

What Does It Mean To “Renew the Spirit”?

What is the Spirit?

The spirit is that eternal part of us that will _____ eternally beyond the death of our physical bodies.

“...and the dust returns to the ground it came from, and the spirit returns to God who gave it.” Ecclesiastes 12:7

When Jesus was crucified,

“Jesus called out with a loud voice, ‘Father, into your hands I commit my spirit.’ When he had said this, he breathed his last.” Luke 23:46

The spirit is that part of man _____. It is _____ inside your body.

“Do you not know that your body is the temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your body.” 1 Corinthians 6:19-20

What is the purpose of the Spirit?

The spirit is the _____ of man. It is by the spirit that we _____ spiritual truths. The spirit is the most powerful part of our being, capable of tapping into the very heart and mind of God. This passage states it well;

“However, as it is written: “No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him- but God has revealed it to us by his Spirit. The Spirit searches all things, even the deep things of God. For who among men knows the thoughts of a man except the man’s spirit within him? In the same way, no one knows the thoughts of God except the Spirit of God. We have not received the spirit of the world but the Spirit who is from God, that we may understand what God has freely given us. This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, expressing spiritual truths in spiritual words. The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned...”

1 Corinthians 2:9-16

Our spirits are dead

When God created Adam He breathed into his nostrils the breath of life, not just physically, but also spiritually. Adam had _____ with the Father; his _____ was alive. But when Adam chose to sin, his spirit lost communion and died. Adam became a mortal. Even though God had to punish Adam for his sin, He didn't abandon his creation. God already had a plan of _____ for mankind through the blood of His son, Jesus Christ. When we accept Christ's sacrifice for our sins and receive Him as Lord, we are _____. Our spirits are "_____" and we once again have communion with the Father, as well as eternal life.

"As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions- it is by grace you have been saved." Ephesians 2:1-5

It is important to note that even though we "think" we may be a Christian, even if we have been raised in church all of our lives, even if we have been teaching Sunday school for 20 years, if we have not asked the Lord Jesus Christ into our hearts, and invited the Holy Spirit into our lives, He is NOT there. We must be born again!

Jesus explains this to Nicodemus...

"I tell you the truth, no one can enter the kingdom of God unless he is born of water and the spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit." John 3:5-6.

Here is another wonderful scripture...

"You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ. But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness. And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you." Romans 8:9-11

When we are born again, our spirits come to life. We are alive in Christ. But the spirit must be renewed... We must constantly maintain our spiritual walk.

We are not _____... And when we miss the mark, our _____ loses _____ with the Father. There is no getting around it. Sin separates us from a Holy God. When we *do* sin, it is our responsibility to repent quickly and restore that relationship and communion with the Lord. We must ask the Lord to _____. Here are two examples...

“I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh.” Ezekiel 11:19

“Create in me a pure heart, O God, and renew a steadfast spirit within me.” Psalm 51:10

When we nurture our spirit, it grows in strength. When we don’t, it won’t. When we are born again, that’s exactly what happens. We are born. Our spirits are brand new. We are babes in Christ. It is _____ to begin to nurture that relationship and grow. Just as our physical bodies grow from birth to maturity, our spirits do likewise. The difference between the physical body and the spirit is that we have a _____ with our spirits. Our spirits do not grow automatically. It is our responsibility. The Word chastises believers for not growing in Hebrews;

“We have much to say about this, but it is hard to explain because you are slow to learn. In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God’s word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil. Therefore let us leave the elementary teachings about Christ and go on to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God, instruction about baptisms, the laying on of hands, the resurrection of the dead, and eternal judgment.” Hebrews 5:11-6:3

In contrast, Luke tells about John the Baptist. Here is an example of someone growing both physically and spiritually;

“And the child grew and became strong in spirit ...”

Our spirits must be Renewed

We must realize that because of our sin nature, our spirits are dead. We must decide to activate them by accepting Christ as our personal savior and inviting the Holy Spirit into our lives. When we sin, we lose that communion. We must repent and ask the Lord to renew our spirit. Finally, we are responsible for growing spiritually. It is not automatic. God expects us to mature in our spirits throughout our physical life.

When we accept Christ, we begin our spiritual walk. So many people think that is the end. Okay, I’ve accepted Christ. I’m going to heaven. Now, why am I not happy? Why can’t I gain victory over sin? Why do I fight depression? Why can’t I lose weight and be healthy? If Jesus conquered death, why can’t I stop smoking?!

Here is my prayer for you...

“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge-that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”

Ephesians 3:16-21

What Does It Mean to “Restore the Soul”?

What is the soul?

“Nephesh” is the Old Testament translation, which means “That which breathes.” The New Testament Greek word is “Psuche” which means “soul or life.” The soul is the part of our being that comprises how we think, how we feel and what we desire. It is the soul that makes us most aware of relationships. The soul is that part of man that is made up of

Aspects of the soul

The _____. The mind is the capacity to think and reason.

The _____. The will is the capacity to choose and decide.

The _____. The emotions represent our capacity to feel.

The soul is one of God’s finest creations. By creating the soul, God gave his children the right to choose. What a risk our Father has taken by giving us that freedom! Because of choice, God must let his creation decide to choose _____

_____. It is with our soul that we decide to renew our spirit and be born again. It is with the soul that we choose to worship our Father, or worship his arch enemy. The soul is the most vulnerable part of our being, capable of being deceived just as Adam and Eve were. Knowing that we would listen to the lies of the deceiver and fall into temptation and sin, God still created the soul. He is not a dictator, demanding our devotion. He is a Father who loves his children and wants his children to love him back.

It was obvious that King David understood this aspect of God when he wrote this Psalm;

Praise the Lord, O my soul; all my inmost being, praise his holy name. Praise the Lord, O my soul, and forget not all his benefits - who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.

The Lord works righteousness and justice for all the oppressed. He made known his ways to Moses, his deeds to the people of Israel: The Lord is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust. As for man, his days are like grass, he flourishes like a flower of the field; the wind blows over it and it is gone, and its place remembers it no more.

But from everlasting to everlasting the Lord’s love is with those who fear him and his righteousness with their children’s children-with those who keep his covenant and remember to obey his precepts...” Psalm 103

King David is a great Biblical character to study when we look at the soul. Even though he was known for being a "...man after God's own heart", David was intensely human. He struggled with issues of the soul just as we do. At times David was completely devoted to the Lord. And other times he would fall flat on his face. King David struggled with the _____ just as we do. That's why he asked the Lord to "_____."

**The sinful nature is found in and made up by the soul.
It is with the mind that we entertain temptation to sin.
It is with the will that we choose to sin.
And it is the emotions that suffer the devastating effects of sin.**

When we let our soul, (our mind, will and emotions) dictate our _____, we are headed for disaster! Because these three areas are where sin is _____, the soul is our "_____". The Bible has much to say about the sinful nature!

"Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; the sinful mind is hostile to God. It does not submit to God's law, nor can it do so. Those controlled by the sinful nature cannot please God." Romans 8:5-8

"So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want...The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control...Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit." Galatians 5:16-25

From this passage, it is easy to see that we, as Christians, have _____ forces working in us. There is the _____, and the _____. When we accept Jesus Christ as our personal savior and invite Him into our hearts, we are born again and receive his Spirit. The _____ resides in us. We are born with our sin nature. It is our responsibility to _____ our sin nature, and _____ the Spirit.

We are not taught these basic principals of scripture. And thus, we perish.

When we begin to learn these principles, and how to walk according to the Spirit rather than the sin nature, we become _____.

Walking In The Spirit

**“A spiritual man is not a man born again,
but a man born again and walking in alignment.”
-Watchman Nee**

*“So I say, live by the Spirit, and you will not gratify the desires of the sinful nature.”
Galatians 5:16*

We have already discussed the spirit and the soul. The spirit is that eternal part of us that comes to life when we are born again. In essence, it is the place in our bodies where the Spirit of God lives. It is His temple. The soul is that human part of us that consists of the mind, the will and the emotions. It is the soul that determines our thoughts, actions and emotions. Even though the soul is one of God’s finest creations, within the soul lies the sin nature. Left without guidance from our spirit, it has the potential to destroy us.

“Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.” Galatians 6:7-9

How do we “live by the Spirit”?

We must walk in alignment. It is a _____ discipline and does not come naturally!

“For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.” Galatians 6:17

Living by the Spirit, or as Watchman Nee puts it, “walking in alignment” is living life with the _____ controlling your thoughts, actions, and emotions. Again, walking in the Spirit takes practice. However, when you master this fundamental principal, you are able to hear God’s voice, and you will be able to protect yourself from the enemy.

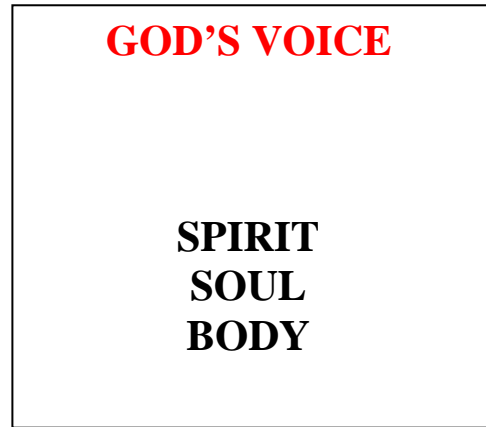
**SPIRIT
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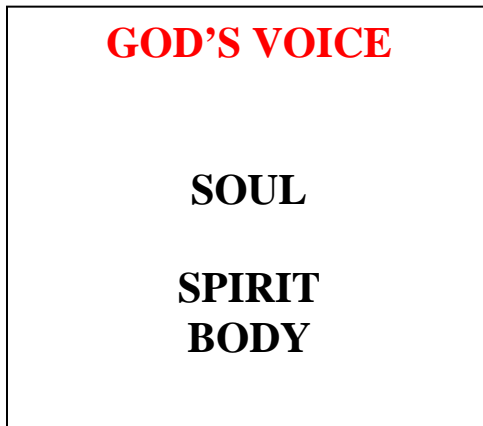
When we are walking in the Spirit, our _____ is in control of our _____. When we are walking according to the sinful nature, or soul, *that* is what controls our spirit.

The **red** arc represents the born again spirit. When we are born again, Christ's blood washes over us and renews our spirit. According to *Leviticus 17:11*, one aspect of the Blood of Jesus is that it provides an atonement or a "covering" for us. It is important for us to walk in the Spirit so that the covering of the Blood can protect it.

One of the reasons we want to walk in the Spirit under the Blood's covering is so that we can _____. God *is* spirit and He communicates to us through our spirit. When we are walking in the spirit, we are able to hear God's voice so that we can avoid sin, get direction and guidance for life, and have daily peace.



When we are walking according to the sin nature, our soul dictates. What God is saying to us must first filter through our thoughts, imaginations and the confusion of our mind; through the pain, brokenness, anger, and resentments in our emotions; through the pressures of choices we have made; and finally through any other stresses we may be experiencing. The clarity of His voice gets lost in all these elements of our soul, and God's direction for our lives is weakened or lost. If we cannot hear God clearly, we become open to _____ by the enemy.

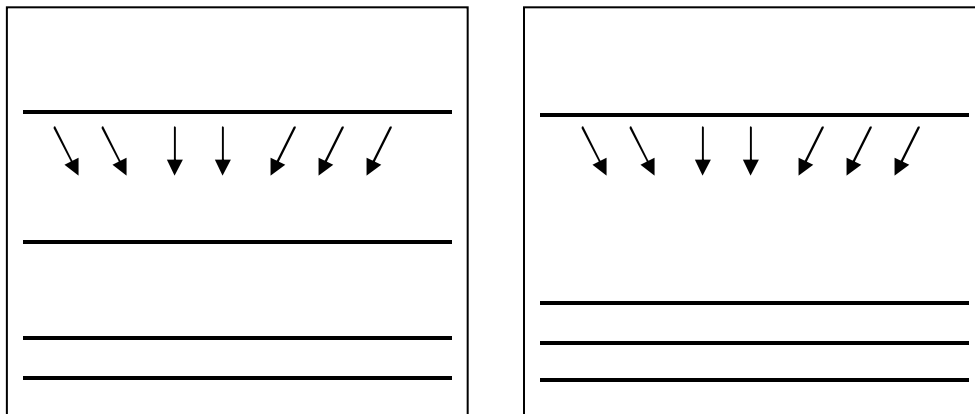


Hearing God's voice is essential for spiritual growth. However, there is another reason Christians must walk in the Spirit. This is just as crucial. We must be able to _____ from the onslaught attack from the enemy. Make no mistake, satan hates you, if he cannot take you to hell, then he will do everything in his power to steal, kill, and destroy everything you hold dear!

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have life more abundantly." John 10:10

"Cast all your anxiety on him because he cares for you. Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith...and the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm, and steadfast." 1 Peter 7- 10

When God's people are walking in the Spirit, the blood of Christ shields our soul from the fiery darts of hell. As we begin to put these principles into practice and our soul submits to our spirit, then, and only then, can God begin to restore our soul. In this instance, "*submit*" means to come under the protection of.

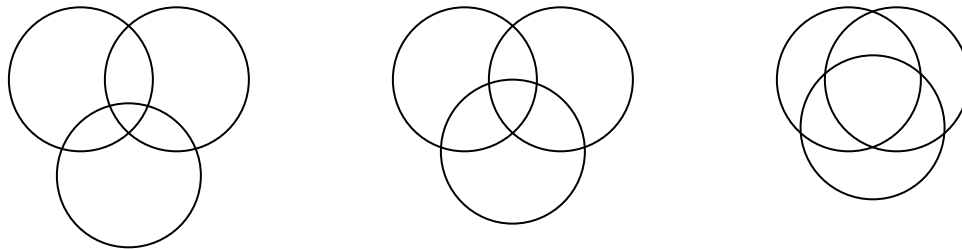


As the diagram shows, if a Christian is not walking in the Spirit, the fiery darts of hell bombard the mind, the will and the emotions.

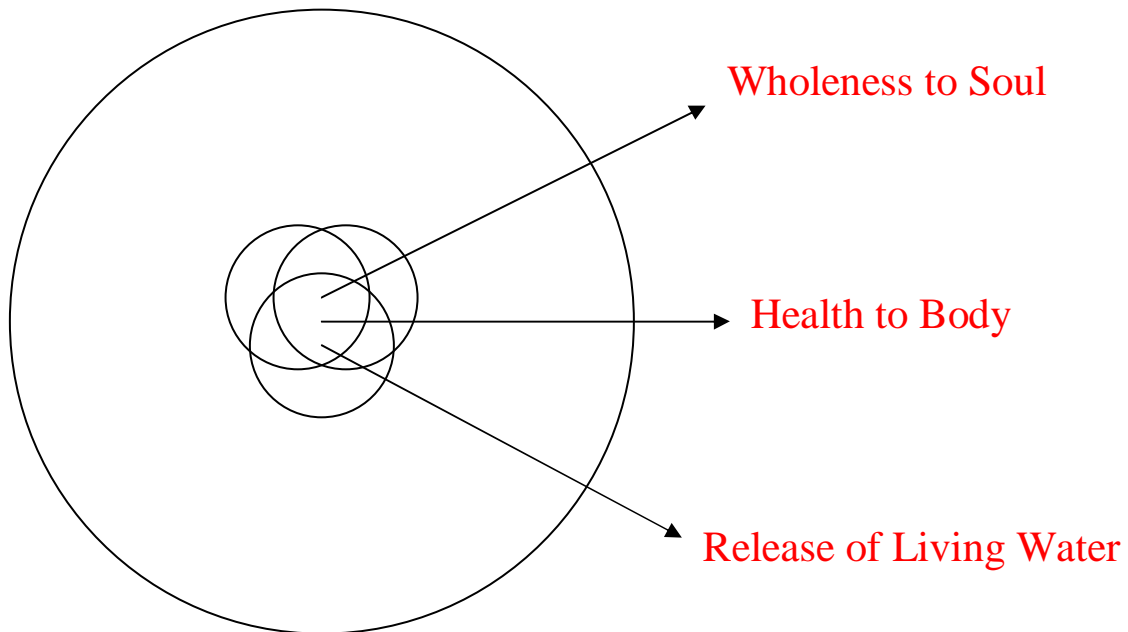
"Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God." Ephesians 6:11-17

A common tactic satan uses to confuse us when we are trying to get direction from God is to stop beating on our souls. When the enemy backs off from oppressing and opposing us, we may experience a feeling of peace, but it is a peace of the emotions rather than a deep peace in our Spirit. It is a _____!

There is one more reason for walking in the Spirit. When our souls continually submit to our spirits, the Spirit begins to mature. The only way our spirit can grow is to be in control of our soul. The following diagrams depict the maturing Christian's Spirit:



As our spirits grow and mature, it will allow the opportunity for wholeness to come to our soul and health to our body. When wholeness comes to our soul and our body becomes healthier, then the living water of Jesus Christ can flow out of us and we will have an anointing to minister to our families, the Church (or the ecclesia), and the world around us. Hallelujah!



Are you willing to be a make the commitment to be a person who walks in the Spirit?

Yes or No

If so, then pray this prayer:

Father, I choose to be a spiritual man / woman of God. I desire to walk all the days of my life in the Spirit. In Jesus' Name, I command my body to submit to my soul. Soul, in the name of Jesus, I command you to submit to my spirit. Soul, you will not take over the headship of my life. I will not be manipulated by the pain, rejection, and fears that are a part of you. I command you to submit to my spirit. And I command my spirit to submit (to come under the protection of) to the Holy Spirit of mighty Jehovah God. I choose to receive no strength, help, support or guidance from any other spirit other than the Holy Spirit of God in Jesus Name. Amen

*“If we live in the Spirit, let us also walk in the Spirit.”
Galatians 5:25*

*“For those who live according to the flesh, set their minds on the things of the flesh, but those who live according to the Spirit, set their minds on the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace.”
Romans 8:5-6*