Chapter Two

Understanding The Soul And Body

In the previous chapter, we examined the human spirit and saw that it came from God when the breath of life was exhaled into the lifeless body of Adam. As Genesis 2:7 says, the combination of Spirit from God and the lifeless body moulded from dust of the earth produced a new reality: the human soul. Let us now examine the soul and from there move on to see what the body is.

2. The Soul: The soul is the realm of self expression in man. The soul is the buffer between the spirit and the body of man. It conveys the needs and demands of both realms to each other by an intricate process known fully only to God! It is the part of his/her being which engages with and interprets the environment and suggests appropriate responses. The soul is as eternal as the spirit. Both of them are the inner part of man which is not seen with the human eyes. When they are in proper alignment, the soul is led by the spirit-man as God originally intended it to be. The soul itself has three distinct but inter-related components namely:

I. Mind: This is the faculty of reasoning and intelligent analysis of what the human being sees, hears, feels, smells and touches – the carnal senses that are directly connected to the physical body through the nervous system. The carnal senses are self-driven: they interpret events and activities in such a way to protect the interest of the human being concerned. The mind affects life because humans tend to behave as they think. Whatever dominates your thoughts will manifest in your speech, attitudes and actions.

> *"For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee"* **Proverbs 23:7**

ii. Will: This is the faculty of the soul which contains the conscience and the ability to make decisions based on what it deems best for the individual. God has made every individual to be a free moral agent with the liberty to make decisions either in conformity or contrary to His will and word.. The moral code of God is wired into the conscience and will of every human being and none is ultimately with any excuse.

> *"[18] For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who hold the truth in unrighteousness; [19] Because that which may*

be known of God is manifest in them; for God hath showed it unto them. [20] For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse: [21] Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened. [22] Professing themselves to be wise, they became fools, [23] And changed the glory of the incorruptible God into an image made like to corruptible man, and to birds, and four-footed beasts, and creeping things" **Romans 1:18-23**

"[11] For there is no respect of persons with God. [12] For as many as have sinned without law shall also perish without law: and as many as have sinned in the law shall be judged by the law; [13] (For not the hearers of the law are just before God, but the doers of the law shall be justified. [14] For when the Gentiles, which have not the law, do by nature the things contained in the law, these, having not the law, are a law unto themselves: [15] Which show the work of

the law written in their hearts, their conscience also bearing witness, and their thoughts the mean while accusing or else excusing one another;) [16] In the day when God shall judge the secrets of men by Jesus Christ according to my gospel" **Romans 2:11-16**

iii. Emotion: All humans are subject to emotion. Emotions arise from our interpretation of the things we encounter. Some elicit the emotion of happiness while others induce sadness; some inspire courage while others activate fear. When we are engaged in potential action or are contemplating what to do, certain kinds of emotion arise. This explains such concepts as love or hate; happiness or heaviness; a sense of pleasantness or unpleasantness. Emotions cannot be hidden, except by the few who have matured to the degree that their souls are fully subject to their spirit man. This is because emotions manifest as attitudes. Attitudes are the motions of the soul. Attitudes which are evident to other people are functions of emotional releases in the realm of the soul. A good attitude, invariable signifies a healthy soul, while a bad attitude signifies a wounded soul, that is, a soul which has been bruised. Emotion is also the seat of the human ego. An ego is the perception of an individual as to what he/she is worth. When that estimation is not matched with respect or appreciation from other persons, it becomes

bruised and can develop into a disease that is more difficult to heal than a normal injury on the physical body.

3. The Physical Body: This is the aggregation of water, blood, tissue, veins, bones and general body mass that is unique to every individual. While the spirit and soul are immortal, the body was designed to expire or die, be buried and cease to exist. On resurrection morning, all saints who die in Jesus or those who qualify to be raptured shall be blessed with brand new celestial (imperishable) bodies just like that of the risen Jesus.

> *"[35] But some man will say, How are the dead raised up? and with what body do they come? [36] Thou fool, that which thou sowest is not quickened, except it die: [37] And that which thou sowest, thou sowest not that body that shall be, but bare grain, it may chance of wheat, or of some other grain: [38] But God giveth it a body as it hath pleased him, and to every seed his own body. [39] All flesh is not the same flesh: but there is one kind of flesh of men, another flesh of beasts, another of fishes, and another of birds. [40] There are also celestial bodies, and bodies terrestrial: but the glory of the celestial is one, and the glory of the terrestrial is another. [41] There is one*

glory of the sun, and another glory of the moon, and another glory of the stars: for one star; differeth from another star in glory. [42] *So also is the resurrection of the dead. It is sown in corruption; it is raised in incorruption:* [43] *It is sown in dishonour; it is raised in glory: it is sown in weakness, it is raised in power:* [44] *It is sown a natural body; it is raised a spiritual body. There is a natural body, and there is a spiritual body.* [45] *And so it is written, The first man Adam was made a living soul; the last Adam was made a quickening spirit.* [46] *Howbeit that was not first which is spiritual, but that which is natural; and afterward that which is spiritual.* [47] *The first man is of the earth, earthy; the second man is the Lord from heaven.* [48] *As is the earthy, such are they also that are earthy: and as is the heavenly, such are they also that are heavenly.* [49] *And as we have borne the image of the earthy, we shall also bear the image of the heavenly.* [50] *Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; neither doth corruption inherit incorruption.* [51] *Behold, I show you a mystery; We shall not all sleep, but we shall all be changed,* [52] *In a moment, in the twinkling of an eye, at the*

last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. [53] For this corruptible must put on incorruption, and this mortal must put on immortality. [54] So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory.[55] O death, where is thy sting? O grave, where is thy victory?" 1 **Corinthians 15:35-55**

Skilfully and wonderfully made by God, the body of the average human is a master piece of creation. When David caught a glimpse of this intricately woven work of divine art called the human body, he gushed in admiration as we should too.

"[14] I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. [15] My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. [16] Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them" **Psalm 139:14-16**

On its own, the body profits nothing. It is like a vessel; it is subject to and responds to impulses or instructions from each of the other two realms – spirit or soul - whichever fills it up.

> *"[16] This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. [17] 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"* **Galatians 5:16-17**

If the spirit-man which is subject to Holy Spirit is dominant, the body will be subject to it and obey instructions. The outcome will be holiness of life showing forth the fruit of the Spirit.

> *"[22] But the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, [23] Meekness, temperance: against such there is no law"* **Galatians 5:22-23**

If the soul is dominant, the body will end up doing the impulses of the soul and producing works of the flesh:

> *"[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, revelings, 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"* **Galatians 5:19-21**

As a medium of expression, the body therefore manifests the dominant influence and inclinations within. Let us quickly take note of this truth before we dig deeper into the subject matter. From the day of the fall of Adam and Eve, the soul of the average human (both saved and unsaved) dominates life and determines what the body does. In other words, it is in the realm of the soul that basic instructions are released to the human body. Spiritual people are saints who through submission to Holy Spirit and the Word, tap into the grace in Jesus to live and minister from the realm of the spirit-man as their dominant faculty.

> *"Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God"* 2 **Corinthians 7:1**

What Then Is The Self-Life?

The self-life is the life in which the soul and the body are in alignment to determine the thoughts, words, motives, attitudes and actions of one who is not born again. It is a life that does not permit the enthroned Jesus to rule from the spirit-man as it insists on making decisions of life on its own, rather than trust the leading of the Holy Spirit. In other words, the self-life is one in which the spirit-man is weak and ineffective as the leader of the human being. It is life lived in the flesh rather than in the Spirit! The word 'flesh' simply means combination of the soul and physical body. They are designed to be led by the spirit-man which in turn is supposed to be led by Holy Spirit, a theme we will touch on repeatedly for emphasis.

As strong as all the four critical adversaries – self, Satan, the Word and denominationalism are, one particular one is in a sense, the greatest danger. The reason is this: While others are outside, this one adversary is comfortably ensconced within the human being. Many saints are unable to deal with this adversary because of lack of knowledge of what it is and how it is manipulated by the grand adversary, Satan and his agents, to make saints leave the lofty high ground of true spirituality and settle for what is essentially a lower form of life. Let us say this upfront: even the most holy of saints can fall into the self-

life if the slightest door is opened, knowingly or unknowingly.

The self-life is the natural life. It is the life which springs out of a dysfunctional soul which dominates the spirit-man and, by implication is not subject to the Holy Spirit and the laws of the New Covenant. Consequently, instead of bearing fruits of the Spirit within the spirit-man as Galatians 5:22-23 show, the self-man produces 'works' of the flesh indicated in Galatians 5: 19-21 and 1 Corinthians 6:12-20.

As stated earlier, the spirit-man is quickened in a moment of time and translated from darkness to light at the new birth. The translation is real and the individual changes identity from sinner to saint and from a foreigner to a member of the family of God and a fellow citizen of the Commonwealth. 2 Corinthians 5:17; Ephesians 2:18-19.

This transition of the identity of the spirit-man is instantaneous and does not require any effort on his/her part other than that of faith to receive the grace of what Jesus accomplished at the Cross of Calvary. It is a free gift of grace so that no one can boast that he/she contributed anything to the process of salvation! Ephesians 2:4-9; Romans 10:5-8

When this happens, the Holy Spirit writes the Laws of the

New Covenant into the spirit-man or heart of the saint who has just been saved. The conscience, once dead in sins and trespasses, is quickened or made to come alive. This instinctively enables the young believer to know what is right or wrong – even without any teacher!

> *"And you hath he quickened, who were dead in trespasses and sins"* **Ephesians 2:1**

> *"[15] Whereof the Holy Ghost also is a witness to us: for after that he had said before, [16] This is the covenant that I will make with them after those days, saith the Lord, I will put my laws into their hearts, and in their minds will I write them; [17] And their sins and iniquities will I remember no more"* **Hebrews 10:15-17**

All these transactions are in the spirit-man. The physical body is still of the same weight, height and colour. In the realm of the soul, there is a new consciousness that a new lord is sitting on the throne of the heart (spirit-man).

While transition of spirit-man is automatic, the soul and body need to undergo a process in order to perfect holiness and thus be in proper alignment with it. This process is led by the in-dwelling Holy Spirit.

The point is this: the transition of the soul to allow this new

King - that is, Jesus - who has come into the heart of the newly saved to rule without struggle is not automatic. The soul has, all these years, been playing the lead role in the life of the individual who is now a saint. If the emotions of a man are hooked to a woman and he has feelings for her, if the spirit and body yield to that impulse, the result will be an immoral relationship. If the ego in the soul of a woman desires a particular dress in order to feel superior to others and be a 'show stopper' in a party, the spirit-man which is largely passive as well as the body which is compliant, simply acquiesces.

Having ruled the life of a man or woman for many years, the soul struggles with the reality of a new life based on a spirit-man which is now quickened or made alive to the degree that it is seated in heavenly places with Jesus. Unconsciously, the soul (mind, will, emotions) desires to still play the leader. This desire brings it into a situation of conflict with the spirit-man and its active occupant, the Holy Spirit.

The result, as seen in Galatians 5:16-21, is a struggle of epic proportions which makes many saints fall into sin repeatedly – without necessarily desiring to or even loving it.

"[16] This I say then, Walk in the Spirit, and ye

> *shall not fulfil the lust of the flesh.* [17] *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"* **Galatians 5:16-17**

This is the origin of besetting sins – sins that were part of the makeup of the human persona before an encounter with Jesus.

> *"Wherefore, seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us"* **Hebrews 12:1**

This kind of life, which is based on what the soul (the natural mind, will or emotions) desire rather than what the enlightened spirit-man wants as it is led by the resident Holy Spirit, is what is called 'carnality'. This is derived from the word 'carnal'.

A carnal person is simply someone who lives by, is driven by, or responds to what the five carnal senses suggest. These are the senses of

- sight - what we see: sizes, shapes of, say, men and women, things, etc
- hearing - what we hear with our ears: rumour, gossip, lies, malice, slander;
- smell - picked up by our nostrils as in perfume, body odour, food, drink –when fasting for instance etc
- taste - what our palate suggests based on how our taste buds function;
- touch - the consequences of touching things and the impulses triggered through the nervous system.

When we are born again, God does not want us to be led or driven by these carnal senses. They are in us for the purpose of understanding and connecting with our environment. Satan however corrupts them by making them the principal instruments of suggesting sinful thoughts, feelings and impulses. It was by what Satan showed Eve and the consequent suggestion that by eating, she would be like God and therefore needed liberty from Him that he successfully led her to sin: Genesis 3:1-7.

It was the same trick which Satan tried on Jesus in the wilderness. He suggested that He turn stone to bread to

meet a physical need of the moment. Satan also quoted the Bible when he assured Jesus of security by the angels if He would demonstrate who He is by falling off the pinnacle of the temple. He also offered Jesus, a panoramic view of the kingdoms of this world in order to activate a desire for them in Him. Matt. 4:1-11

God hates carnality with a perfect hatred. The Word is very clear: No one can ever please Him by living according to the dictates and motions of the soul.

> *"[5] For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. [6] 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. [9] But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his"* **Romans 8:5-9**

Carnality is summed up as life which is based on lust (desires) of the flesh, lusts of the eyes and pride of life. This

is why the warning by the Apostle John is not a suggestion but a divine commandment to all age groups and categories of people in the House of God:

> *"[15] Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. [16] For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. [17] And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever"*
> **1 John 2:15-17**

Beating people over the head, as certain groups do, or excommunicating them because of their sins, does not solve the problem. The need of saints is to know the truth which sets them free and act on it.

> *"[32] And ye shall know the truth, and the truth shall make you free. [33] They answered him, We be Abraham's seed, and were never in bondage to any man: how sayest thou, Ye shall be made free? [34] Jesus answered them, Verily, verily, I say unto you; whosoever committeth sin is the servant of sin. [35] And the*

servant abideth not in the house forever: but the Son abideth ever. [36] *If the Son therefore shall make you free, ye shall be free indeed"*
John 8:32-36