

feb 23

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 thes 5:23

we are a triune being just as God is a triune God; the three parts being intricately separate while being uniquely one. masses have struggled through the ages trying to understand how there could be three God's when there is only one true God.

royalty have often refer to their self as "we" in a feeble attempt to insinuate they are preeminent and representative of their entire kingdom. Christ taught us that if someone truly desires to be great, they must be the most subservient of all. "for all those who exalt themselves will be humbled, and those who humble themselves will be exalted." luke 14:11

this is a good time for each of us to ask ourselves how we think about ourselves. would you use the word "excellent" to describe your spirit? do you think of yourself as a body who just happens to have a spirit-soul within? many today are primarily body-conscious; we spend most of our time consumed with our own body. we tan them, we tone them, and some of us even tuck them. but the body is just the house we are residing in as we journey through this world. the body is nothing more ... nothing less. the real you is your spirit, that part of you that is alive within your body

and will still be alive long after your body has gone back to the dust it came from. one just has to study the corpses of old.

integrity is rooted in our private world. so if we remain primarily body conscious, then self-exaltation and self-promotion easily raise their ugly heads in our relationships. pride exhibited in the personal arena spills over into the public arena. however, when we begin to think of ourselves as spirit beings, when we become more spirit conscious than we are body conscious, we will start rooting our integrity where it really grows: in our private world alone with God.

we are all simply spirit-soul beings who happen to live in bodies that are deteriorating with each passing day and will eventually die and be buried in the ground. true integrity must therefore be rooted in our spirit, that part of us that is immaterial and the part of us that will live forever,

"therefore, since all these things will be dissolved, what manner of persons ought you to be in holy conduct and godliness?" 2 pet 3:11 make each day count for it will be what counts in the end. how do you spend your days; body conscious or spirit conscious?

there is a scripture that keeps overturning in my spirit these days. "walk in the Spirit, and you shall not fulfill the lust of the flesh." gal 5:26 how often do we fulfill the lust of the flesh? too often, i think. no, we may not have a problem with sex (and judge those who do). but do we have a problem with overeating? remember the scriptures, "whether you eat

or drink, or whatever you do, do all to the glory of God." 1c cor 10:31

yes, we all fall short of the glory of God. that doesn't mean we are just to continue in our sin and trust Jesus to cover it all. no! we are to, "lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us." heb 12:1 having done our best, then i think we may look to the saving blood of Jesus to rescue us from the rest.

as Jesus said, "the spirit indeed is willing, but the flesh is weak." mark 14:38 let us therefore become spirit-conscious, knowing full well the final destination of the body.