

Body, Soul and Spirit

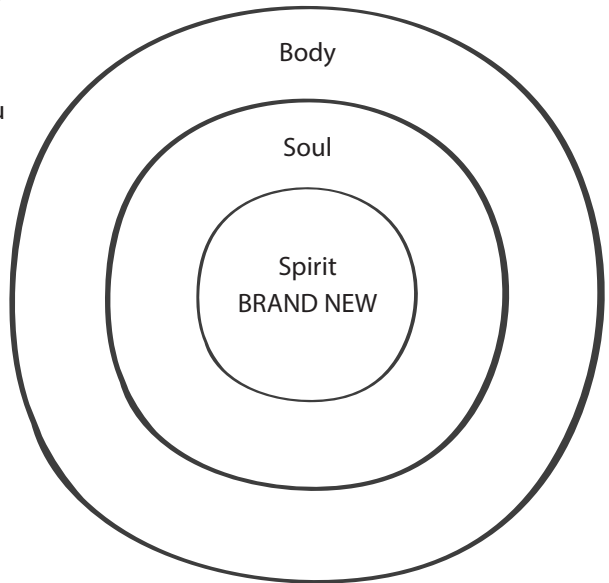
“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.”

1 THESSALONIANS 5:23 (NIV)

Do you ever wonder why someone who has a healthy body can be very unhappy with their life? This is because we are body, soul and spirit. Our physical bodies are very important and our soul directs our bodies. Our soul is our mind, will (what we want) and emotions. Our spirits are made brand new when we invite Jesus into our hearts and decide to follow Him. As we strengthen our spirits by growing our relationship with God, our souls and bodies are also affected for the good! This is how we grow, as whole people, to become more like Jesus!

Psalm 28:7 (NIV) says “The Lord is my strength and my shield; my heart trusts in him, and I am helped.”

This verse says that when we _____ in the Lord we are helped. List two things that are a struggle for you to “trust Him” with. If you chose to TRUST him how would your spirit strength grow?



“We were created to be expressions of the goodness and wholeness of God.”