



Lesson 22

The Nature of Men and Women

- You vs. Your Body
- The Higher Powers and Lower Powers
- The Three Powers
- What are the Three Powers?
 - Higher Powers
 - Intellectual/Mental
 - Moral/Spiritual
 - Lower Powers
 - Physical

For questions or comments on any of the material contact us (YPG) at:

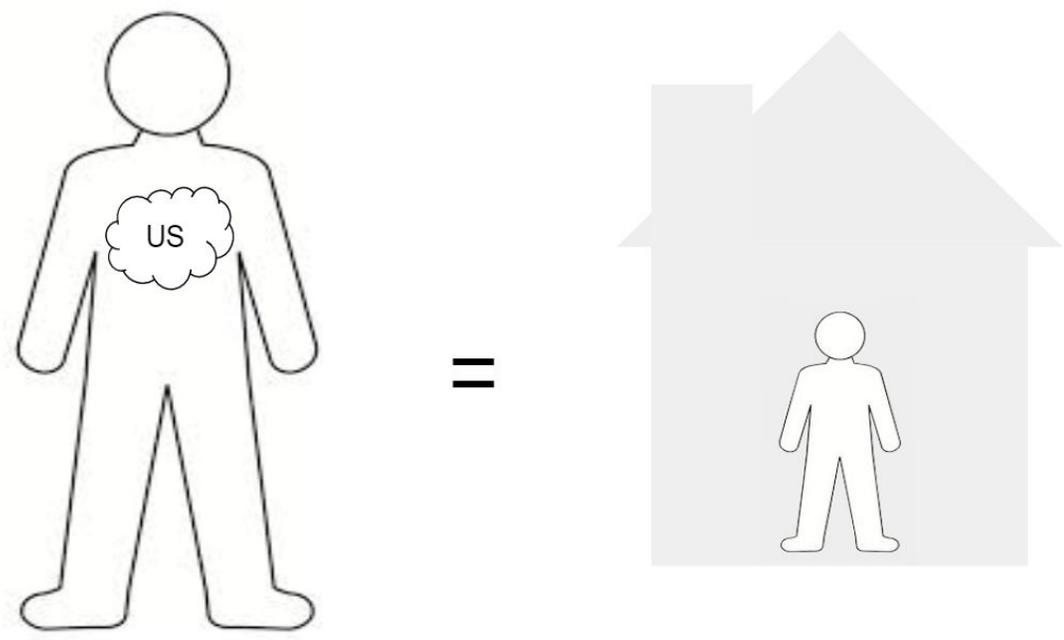
youthprophecygroup@gmail.com

“In order to understand what is comprehended in the work of education, we need to consider both the nature of man and the purpose of God in creating him.” *Education* 14.4

You vs. Your Body

“We have special duties resting upon us. We should be acquainted with our physical structure and the laws controlling natural life. ...The study to which to give thought is that which concerns natural life, a knowledge of oneself. ... It is the house in which we live that we need to preserve, that we may do honor to God who has redeemed us. We need to know how to preserve the living machinery, that our soul, body, and spirit may be consecrated to his service. As rational beings we are deplorably ignorant of the body and its requirements. ...This living machinery should be understood.” *Healthful Living* 13.5

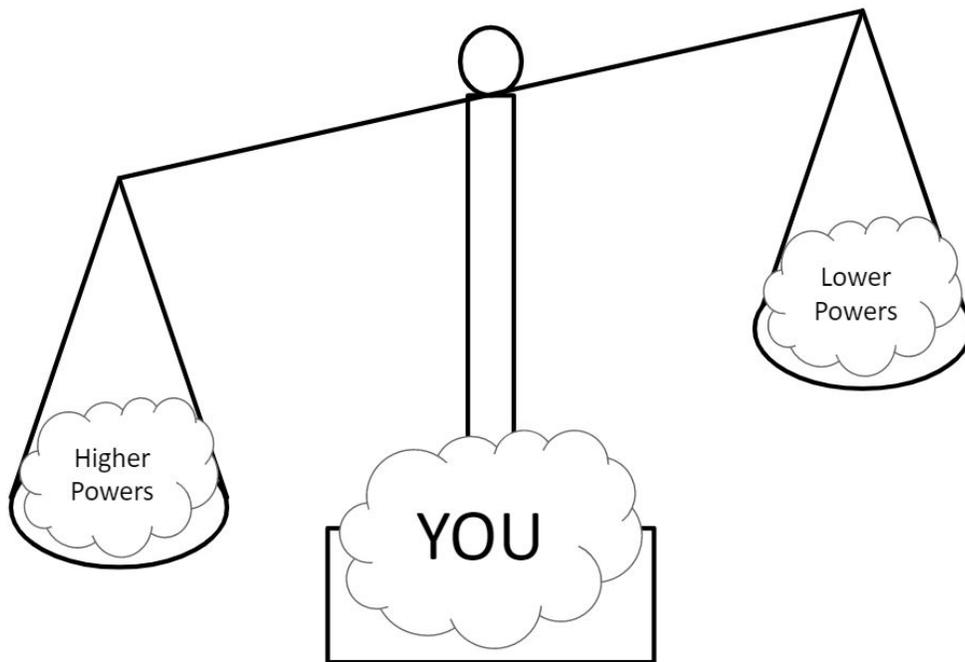
We need to understand and preserve our body so that we can work for God, but we are not our body. We are “in” our body. Our body is like a house and we are like the people that live in that house. So the house belongs to the people, but the people are not the house, they just live inside it and control it. That is what we are to our body; our body is the “house in which we live”.



The Higher Powers and Lower Powers

“The lower passions have their seat in the body and work through it. The words "flesh" or "fleshly" or "carnal lusts" embrace the lower, corrupt nature; the flesh of itself cannot act contrary to the will of God. ... All animal propensities are to be subjected to the higher powers of the soul. The love of God must reign supreme; Christ must occupy an undivided throne. Our bodies are to be regarded as His purchased possession. The members of the body are to become the instruments of righteousness.” *Adventist Home* 127.2

Here we see that we have “lower passions” and they sit in and work through our body. “Flesh”, “fleshly”, and “carnal lusts” are the same thing as the lower passions or the lower nature; animal propensities are also the same thing as lower passions, Ellen White is talking about the same thing in this paragraph- she is just using different names. She then says that the lower powers are to be subjected to the higher powers. So we also have higher powers that are supposed to control our lower powers (lower passions). Therefore, we see that we are made up of two parts: higher powers and lower powers, these are not physical or part of the body, they are non-physical and are the two things that make up “us”: our nature.



The Three Powers

“Says the wise man, ‘Train up a child in the way he should go, and when he is old, he will not depart from it.’ The nature of man is three-fold, and the training enjoined by Solomon comprehends the right development of the physical, intellectual, and moral powers.” *Review and Herald* January 10, 1882 par.2

“When Adam came from the Creator's hand, he bore, in his physical, mental, and spiritual nature, a likeness to his Maker. ‘God created man in His own image’ (Genesis 1:27), and it was His purpose that the longer man lived the more fully he should reveal this image--the more fully reflect the glory of the Creator.” *Education* 15.1

We see here that “you”- your nature- can be divided into three parts, not just two like we saw in a previous quote. The three are: physical, intellectual, and moral or physical, mental, and spiritual. These three parts make up our higher and lower powers.

The lower nature (lower powers) = the physical (actually non-physical)

“Those who indulge in meat eating, tea drinking, and gluttony are sowing seeds for a harvest of pain and death. The unhealthful food placed in the stomach strengthens the appetites that war against the soul, developing the lower propensities. A diet of flesh meat tends to develop animalism. A development of animalism lessens spirituality, rendering the mind incapable of understanding truth.

“The word of God plainly warns us that unless we abstain from fleshly lusts, the physical nature will be brought into conflict with the spiritual nature. Lustful eating wars against health and peace. Thus a warfare is instituted between the higher and the lower attributes of the man. The lower propensities, strong and active, oppress the soul. The highest interests of the being are imperiled by the indulgence of appetites unsanctioned by Heaven.” *Counsels on Diet and Foods* 382.3,4

“God's plan with you is to begin at the very seat of all difficulties, the heart, and then from out of the heart will issue the principles of righteousness; the reformation will be outward as well as inward.” *Counsels on Diet and Foods* 35.3

So we know that the three powers Intellectual (Mental), Moral (Spiritual), and Physical make up the higher and lower powers. According to these quotes, the lower powers are the physical nature and it is represented as the heart. The ‘heart’ or the lower powers, sits in and works through the body- but it is not the body; it is physical in the context of the nature of man, but it is not literally physical, that is just the term Ellen G. White uses- the physical or lower nature lives in the body.

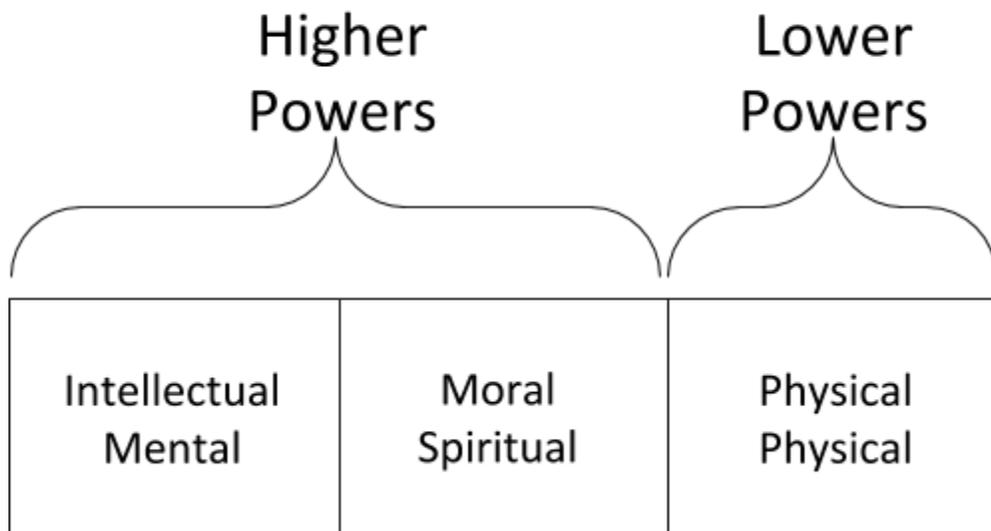
The higher nature (higher powers) = the intellectual (mental) and the moral (spiritual)

“The sensitive nerves of the brain have been benumbed, and the animal appetite strengthened at the expense of the moral and intellectual faculties. These higher powers, which should control, have been growing weaker, so that eternal things have not been discerned.” *Testimonies for the Church* volume 2 485.2

“The experimental knowledge of God and of Jesus Christ whom He has sent, transforms man into the image of God. It gives to man the mastery of himself, bringing every impulse and passion of the lower nature under the control of the higher powers of the mind.” *Christ Object Lessons* 114.2

The other two of the three powers that are left are the Intellectual (Mental) and Moral (Spiritual) powers; combined, these make up the higher nature. They are in the mind.

Nature of Man



What are the Three Powers?

The Higher powers

Intellectual/ Mental

“True education, when the mind is under the controlling influence of the Holy Spirit, is of great importance, and each individual should learn to rightly appreciate the capabilities that God has given; and by the practice of the knowledge he gains, he may, by the influence of his own character, impress upon others the value of obtaining a training for the service of Christ, and lead them to follow his example. There is much to be done in the world, and it is not profitable to set novices to work upon those matters that are of the highest importance. The apathy, the indolence, the inattention that has been manifested in regard to education is marvelous; but it is well pleasing to Satan. God would have us arouse from our indifference, and no longer allow the intellectual powers to run to waste, and degenerate into imbecility. Men are to appreciate the talents entrusted to them, and take advantage of the opportunities placed within their reach. Let the mental powers be girded for work, and by vigorous exertion let the mind be enlarged and developed.”

Christian Education 138.2

“I am astonished that with the examples before us of what man may be, and what he may do, we are not stimulated to greater exertion to emulate the good works of the righteous. All may not occupy a position of prominence; yet all may fill positions of usefulness and trust, and may, by their persevering fidelity, do far more good than they have any idea that they can do. Those who embrace the truth should seek a clear understanding of the Scriptures and an experimental knowledge of a living Saviour. The intellect should be cultivated, the memory taxed. All intellectual laziness is sin, and spiritual lethargy is death.” *Testimonies for the Church* volume 4 399.1

So the Intellectual or Mental powers are basically the things we think of when we think of our mind. The understanding (the ability to learn), knowledge, and memory are all part of our intellectual higher powers.

Moral

“Many are inquiring, "How am I to make the surrender of myself to God?" You desire to give yourself to Him, but you are weak in moral power, in slavery to doubt, and controlled by the habits of your life of sin. Your promises and resolutions are like ropes of sand. You cannot control your thoughts, your impulses, your affections. The knowledge of your broken promises and forfeited pledges weakens your confidence in your own sincerity, and causes you to feel that God cannot accept you; but you need not despair. What you need to understand is the true force of the will. This is the governing power in the nature of man, the power of decision, or of choice. Everything depends on the right action of the will. The power of choice God has given to men; it is theirs to exercise. You cannot change your heart, you cannot of yourself give to God its affections; but you can choose to serve Him. You can give Him your will; He will then work in you to will and to do according to His good pleasure. Thus your whole nature will be brought under the control of the Spirit of Christ; your affections will be centered upon Him, your thoughts will be in harmony with Him.” *Steps to Christ* 47.1

“Let me say to him who is struggling to overcome, God presents before you a strong hope, that you may lay hold on eternal life. Lose no opportunity of becoming a man. When you look at yourself, and realize the strength of temptation, you feel so weak in moral power that you say, “I cannot resist.” I tell you, you can resist, you must resist temptation. Although you may have been overcome, although moral debasement may have marked your course, it need not always be thus. Jesus is your helper. In his strength you can overcome the beguiling power of appetite. Summon will-power to your aid.

“The will is the governing power in the nature of man. If the will is set right, all the rest of the being will come under its sway. The will is not the taste or the inclination, but it is the choice, the deciding power, the kingly power, which works in the children of men unto obedience to God or to disobedience.” *Christian Temperance and Bible Hygiene* 147.2,3

“The power of Satan over the youth of this age is fearful. Unless the minds of our children are firmly balanced by religious principle, their morals will become corrupted by the vicious examples with which they come in contact. The greatest danger of the young is from a lack of self-control. Indulgent parents do not teach their children self-denial. The very food they place before them is such as to irritate the stomach. The excitement thus produced is communicated to the brain, and as a result the passions are roused. It cannot be too often repeated, that whatever is taken into the stomach affects not only the body, but ultimately the mind as well. Gross and stimulating food fevers the blood, excites the nervous system, and too often dulls the moral perceptions, so that reason and conscience are overborne by the sensual impulses. It is difficult, and often well-nigh impossible, for one who is intemperate in diet to exercise patience and self-control. Hence the special importance of allowing children, whose characters are yet unformed, to have only such food as is healthful and unstimulating. It was in love that our heavenly Father sent the light of health reform, to guard against the evils that result from unrestrained indulgence of appetite.” *Christian Temperance and Bible Hygiene* 134.1

Our Moral (Spiritual) powers are the things that help us make our choices, and our power of choice itself: our conscience, will, and reason.

Based on the quotes at the top, we learn that knowledge, understanding, and memory, are all part of the Intellect (Mental) nature; and our moral powers, based on other quotes, are our will, reason, and conscience. These are our higher powers and they are to control our lower powers. Also they are not corrupt- earlier we learned that the lower powers were corrupt and so they need to be controlled; the higher powers, although they can be damaged or not work 100% (for example you could have bad information in your Intellectual powers or a nearly silent conscience- because you have ignored it- in your Moral powers), they are not corrupt or bad in and of themselves.

The Lower Powers

Physical/ Flesh

“The lower passions have their seat in the body and work through it. The words "flesh" or "fleshly" or "carnal lusts" embrace the lower, corrupt nature; the flesh of itself cannot act contrary to the will of God. We are commanded to crucify the flesh, with the affections and lusts. How shall we do it? Shall we inflict pain on the body? No; but put to death the temptation to sin. The corrupt thought is to be expelled. Every thought is to be brought into captivity to Jesus Christ. All animal propensities are to be subjected to the higher powers of the soul. The love of God must reign supreme; Christ must occupy an undivided throne. Our bodies are to be regarded as His purchased possession. The members of the body are to become the instruments of righteousness.” *Adventist Home* 127.2

“Those who put their trust in Christ are not to be enslaved by any hereditary or cultivated habit or tendency. Instead of being held in bondage to the lower nature, they are to rule every appetite and passion. God has not left us to battle with evil in our own finite strength. Whatever may be our inherited or cultivated tendencies to wrong, we can overcome through the power that He is ready to impart.” *Ministry of Healing* 175.1

“Even the thoughts must be brought into subjection to the will of God, and the feelings under the control of reason and religion. Our imagination was not given us to be allowed to run riot and have its own way, without any effort at restraint and discipline. If the thoughts are wrong, the feelings will be wrong; and the thoughts and feelings combined make up the moral character.” *In Heavenly Places* 164.2

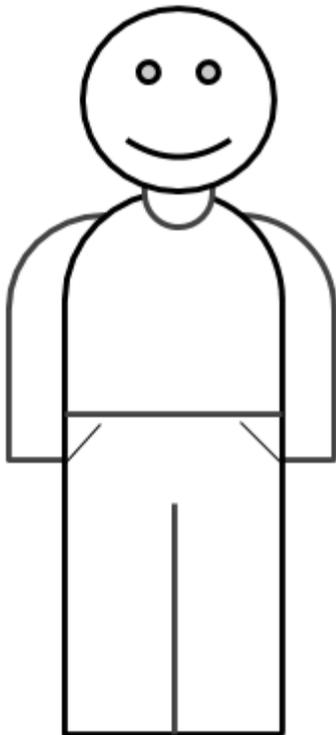
The lower powers, or the Physical, are the animal propensities, emotions/feelings (affections), lust, thoughts/imagination, passions, and appetite. All of these are corrupt but they are not always bad; when they are bad we are to “crucify them” - dismiss and not pay attention to them.

Intellect	Moral	Physical
Understanding Knowledge Memory	Reason The Will Conscience	Animal Propensities Emotions/feelings Thoughts/Imagination Appetite

So now we have learned that we are not part of our bodies, our bodies are just “houses” that we live in. We are the ones controlling our bodies and we consist of 2 powers, the Higher and Lower powers. The higher powers can be split into 2 sub-powers: the Intellectual (Mental) and Moral (Spiritual) powers. The Intellectual powers are the memory, knowledge, and understanding. The Moral powers are the will, reason, and conscience. These six make up the higher powers. The Lower powers are the “physical”. The Physical powers are made up of animal propensities, emotions/feelings, thoughts/imaginings, and appetite. The Physical, or lower powers are corrupt, but they are not bad themselves, they just can be used badly; that is why they are lower powers. That means they must be brought into subjection to the Higher powers. As you might have noticed, we have only discussed the Higher and Lower powers which make up “us”; this is only half of the nature of man. The other half is our bodies; they are the houses we live in and without them we only have half of the nature of man. This means that soon God is going to be opening up the other half of the nature of man- our houses.

The 2 Parts of the Nature of Man

The outer man



The inner man



