



BOOK 03 – CHAPTER 01 – STUDY 01

Spirit, Soul, and Body Understanding Who You Are

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Every soul must understand what it truly is. Many confuse emotion for spirit and mistake thoughts for faith. Yet Scripture reveals that man is made of three parts: spirit, soul, and body, and each one serves a divine purpose. Without this understanding, a believer cannot discern what part of them God is transforming and what part the enemy manipulates.

Our Spirit.

The Bible makes a clear distinction between the human spirit (the spirit we are born with) and the Holy Spirit (the Spirit of God).

1. Every human is born with a spirit that is given by God. That spirit is the God-given spiritual consciousness, and connection to the spiritual realm. It is the only way we learn about the spiritual world, whether those spiritual things are of God or not.

Job 32:8 (KJV) *But there is a spirit in man: and the inspiration of the Almighty giveth them understanding.*

1 Corinthians 2:11-12 (KJV) *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. 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.*

2. We would not be able to receive and discern the things of God, if we did not have a spirit within us.

1 Corinthians 2:11 (KJV) *But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know *them*, because they are spiritually discerned.*

3. The Human Spirit Is Capable of Pride, Rebellion, or Humility.

Proverbs 16:18-19 (KJV) *Pride goeth before destruction, and an haughty spirit before a fall. Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud.*

Deuteronomy 2:30 (KJV) *But Sihon king of Heshbon would not let us pass by him: for the LORD thy God hardened his spirit, and made his heart obstinate, that he might deliver him into thy hand, as appeareth this day.*

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1 Samuel 1:15 (KJV) And Hannah answered and said, No, my lord, I am a woman of a sorrowful spirit: I have drunk neither wine nor strong drink, but have poured out my soul before the LORD.

4. Though fallen, the human spirit still carries a spark of God's original design; it can be convicted, awakened, and restored.

Proverbs 20:27 (KJV) The spirit of man is the candle of the LORD, searching all the inward parts of the belly.

5. We Must Be Born Again Spiritually

Christ draws a line between our natural birth (with a fallen human spirit) and the spiritual rebirth we receive through baptism and the Holy Spirit. The spirit of man cannot enter heaven in its natural state. Flesh and blood cannot inherit the kingdom of God. Only those who receive the Holy Spirit become children of God and will be raised incorruptible in the first resurrection. The destiny of that soul depends on w

John 3:6 (KJV) That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.

6. When our body dies, our spirit goes back to God.

Ecclesiastes 12:7 (KJV) Then shall the dust return to the earth as it was: and the spirit shall return unto God who gave it.

Our natural human spirit is not evil in itself, but it is incomplete, fallen, and incapable of reconciling with God on its own. **The human spirit needs our soul and flesh.**

The human being is made of three parts: the body formed from the dust of the ground, the spirit which returns to God, and the soul which becomes a living being. After death, the body turns to dust, the spirit goes back to God, and the soul remains, it is the conscious self that experiences either rest in Christ or separation in hell

The human spirit interacts with the soul and flesh but depends fully on the Holy Spirit for life and guidance.. Without this new birth, a person remains spiritually dead even while physically alive. Religion can instruct the mind, but only the Spirit of God resurrects the heart.

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Our Soul.

The Bible speaks extensively about the soul, what it is, its value, and its role in our relationship with God.

1. What Is the Soul?

Our soul is often described as the life force or the inner self of a person, who we really are beneath the flesh. Our soul is a living thing, is who we are, our true essence and our will.

Genesis 2:7 (KJV) And the LORD God formed man of the dust *of* the ground, and breathed into his nostrils the breath of life; and man became a living soul.

2. The Soul Is Precious and Eternal

Matthew 16:26 (KJV) For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?

3. The soul can only be destroyed by God.

Matthew 10:28 (KJV) And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell.

4. The Soul Can Be Lost or Saved. The soul is accountable to God, and sin brings spiritual death.

Ezekiel 18:4 (KJV) Behold, all souls are mine; as the soul of the father, so also the soul of the son is mine: the soul that sinneth, it shall die.

James 1:21 (KJV) Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls.

5. The Soul Feels, Thinks, and Desires.

Psalm 42:1-2 (KJV) As the hart panteth after the water brooks, so panteth my soul after thee, O God. 2 My soul thirsteth for God, for the living God: when shall I come and appear before God?

Psalm 103:1-2 (KJV) Bless the LORD, O my soul: and all that is within me, bless his holy name. 2 Bless the LORD, O my soul, and forget not all his benefits:

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6. The Soul Needs Restoration to righteousness and rest.

Psalm 23:3 (KJV) He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

Jeremiah 6:16 (KJV) Thus saith the LORD, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls. But they said, We will not walk therein.

Summary:

The soul is your true, inner self, your mind, will, and emotions.

It is created by God, belongs to God, and is accountable to Him.

The soul is eternal. It is the record keeper of every choice, holding memory, motive, and intent. When you stand before God, it will testify of what it obeyed, whether the Spirit's call to holiness or the flesh's demand for pleasure. Nothing escapes its witness, for it does not cease after death unless God destroys it.

It can be lost through sin or saved through faith in Christ.

It longs for God and can find rest, healing, and transformation in Him.

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The Body / human Flesh.

After understanding the soul's battle, we must now look at the flesh itself — the visible instrument through which that battle is fought.

The War Within the Soul

God created us as triune beings: spirit, soul, and body, each with its own purpose and destiny. Scripture says, "I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Christ" (1 Thessalonians 5:23). The spirit is our link to God, the flesh connects us to the physical world, and the soul stands in between, deciding which one to follow.

Our soul is the center of the will, emotions, and reason. It is the seat of personal identity, the part of us that chooses between obedience and rebellion. When the Spirit of God moves within, it calls the soul upward toward holiness and truth. When the flesh stirs with desire, it pulls the soul downward toward corruption and death. God is not moved by emotion but by obedience. The soul that follows its feelings is deceived. Scripture declares, "He that trusteth in his own heart is a fool." The heart is deceitful, and whoever allows emotion to guide spiritual choices will fall to corruption. The battlefield of human life is not external but internal. Every decision reveals which master the soul has chosen.

Paul described this conflict when he said, "[The flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other](#)" ([Galatians 5:17](#)). The soul is where that struggle takes place. The Spirit urges submission; the flesh demands indulgence. The soul stands like a gate between two kingdoms, heaven pulling one way and the flesh pulling the other. Each decision opens the gate to one side. Every choice either strengthens the Spirit's voice or feeds the flesh's rebellion. The soul cannot remain neutral; silence is surrender.

When life ends, both spirit and body separate from us. The body returns to dust, as written, "For dust thou art, and unto dust shalt thou return" (Genesis 3:19). The spirit returns to God who gave it (Ecclesiastes 12:7). The only part of us that remains under judgment is the soul, the true self, bearing the record of every thought, choice, and desire. "We must all appear before the judgment seat of Christ; that every one may receive the things done in his body" (2 Corinthians 5:10).

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The soul is therefore the eternal witness of how we responded to the Spirit's call. If it yields to the Spirit, it is renewed, sanctified, and preserved unto life. If it clings to the flesh, it is corrupted and dies. This is why Christ warned, "What shall it profit a man, if he shall gain the whole world, and lose his own soul?" (Mark 8:36).

At death the spirit returns to its Maker, the flesh decays, but the soul remains. It carries the memory of obedience or rebellion and stands before the throne of God to give account. The destiny of that soul depends on which voice it followed in life; the Spirit that leads to righteousness or the flesh that leads to destruction. Hell is a temporary holding place, not the final destination. Death and hell will be cast into the lake of fire, which is the second death. Those written in the Book of Life will inherit the promise of a new heaven and a new earth, where the tabernacle of God will dwell with men forever.

Scripture shows that our flesh (our human, sinful nature) is deeply self-preserving and, when left unchecked by the Spirit of God, capable of lying, deceiving, and even destroying others to survive or get what it wants.

1. It's through the flesh (our physical senses and body) that we come to understand and experience the physical world around us, both its good and its bad.

The flesh is not able to receive and discern the things of God.

1 Corinthians 2:11 (KJV) But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know *them*, because they are spiritually discerned.

2. The flesh is naturally carnally dead and deceitful above all things.

Ephesians 2:3 (KJV) 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.

Jeremiah 17:9 (KJV) The heart *is* deceitful above all *things*, and desperately wicked: who can know it?

That means our flesh it will lie, even to our souls, to protect its desires and interests.

Romans 7:18-24 (KJV) For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not. 19 For the good that I would I do not: but the evil which I would not, that I

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do. 20 Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me. 21 I find then a law, that, when I would do good, evil is present with me. 22 For I delight in the law of God after the inward man: 23 But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. 24 O wretched man that I am! who shall deliver me from the body of this death?

3. The Flesh lusted against the spirit.

Galatians 5:17-21 (KJV) For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. 18 But if ye be led of the Spirit, ye are not under the law. 19 Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, 20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, 21 Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.

The flesh is like a beast of survival, it will lie, deceive, and destroy anything that threatens its desires. It knows it's time is limited and therefore will do anything to attain its desires. This is why Christ said, "If any man will come after me, let him deny himself, and take up his cross daily..." (Luke 9:23). Only by dying to the flesh and walking in the Spirit can we overcome the corrupt drive of the old nature.

The carnal (fleshly) mind not only resists God but brings death. It defends itself even against God's truth, because it sees surrender as a threat to survival.

Romans 8:6-8 (KJV) For to be carnally minded is death; but to be spiritually minded is life and peace. 7 Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be. 8 So then they that are in the flesh cannot please God.

The Spirit within you is willing, the flesh is demanding, and your soul decides which one rules. Today, choose which voice will lead you. The eternal destiny of your soul depends on the master you obey. Those who crucify the flesh and walk in the Spirit will be preserved blameless in spirit, soul, and body at the coming of the Lord.

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