

OUR SOUL

Our soul is what gives us our personality and it's through our soul that we live out our relationship with God, with other people and with our self. **Our soul likely has three major components** — our mind, will and emotions. Our mind has a conscious part and a subconscious part. The conscious mind is where we do our thinking and reasoning. The sub-conscious mind is where we hold our deep beliefs and our attitudes. It's also where we have our feeling, our emotions and retain our memories. Our will is what gives us the ability to make choices. Through a very complex way, our mind, our will and our emotions are connected to the body through our endocrine, nervous and immune systems. **"The mind and body communicate constantly. What the mind thinks, perceives, and experiences is sent from our brain to the rest of the body."**



OUR SPIRIT

It's in our spirit that we have meaning and purpose in life. At the deepest level our spirit gives us meaning and purpose and our spirit enables us to love one another, our self and God. It's through our spirit that we have communion and fellowship with God. Our spirit gives us intuition between right and wrong. **Our spiritual health will have a significant impact on our emotional health which will have a major influence on our physical health.** The inter-connection between the spirit, the soul and the body is certainly a complex connection, nevertheless, the connection is very real. The apostle John was inspired by God to write in 3 John 1:2, **"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."** This is an indication of the importance of attending to matters of the soul as it relates to being healthy.

THE INTERACTION BETWEEN SPIRIT, SOUL AND BODY

Beliefs and attitudes, determined in large degree by our faith, will play a major role in our thinking patterns. Our day to day thinking will have an impact on our emotions and feelings, and our emotions and feelings will have a major impact on our behaviors. In this regard, our thought patterns play a significant role in our emotional and physical health. **"Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again."**
1 Thessalonians 5:23.



Romans 12:1-2

"Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."

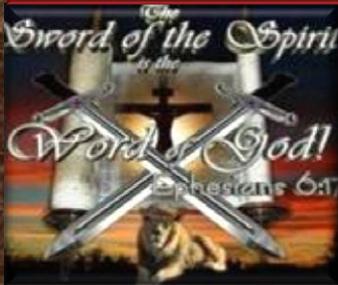
These are some of the most important and strategic words ever penned in human history. They serve as a halftime address—a coach's "chalk talk." Paul's words in Rom 12:1-2 are capable of leading God's people to victory. But please don't let your familiarity with these verses lead to passivity. Study them anew and afresh. If you do, God will transform you from the inside out. After devoting eleven chapters to heavy-duty theology, Paul transitions in chapter 12 from doctrine to duty, from creed to conduct, and from belief to behavior. He says, **"In light of what God has done, here is how we should live."** To put it another way, the apostle encourages us to turn our theology into "walkology." In other words, we are to live out our beliefs. Paul uses the imperative thirteen times in the first eleven chapters of Romans; he uses it eleven times in chapter 12 alone! In fact, this chapter has more commands in it than any other chapter of the New Testament. It is a chapter of action! Paul's thesis is: Beliefs should impact behavior. In 12:1-2 he shares two appropriate responses to the theology of chapters 1-11.

PRESENT YOUR BODY (12:1)



This verse is one of the most important in the entire Bible and contains more key theological terms and truths for its size than perhaps any other verse of Scripture. Verse 1 gives the **"what"** that we are to do in response to God. Paul opens this new unit with the word **"Therefore"**. **"Therefore"** looks back to all the doctrine that Paul has covered in chapters Romans 1-11. It is a **"Call To Arms."** Paul believes that you

haven't really learned the Word until you live the Word. Paul begs Christians to live a certain way in light of what God did for them. How well have you learned the Word? Have you been applying the truths of Romans? When you study the Bible on your own, do you bring it to bear on your life? Are you just a hearer of the Word or are you a doer of the Word? Only when you become a doer of the Word, have you truly learned the Word.



Paul writes, "I urge you brethren, by the mercies of God." Instead of a command or a demand, Paul urges, or better yet, exhorts his readers. This term was used in classical Greek of "exhorting troops who were about to go into battle." This reminds us that Paul appeals to our will. God calls us to make a choice about the way that we live for Him. What a great word picture of the

Christian life where God is our general and we are enlisted in a spiritual battle.

BY THE MERCIES OF GOD

"By The Mercies Of God" reminds us that we do this because of the mercy shown to us by God (described well in Romans 1-11), and that we are only able to offer ourselves to God as He works His mercy in us. God commanded us to do this, and He makes it possible for us to do it. Think of all the mercies of God: ❖ Justification

- ❖ Adoption In Jesus And Identification With Christ
- ❖ Set Under Grace Not Law
- ❖ The Gift Of The Indwelling Holy Spirit
- ❖ Help In All Affliction
- ❖ Standing In God's Election
- ❖ The Certainty Of Coming Glory
- ❖ The Confidence Of No Separation From The Love Of God
- ❖ Total Confidence In God's Continued Faithfulness



In light of all this mercy - past, present, and future - Paul begs us to present your bodies a living sacrifice. We must believe that these Divine mercies have persuasive powers over our wills.

PRESENT YOUR BODIES AS A LIVING SACRIFICE

Present Your Bodies: Connected with the idea of a living sacrifice, this calls to mind priestly service. Spiritually speaking, our bodies are brought to God's altar. "For you have been bought with a price: therefore glorify God in your body (1 Corinthians 6:20).

It is best to see the body here as a reference to our entire being. Whatever we say about our spirit, soul, flesh and mind, we know that they each live in our bodies. When we give the body to God, the soul and spirit go with it. Present your bodies means that God wants you, not just your work. You may do all kinds of work for God, but never give Him your self.

"WE ARE SPIRIT, WE HAVE A SOUL, WE IN LIVE IN A BODY"

Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ (1 Thessalonians 5:23).

BODY

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." Romans 12:2



BODY
BRAIN
5 SENSES
NERVES
ORGANS
CELLS

It's through our bodies that we connect to the physical world with our five senses.

SOUL
Mind
Personality
Reasoning
Emotions
WILL

SOUL

Genesis 2:7 states that Man was created as a "LIVING SOUL." The soul consists of the mind (which includes the conscience), the will and the emotions. The soul and the spirit are mysteriously tied together and make up what the Scriptures call the "HEART."



SPIRIT
Meaning, Purpose
Love, Relationships

SPIRIT

Jesus answered, "Believe me when I say that everyone must be born from water and the Spirit. Anyone who is not born from water and the Spirit cannot enter God's kingdom. The only life people get from their human parents is physical. But the new life that the Spirit gives a person is spiritual. Don't be surprised that I told you, 'You must be born again.' (John 3:5-7)

"Beyond all these things put on love, which is the perfect bond of unity. Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. Let the Word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God...." (Colossians 3:14-16)