

## **Building a Strong Spirit**

Session 1 - The Functions of the Human Spirit

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### **The Design and Functions of the Human Spirit**

#### **I. The Threefold nature of Man**

##### **1. Our Threefold Design**

- *1Th 5:23 Now may the God of peace Himself sanctify you completely; and may your whole **spirit, soul, and body** be preserved blameless at the coming of our Lord Jesus Christ.*
  - We are designed by God to represent Him in the Earth and advance His Kingdom
  - We are created dual in nature. We can exist in a physical realm and also in the spirit realm
- **The spirit realm and the physical realm exist together and overlap one another**
  - Our physical body is designed to dwell in and interact with the physical realm
  - Our spirit is designed to dwell in and exist in and interact with the spirit realm
  - There are many beings within the spirit realm....some good and some evil

##### **2. Your Soul Has a Shape or Form**

*Luk 16:19 "There was a certain rich man who was clothed in purple and fine linen and fared sumptuously every day.*

*Luk 16:20 But there was a certain beggar named Lazarus, full of sores, who was laid at his gate,*

*Luk 16:21 desiring to be fed with the crumbs which fell from the rich man's table. Moreover the dogs came and licked his sores.*

*Luk 16:22 So it was that the beggar died, and was carried by the angels to Abraham's bosom. The rich man also died and was buried.*

*Luk 16:23 And being in torments in Hades, he lifted up his eyes and saw Abraham afar off, and Lazarus in his bosom.*

*Luk 16:24 "Then he cried and said, 'Father Abraham, have mercy on me, and send Lazarus that he may dip the tip of his finger in water and cool my tongue; for I am tormented in this flame.'*

*Luk 16:25 But Abraham said, 'Son, remember that in your lifetime you received your good things, and likewise Lazarus evil things; but now he is comforted and you are tormented.*

##### **Notice The Rich man**

- Eyes & Fingers
- Tongue
- Memory
- Concerns

- **The Soul has a distinct shape or form shaped like the body that can be recognised as the person**
  - The soul fills the body like a hand in a glove
  - The Rich man could see and recognise Lazarus clearly as a person with characteristics that could be recognised
- **Your Spirit fills the Soul and Body and give life to them, but it comes from the breath of God**
  - It can be helpful to view the spirit as being an **energy or light source** that gives life
  - Since the spirit belongs to the realm of the spirit it does not conform to the laws of nature
  - The spirit is not limited in space and is able to flow beyond the body
  - The spirit is not a stagnant structure of shape limited to within the body
  - *Pro 4:23 Keep your heart with all diligence, For out of it spring the issues of life.*

### **3. Spirit , Soul and Body function together as a Unit**

- **Spirit , Soul and Body function together as one Unit**
  - Whatever happens in your spirit affects your soul and your body
  - Whatever happens in your soul affects your spirit and body
  - Whatever happens in your body affects you spirit and soul
  - Emotions and thoughts and will operate in all three areas, body , soul and spirit, and are not confined to the soul only
- **We are created as whole persons, not divided into three parts.**
  - The soul fills the body. The spirit fills the soul.
  - All three parts are integrated and superimposed one upon the other.
  - It is helpful to think of the body as the physical expression of our invisible existence.
  - What the body has, the soul has. What the soul has, the spirit has.  
***We are fearfully and wonderfully made***

### **4. What about The Heart?**

- Your heart is the Core of your being and fountainhead(spring or source)of life
- **The Physical Heart**
  - The heart is a physical organ which is located at the core of our being
  - It pumps blood throughout the whole body
- **The Heart of Man**
  - *Pro 4:23 Keep your heart with all diligence, For out of it **spring the issues of life.***
  - This is the core of who we are. It is the seat of our identity
  - The heart is the core of our being, the fountainhead of our life
  - The heart is the seat of our desires, faith and purpose
- **The heart exists throughout the spirit , soul and body**

- Just as the physical heart circulates blood, the heart of man circulates the issues or rivers of life
- The invisible heart draws in good through godly desires and draws in evil through lust
- Whatever the heart draws in then flows out through the soul and body and life
- **Wherever the heart of the person is pointed and focussed the life will follow Troubles, difficulties, offences, anxiety? Or love, joy peace, success, faith?**

#### 5. The Focus of Your Heart Opens Doorways to the Spirit Realm

- Mat 6:21 For where your treasure is, there your heart will be also.  
Mat 6:22 "The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light.  
Mat 6:23 But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!
- Treasure refers to those things we highly value and desire
  - Whatever we focus our attention on and desire our heart draws and becomes attached to, whether good or evil
  - The light and darkness referred to here are spiritual in nature
- **The eye is the focus of the heart...where your heart and desires and affections are directed**
  - Jesus connected singleness of the eye and the heart
  - Depending on what we make our focus and set our heart upon we draw into our life from the spirit realm whether good or evil, light or darkness
  - It does not just enter our heart but also flows out into every area of our life
  - Focusing your heart and desire opens doorways into the realm of the spirit that attracts into your life either light or darkness
- **Example:**
- Mat 5:28 But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.

#### 6. Your Spirit can flow beyond your Physical Body

- The Difference between the Spirit of a Believer and the Spirit of an unbeliever
- *If Christ is in you . . . the spirit is alive because of righteousness. (Rom. 8:10)*
  - Both a Believer and unbeliever have a spirit that flows within their soul and body
  - The spirit of a believer is alive because of the presence of the Spirit of God
  - The rivers which flow within a believer are living waters because of the presence of Holy Spirit
- **The Spirit of a Believer is joined to the Holy Spirit**
- 1Co 6:17 But he who is joined to the Lord is one spirit with Him.

- **A believer is joined to the Spirit of God and has access to the supernatural life of God**
  - In a believer there is a union between the spirit of man and the Spirit of God
  - The believer is born again, or born from above
  - This makes the spirit of a believer different to the spirit of an unbeliever
  - An unbeliever has a spirit that gives life to his soul and body
  - The spirit of a believer is alive and has access to the very throne room of God
- **The Life of your Spirit can flow out from you**
  - *Jhn 7:38 He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water."*
  - *Jhn 7:39 But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.*
    - Your spirit is like an energy source within you giving life to your body and soul
    - Your spirit can flow out of you like a river impacting the spiritual atmosphere and the spirits of people in the vicinity
    - When your spirit flows outward the anointing or presence of Holy Spirit flows out also within flows out also
- **Your Spirit is like an Energy source and a Detector within you**
    - You can sense when someone is **staring** intently at you
    - You can feel the **presence** of some people in the room
    - You can feel the presence of people who carry great authority
    - How can you feel this?
    - **Your spirit becomes aware of the spiritual presence of others in the room**

## II. **Key Functions of The Human Spirit**

- Function...means the purpose for which something has been designed

### **What are the Key Functions of the Human Spirit?**

#### 1. **To Energise your Body and Keep it Alive**

- *Jas 2:26 For as the body without the spirit is dead, so faith without works is dead also.*

#### 2. **To Keep Your Body Healthy and Energised**

- *Pro 17:22 A merry heart does good, like medicine, But a broken spirit dries the bones*

- *Pro 18:14 The spirit of a man will sustain him in sickness, But who can bear a broken spirit?*

### **3. To Engage in Worship and an Intimate relationship with God**

- *1Co 6:17 But he who is joined to the Lord is one spirit with Him.*
- *Jhn 4:23 But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him.*
- *Jhn 4:24 God is Spirit, and those who worship Him must worship in spirit and truth."*

### **4. To Receive Revelation, and Guidance**

- *Rom 8:14 For as many as are led by the Spirit of God, these are sons of God.*
- *Rom 8:16 The Spirit Himself bears witness with our spirit that we are children of God*
- *1Co 2:12 Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God.*

### **5. To provide insight, inspiration and ideas**

- *Pro 20:27 The spirit of a man is the lamp of the LORD, Searching all the inner depths of his heart.*
- *Job 32:8 But there is a spirit in man, And the breath of the Almighty gives him understanding.*
- *Psa 77:6 I call to remembrance my song in the night; I meditate within my heart, And my spirit makes diligent search.*

### **6. To reveal the true inner Motivations of the heart**

- *1Co 2:11 For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God.*

### **7. To Know People, and be able to Connect and Engage**

- *2Co 5:16 Therefore, from now on, we regard no one according to the flesh. Even though we have known Christ according to the flesh, yet now we know Him thus no longer.*
- *Mrk 2:8 But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts?"*
- *Mat 9:4 But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts?"*

### **8. To Empower you to Pray and Intercede**

- *1Co 14:14 For if I pray in a tongue, my spirit prays, but my understanding is unfruitful.*

## 9. To Discern the Spirit Realm

- *Heb 5:14* But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.
- *2Ki 6:17* And Elisha prayed, and said, "LORD, I pray, open his eyes that he may see." Then the LORD opened the eyes of the young man, and he saw. And behold, the mountain was full of horses and chariots of fire all around Elisha.

## 10. To Minister the Life and Power of God to others

- *Jhn 7:38* He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water."
- *Jhn 7:39* But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.
- *Luk 8:46* But Jesus said, "Somebody touched Me, for I perceived power going out from Me."
- **The Life and Power of the Holy Spirit flows outward from within your spirit like a river**
  - Your Mind and Soul can resist this flow of the Holy Spirit
  - Your Body can also resist the flow of the Holy Spirit
  - When your mind is renewed and focussed upon God and your heart is open and yielded the anointing of the Holy Spirit flows through you to minister to needs

## 11. To Bless Your Spouse in Sexual Intimacy

- *Mat 19:5* and said, 'FOR THIS REASON A MAN SHALL LEAVE HIS FATHER AND MOTHER AND BE JOINED TO HIS WIFE, AND THE TWO SHALL BECOME ONE FLESH' ?
- *Mat 19:6* So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate."
  - Sexual Intimacy involves more than just the body. It involves the souls and spirit
  - God's purpose is oneness and that body soul and spirit would be refreshed by sexual intimacy