

# Question About What Part Is Born-Again – Spirit, Soul, Body, or All Three?

By Pastor Ed Anderson

What part or parts of us is born-again? our spirit? our soul? our body? all three?

## Answer:

This is an excellent and foundational question—**what part of us is actually born again** when we come to Christ?

To answer this clearly, we need to understand how the Bible views human nature and what the **new birth (regeneration)** affects.

## 1. The Bible Teaches We Are Three-Part Beings

*“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 Thessalonians 5:23

This shows that a person consists of:

- **Spirit** – the part of us that connects to God
- **Soul** – the seat of mind, will, and emotions (our personality)
- **Body** – our physical being

## 2. At the New Birth, It Is the Spirit That Is Reborn

*“That which is born of the flesh is flesh, and that which is born of the **Spirit** is **spirit**.*”—John 3:6

## What Is Born Again?

Your **spirit**.

- The human **spirit** is what was “dead in trespasses and sins” (Eph. 2:1).
- When you’re born again, God **quickens (makes alive)** your spirit.
- You become a **new creation** in Christ (2 Cor. 5:17).

This is **instant and complete**—a supernatural, one-time act by the Holy Spirit.

### 3. The Soul Is Being Renewed Daily

While the **spirit is born again**, your **soul** (mind, emotions, will) is **not instantly changed**, but goes through a **lifelong transformation** called *sanctification*.

*“Be transformed by the renewing of your mind.”*—Romans 12:2

- Your **soul** needs **daily surrender** and **constant renewing**.
- It is being **conformed to the image of Christ** (Rom. 8:29).

### 4. The Body Will Be Redeemed at Christ’s Return

*“We ourselves groan within ourselves, waiting for the adoption, the **redemption of our body**.”*—Romans 8:23

- The **body** is not born again yet. It still experiences **temptation, pain, aging, and death**.
- But at Christ’s return, we will be changed:

*“This corruptible must put on incorruption, and this mortal must put on immortality.”*—1 Corinthians 15:53

This is called **glorification**—the final stage of salvation.

**Table: What Happens to Each Part of You**

Part of You	What Happens	When It Happens	Biblical Term
Spirit	Born again, made alive	Instant at salvation	Regeneration
Soul	Transformed and renewed	Ongoing, daily	Sanctification
Body	Raised/incorruptible	Future, at Jesus’ return	Glorification

### Summary

- **Your spirit** is the part that is *immediately and fully* born again.
- **Your soul** is being *continually transformed* as you walk with Christ.
- **Your body** will be *glorified* in the future when Christ returns.

This is the **three-phase journey** of salvation:

1. **Justification** (I was saved – my spirit is reborn)
2. **Sanctification** (I am being saved – my soul is renewed)
3. **Glorification** (I will be saved – my body will be redeemed)