

spirit, soul and body

who are you?

You were made to look like God.

📖 Genesis 1:26

That's special, isn't it?

You are made up of three basic parts: your **body**, your **soul** and your **spirit**:

📖 1 Thessalonians 5:23

your body

You have a **body**. That is the visible outside of you. And that includes the physical processes inside you: your heart beats, your food goes through your intestines, your cells use energy, and so on.

Your body is very important. So it's good to live a healthy life.

your soul

Your **soul** consists of your **will**, your **mind**, and your **emotions**. Animals also have this to some extent, plants do not.

With your **will** you make decisions.

With your **mind** you think and learn things.

With your **emotions** you feel love for someone else, for example. Or you feel anger. Your emotions indicate how you feel. If you are addicted, or anxious, quick to anger, depressed, and so on, your will and emotions are "trapped." You need healing for your soul.



your spirit

What makes people unique: people have a **spirit**. This is what connects us to the spiritual world: this allows us to believe in God.


All people are looking to fill the emptiness in their spirit - even if they don't realize it. Unfortunately, many people try to fill the emptiness with physical things. Or they let their will, mind or emotions be in charge in their lives.

The Spirit of God wants to fill the emptiness in your mind.

 Galatians 5:16-22

You receive His Spirit as soon as you give your life to God.

Then ask God to fill your mind with His Spirit. He loves to fill you every day, so you can ask that every day. He loves to lead you. This is how He intended us to be. And that's how we become strong people and stay strong.

 *The study on the **Holy Spirit** elaborates on this: [CLICK HERE](#).*

to think about

- ▶ How do I handle my body?
Is God in charge in that?
- ▶ How do I handle my soul: my mind, my will and my emotions?
Is God in charge in that?
- ▶ Do I perhaps need help to change things?
- ▶ Have I given my life to God?
- ▶ Have I ever asked God to fill my mind with His Spirit?

prayer

- Thank You for my body, my will, my mind, and my emotions. I'm glad I have them, but I don't want them to be in charge in my life.
- Lord, fill my mind with Your Spirit today. Guide my life.



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