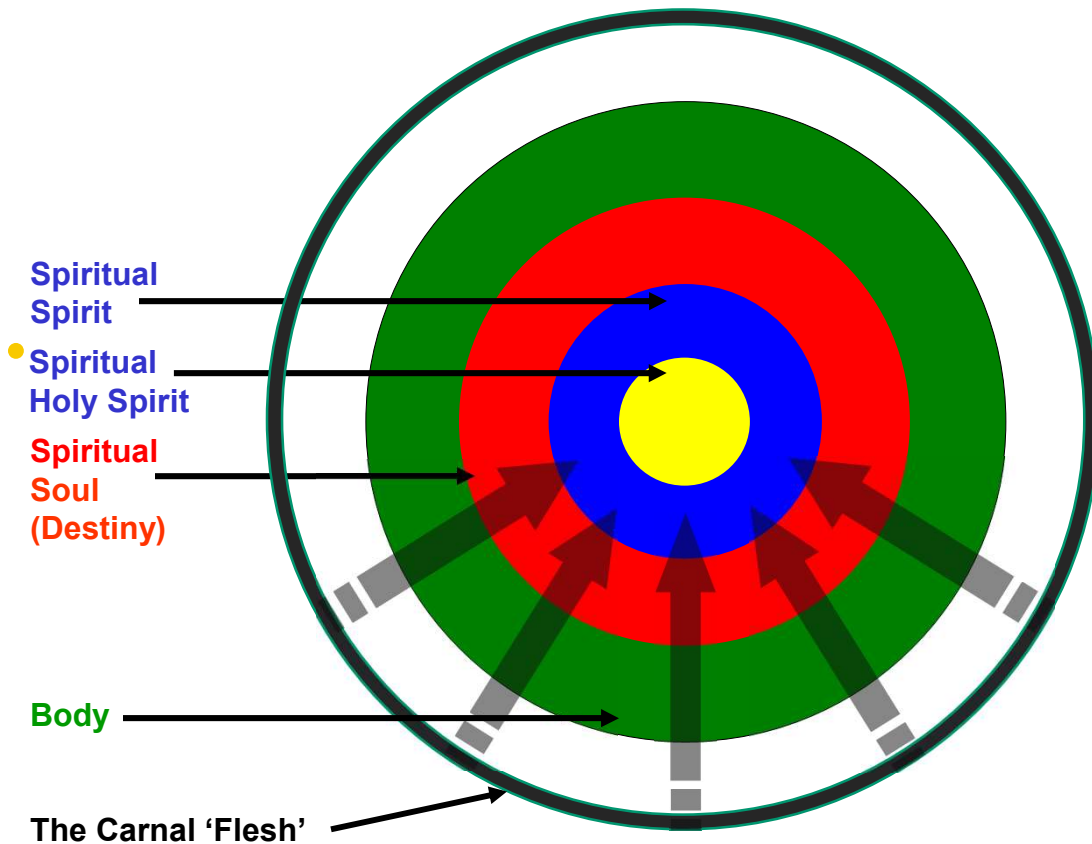
The flesh is a fixed principle operated by the devil and his disciples.



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The *Spirit* at Work in the Hearts of Those in Disobedience

Ephesians 2:1-3; Romans 8:5-13



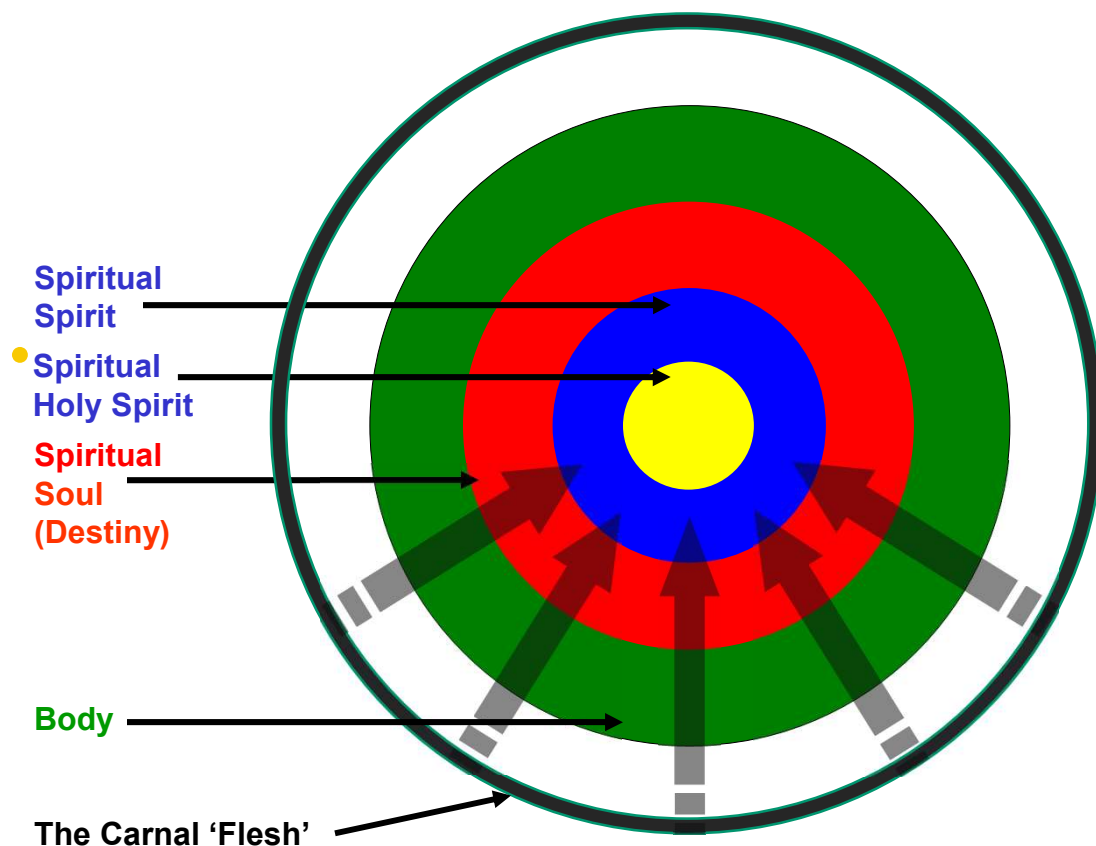
The apostle Paul at Romans 8:13 is instructing followers of Jesus: "For if you live according to the flesh, you will die; but if by the [Holy] Spirit you put to death the misdeeds of the body [sin, the outworking of the flesh], you will live." The goal of the flesh for us to commit sin—"misdeeds."

As you may know, we're graciously instructed to "crucify the flesh" (Gal. 5:24). Being "dead to sin" (Rom. 6:2), "crucified with Him" (Rom. 6:6), "dead with Christ" (Rom. 6:8), "dead to the law" (Rom. 7:4), "put to death the misdeeds of the body" (Rom. 8:13), and like expressions are common among Hebrews, Greeks, Latins, and other people. To die to a thing or person, is to have nothing to do with and to be totally separated from it or them. To live to a person or a thing is to be wholly given up to and to have intimate connection with that person or thing. Putting to death the misdeeds of the body means that one has no further dealings with sin.

# The Carnal 'Flesh'

The *Spirit* at Work in the Hearts of Those in Disobedience

Ephesians 2:1-3; Romans 8:5-13



Based on the Bible's New Testament definition, it is important to realize the good news that ***the flesh is not you, and you are not the flesh***. Rather, it is ***the spirit at work in the hearts*** of those in **disobedience**; the passionate desires and inclinations of the flesh; its cravings and ***thoughts that excite to sin***. It does not originate as part of our own psychology.

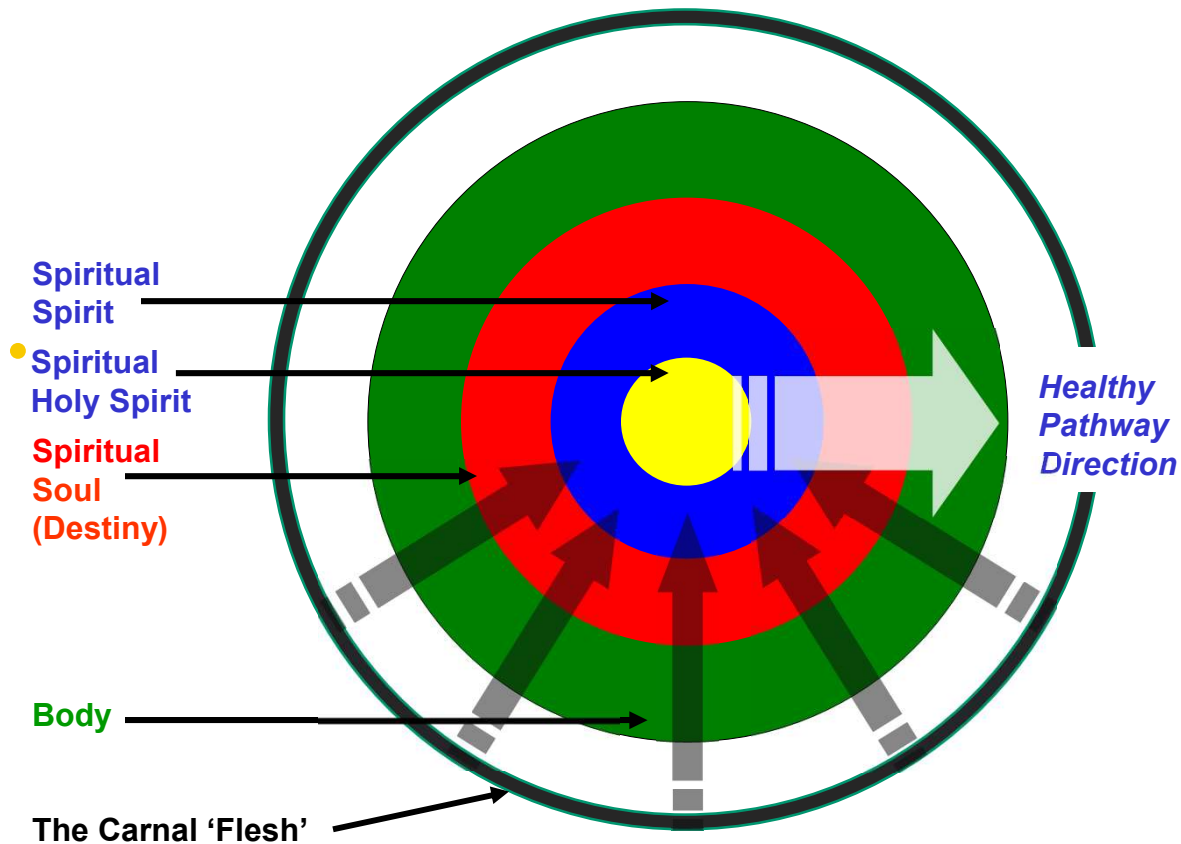
According to Ephesians 6:12, we do not wrestle against "flesh & blood" (ourselves, peoples), but against strategically organized, unseen evil spirit forces—the devil and his disciples. See also 2 Timothy 2:26.

The original Greek word in Eph. 6:12 translated, "wrestle" means "to displace." At the time of apostle Paul's writing, the winner of a wrestling match in the Greek sport of wrestling did not "pin" his opponent as in our contemporary sport of wrestling. Rather, the winner actually "displaced" his opponent. The flesh is a fixed principle operated by the devil and his minions that we are to victoriously displace.

# The Mortal Body

## A Slave to the Spirit or a Slave to Sin

[www.gotchoices.net/health/mind-body](http://www.gotchoices.net/health/mind-body)



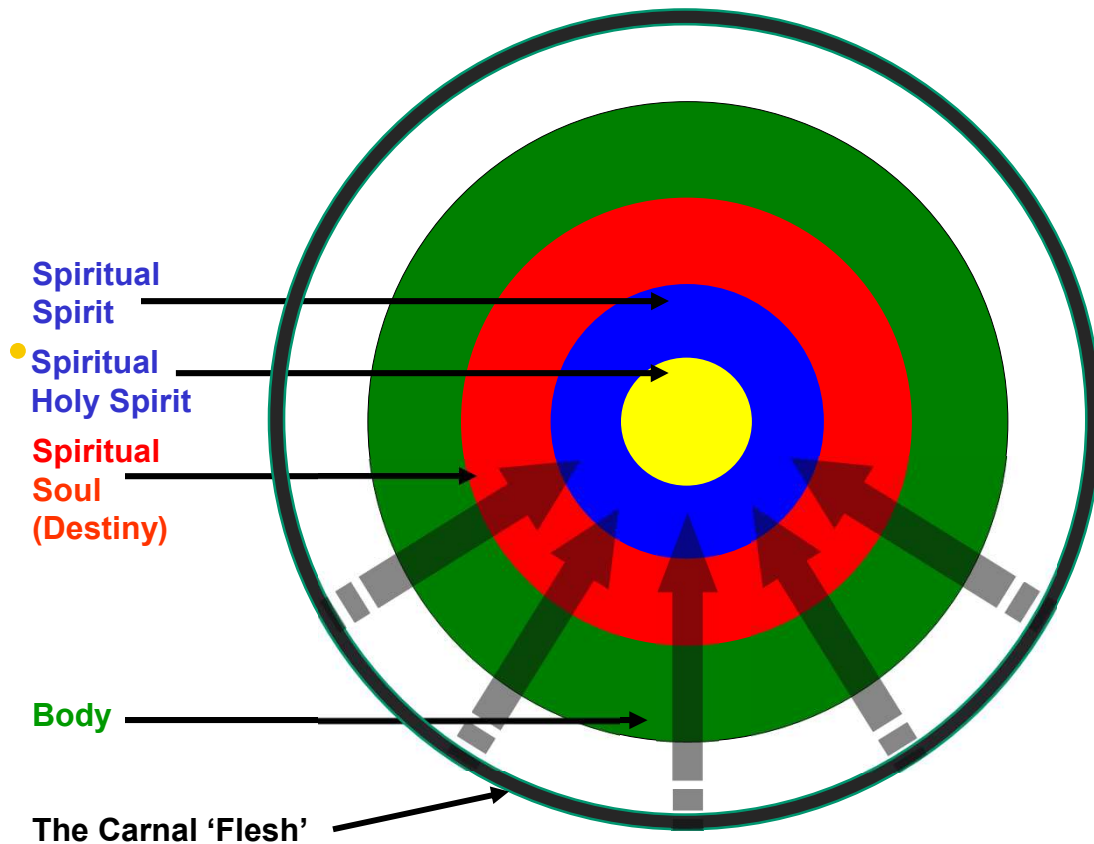
We must not live in the sins of the flesh or we shall die. But if we will put to death the practices of the flesh by the Holy Spirit, we shall live (Rom. 8:12-13; Gal. 5:16-26; Col. 3:5-10).

And it is important to realize the flesh can be active in one area of our lives and 'dead' in another area.

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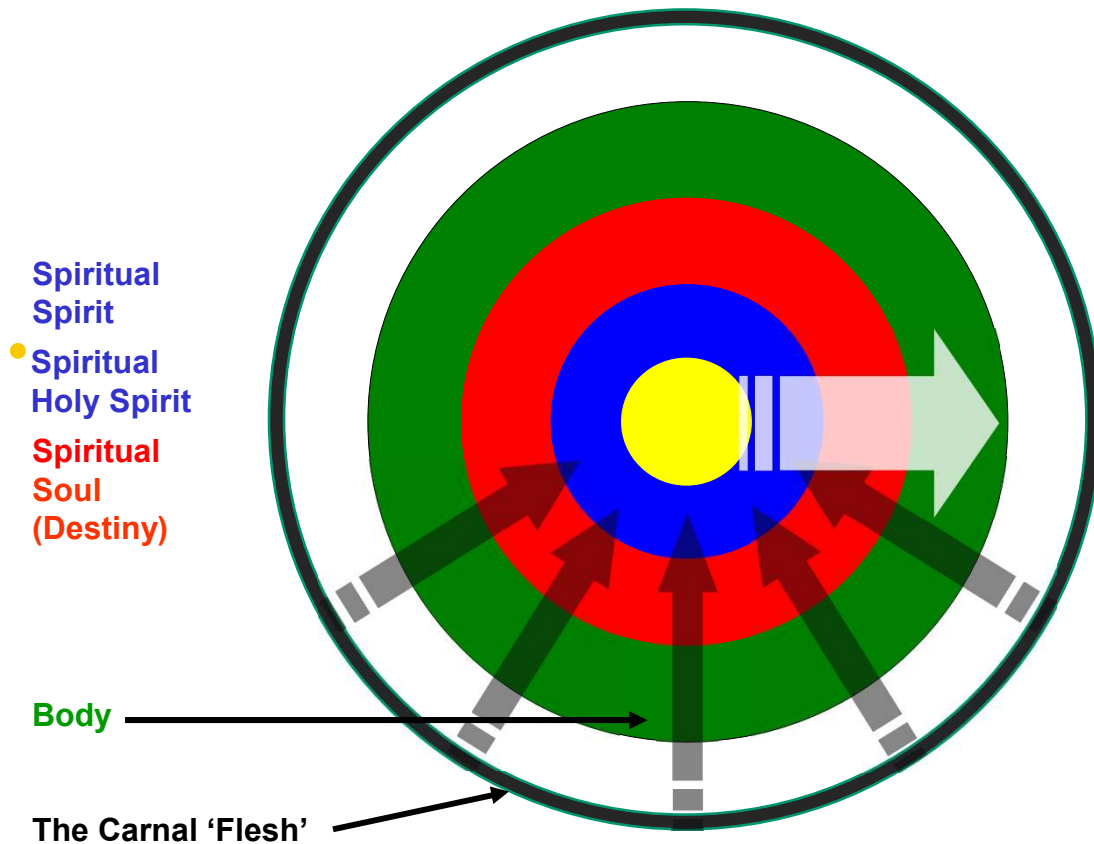
Note that our mortal body can be a slave to the deceptive tempting thoughts of the flesh (our physical body can be an expression of the outworking of the flesh, sin) (see 1 Cor. 9:27; Col. 3:5-10; Rom. 6:12-16, 7:20—13; John 5:14).

And our mortal body can be a slave to the Holy Spirit (our physical body can be an expression of the outworking of the Holy Spirit) (see Rom. 6:12-16, 7:20—8:13; Gal. 5:22-23; 1 Cor. 12:4-11; Col. 3:12-14; 1 Thess. 5:22, 23).

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Repeating, the apostle Paul graciously informs us at 1 Corinthians 9:27: "But I [figuratively] strike a blow to my body, and make it my slave [bring it into subjection], so that ... I myself will not be disqualified."

Figuratively speaking, Paul was beating his mortal body black and blue to bring it into slavery so that he should not become disqualified. He considered his body an enemy with which he must contend in mortal combat to keep it under control by self-denial, abstinence, and severe mortification (Rom. 6:12-16, 7:20—8:13; Col. 3:5-10).

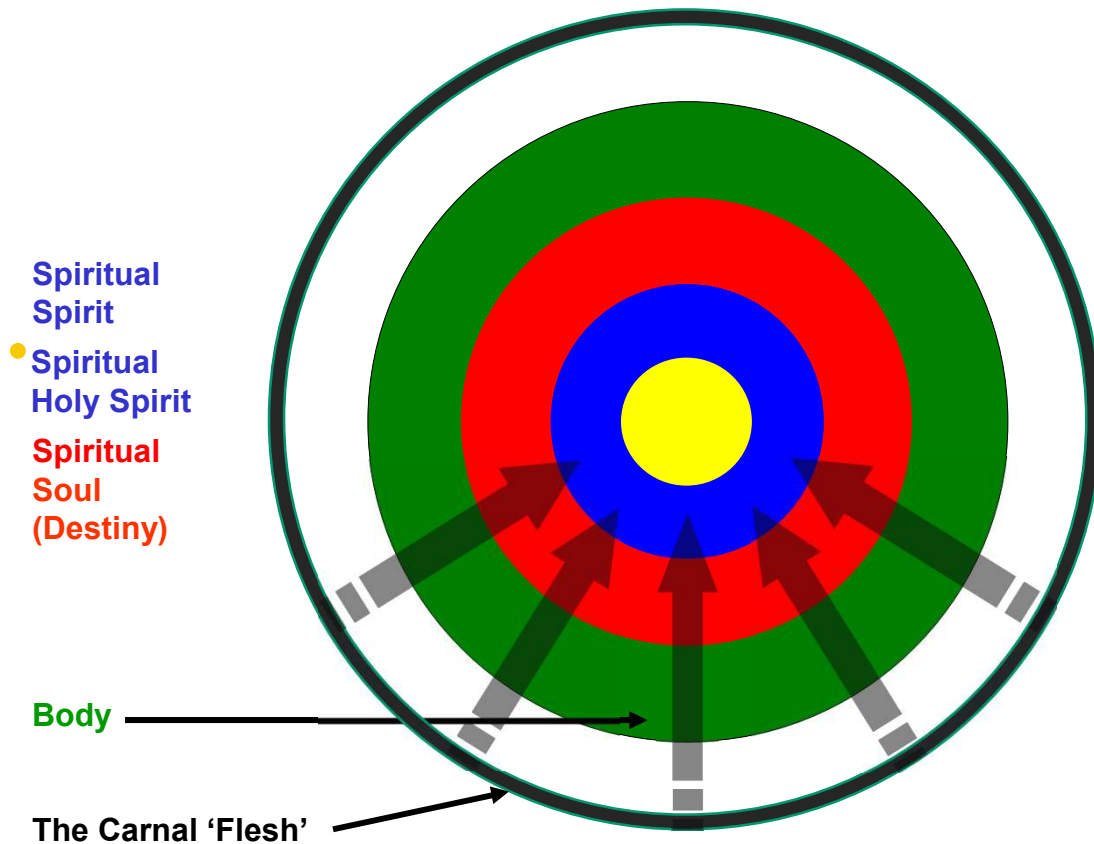
Paul constantly acted to keep his body as a slave to his soul (destiny), not permitting his destiny to be the slave of his body.

Be reminded, "σῶμα," the original Greek word translated "body" means: "The body (as a sound whole), used in a very wide application, literally or figuratively: - bodily, body, **slave**."

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Once the flesh comes into operation, the demonic moves in. At Romans 8:7-8, it is the mind of the flesh that is sinful because of being controlled by sin (Eph. 2:3). Those who mind the things of the flesh of Galatians 5:19-21; 1 Corinthians 6:9-11; Colossians 3:5-10; Romans 1:29-32; Mark 7:19-21 will naturally fulfill them and such will be in sin (James 1:13-15; Rom. 6:12-16; 7:20—8:13).

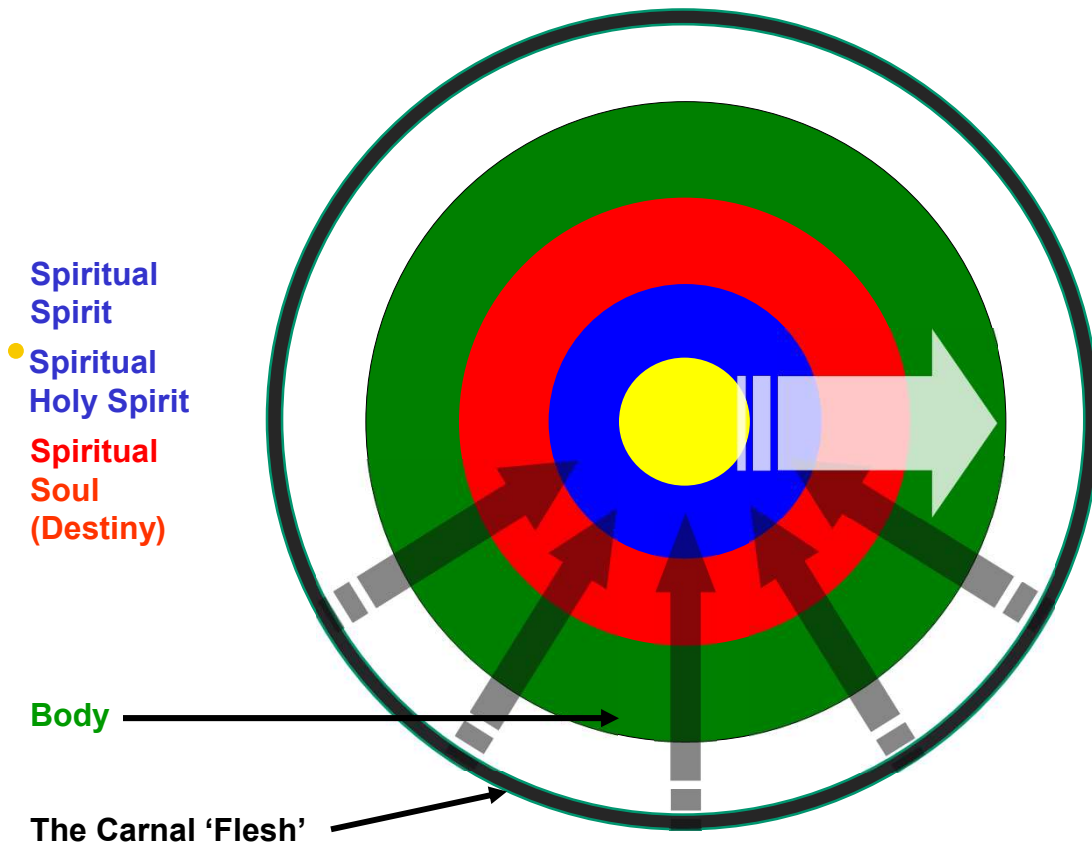
“Therefore do not let sin [work or] reign in your mortal body so that you obey its [sin’s] evil desires ...” (Rom. 6:12)

Psalm 107:17-20 states this about God’s people: “Because of their sins, many were afflicted.” And James 5:16 instructs us to “confess your sins so that you may be healed.” The connection between the spirit, mind, sin, and our afflictions is also contrary to what most of us have been trained to believe. (Sin is a result of continuing to choose something else besides God to fill a void in our heart.)

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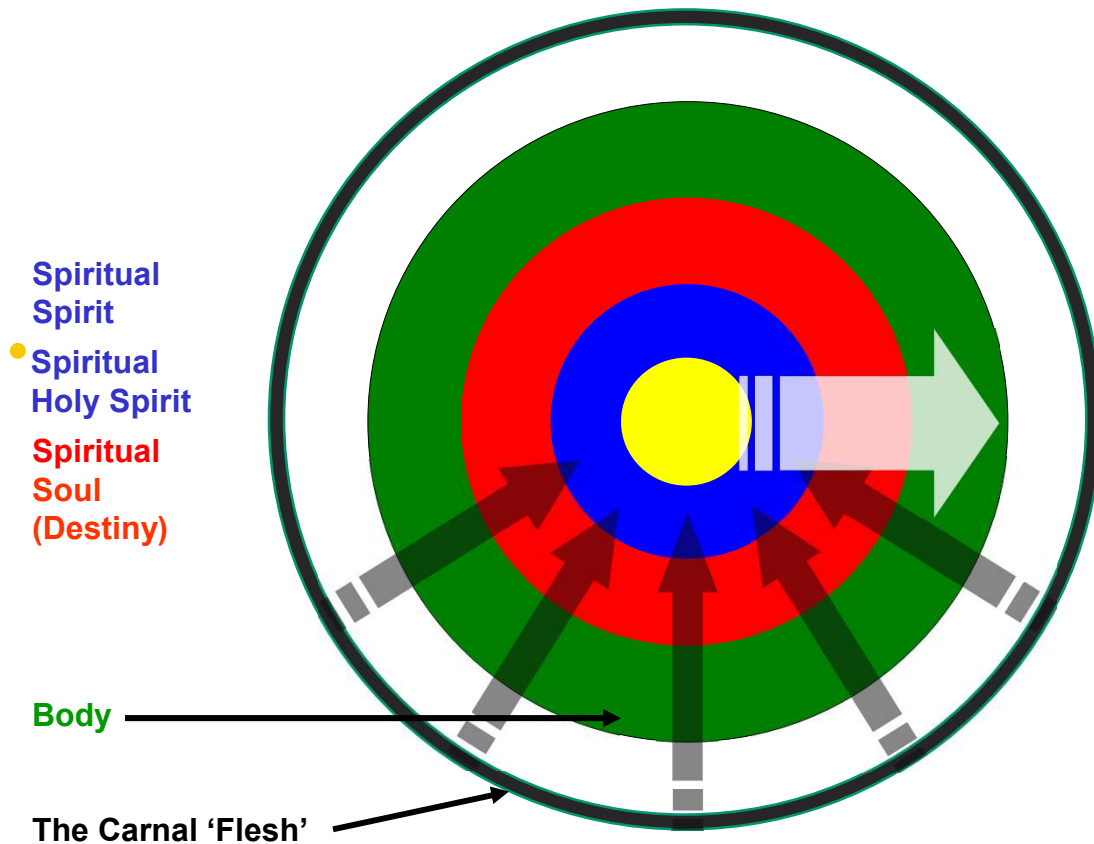
Those who set their minds on the things of the Holy Spirit of Gal. 5:22-23; 1 Cor. 12:4-11; Col. 3:12-14 will naturally fulfill them and such will not continue in sin.

“If the Spirit of Him [God] who raised Jesus from the dead dwells in you, He who raised Jesus from the dead will also give [healing] life to your mortal body through His Spirit who dwells in you” (Romans 8:11).

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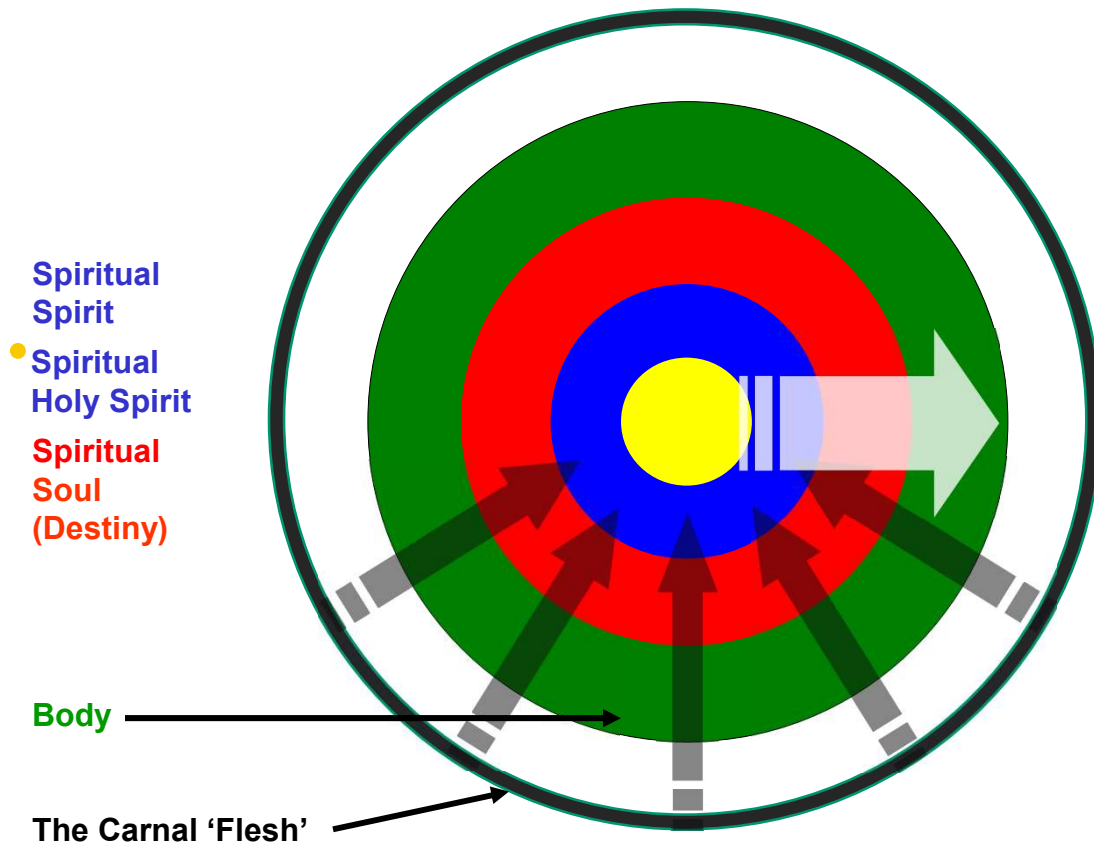
- The thoughts and their emotions of our spirit dimension (spirit + destiny) influences our **physical body**.
- The Holy Spirit is an invisible spirit being who can also provide thoughts and their emotions, and therefore influence **our body**. (Romans 8:11; 1 Corinthians 3:16-17).
- Fear, for example is an invisible spirit being who also can provides thoughts and their emotions and then our **body**. (2 Timothy 1:7; see also Job 4:14-16; 2 Tim. 2:26). Note that “stress” is our modern term for the Bible word, “fear.”
- According to Ephesians 6:12, we do not wrestle against “flesh & blood” (ourselves, peoples), but against strategically organized, unseen evil spirit forces—the devil and his disciples. See also 2 Timothy 2:26..



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The Bible calls “the flesh” a part of the body of sin that needs to be destroyed (Galatians 5:24).

“Now then is no more I that do it, but sin that dwells within me.” (Paul, recorded at Romans 7:17)

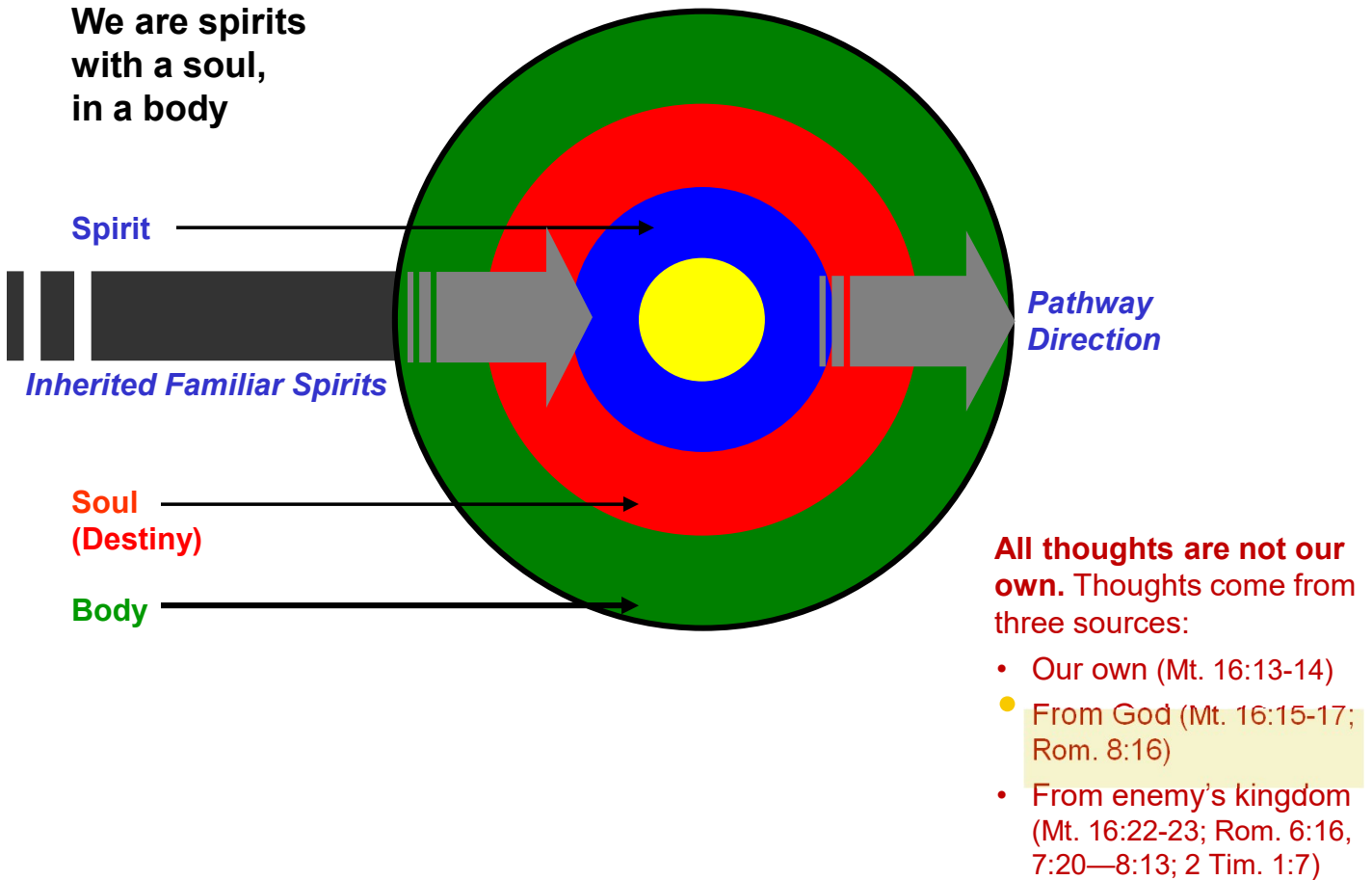
Jesus the Christ teaches, “The spirituals which are inside and come out of a person, those are they that defile a person; there is nothing physical entering into a person that can defile him.” (Mark 7:15; see also Matt. 12:35; Mk. 16:18; Lk. 6:45; Rom. 6:12-16; 7:20—8:13; James 4:1)

Clean up the spirit, apply your heart in ‘righteousness’ and stop serving sin (e.g. fear). Be transformed by the renewing of your mind (spirit + soul) – casting down every imagination and thought that exalts itself against the knowledge of God and bring it into captivity to the obedience of Christ (Rom. 12:2; 2 Cor. 7:1; 10:4-5). And the body falls in line (1 Thess. 5:23; Pr. 18:14).

“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.” - 1 Thess. 5:23

# Generational 'Iniquities' and Health

## *Psychology Documents Exodus 34:6-7*



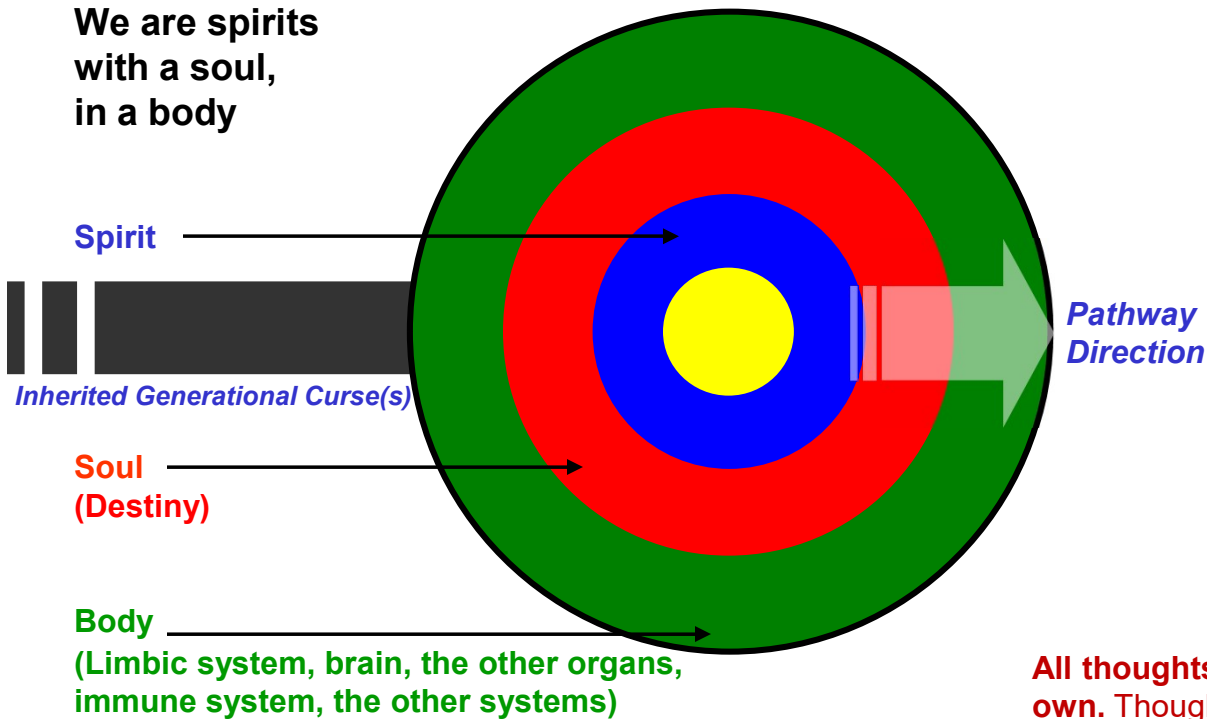
Health is a 'blessing.' Issues/problems are a 'curse' (an abatement of the blessing) (Deut. 28). Psychologists have been able to document that many of our personality characteristics and certain diseases can be found in humans without any genetic component, but it still can be inherited. (e.g. alcoholism, 75% of sexually abused males become sexual abusers.) This can help us affirm Exodus 20:5; 34:7; Leviticus 26:40-42; Numbers 14:18; Deuteronomy 5:9; 28:59; Nehemiah 9:1-2; Psalm 51:5, Rom. 6:12-16, 7:20—8:13, and 1 Peter 1:18. This is consistent in the lives of many born-again Christians as well, until...

**The Pattern for Freedom:** "... the people of Israel were assembled with fasting, in sackcloth [burlap], and with dirt upon them [as signs of repentance]. And those of Israelite lineage ... stood and confessed their sins and the iniquities of their ancestors." (Nehemiah 9:1-2)

For help in renewing your mind in this regard, please see the next page as well as [www.gotchoices.net/conditional](http://www.gotchoices.net/conditional) and [www.gotchoices.net/health/directory](http://www.gotchoices.net/health/directory)

# Renewing, Freedom, and Health

## *Spirit with a Soul, in a Body*



**All thoughts are not our own.** Thoughts come from three sources:

- Our own (Mt. 16:13-14)
- From God (Mt. 16:15-17; Rom. 8:16)
- From enemy's kingdom (Mt. 16:22-23; Rom. 6:16, 7:20—8:13; 2 Tim. 1:7)

Clean up the spirit, apply your heart in righteousness and stop serving sin (e.g. fear). Be transformed by the renewing of your mind (soul) – casting down every imagination and thought that exalts itself against the knowledge of God and bring it into captivity to the obedience of Christ (Rom. 12:2; 2 Cor. 7:1; 10:4-5). And the body falls in line (1 Thess. 5:23).

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# Renewing, Freedom, and Health

## *Spirit with a Soul, in a Body*

### DON'T OPEN THAT DOOR

A Joyful 'toon by Mike Waters



If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.

— GENESIS 4:6-7 MSG

### KNOCK KNOCK

A Joyful 'toon by Mike Waters



Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

— MATTHEW 7:7 NIV