

## LESSON 15

### THE 3-FOLD NATURE OF MAN PART 3

#### **Required Bible Reading:**

Romans Chapters 6; 12:1-2; 13:11-14

Colossians Chapter 3

James Chapter 1

1 Corinthians Chapter 6; 15:1-2; 9:27

Philippians 4:8

Ephesians Chapter 4

Titus 3:5

John 6:63

1 Peter 2:11

2 Corinthians 10:3-5

In this lesson we will look in depth at the soul and body of man and see what the Bible commands us to do concerning these two parts of man.

In **Romans** chapter **12**, the Holy Spirit, through the Apostle Paul, tells us that we are to present our bodies a living sacrifice to God and that we are to renew our minds. God is not going to do anything about your mind or your body. When you were born again, God recreated your spirit. It is now up to you to obey the Word of God and allow that new life to dominate your mind and body. **You are the Guardian and Custodian of your mind and body.**

As the guardian of your mind, you are to see to it that you keep your mind renewed with the Word of God. The greatest need of Christians today is to have their minds renewed with the Word of God. The only thing that will cause your mind to be renewed is the Word of God. There are two ways to do this.

**1.** Feeding on God's Word in our own private study and meditation, which includes confessing God's Word. **Joshua 1:8** tells us to keep the Word in our mouth and meditate on it. The mind and the mouth work together.

**2.** You must control your thinking. You cannot allow your thoughts to run unchecked. In **1 Corinthians 10:5**, we are admonished to take our thoughts captive and every imagination that is contrary to God's Word. This includes arguments that arise in our thinking that do not line up with God's Word. If you do not take your thoughts captive, they will take you captive, for what you think on long enough, you will eventually do or become. As guardian of your mind, you must not allow certain things into your thinking. As custodian of your mind, when you find something that does not belong, you must get rid of it. **Ephesians 4:27** tells us not to give place to the devil or in other words, do not give him the foothold. The main area in our lives that Satan gains a foothold is in our thinking. A thought becomes an argument and an argument becomes a stronghold in our life.

There are many different kinds of thoughts we must deal with; fear, doubt, unbelief, lust, anger, etc. As you can see some thoughts lead directly to sinful acts of the body.

Remember satan's goal is to steal, kill and destroy. So a thought left unchecked in an un-renewed mind could lead to death. Jesus is our example in **Matthew 4**, when the devil tempted him with a thought, He responded quickly by speaking the Word. Do not allow yourself to think wrong thoughts for a single minute! Respond quickly with the Word and begin to think as **Philippians 4:8** tells us to do.

Here are four steps that will also help you take your thoughts captive and bring them under the Lordship of Jesus.

- 1. Be aware that God knows every thought and nothing is hidden from Him.**
- 2. Be aware that your mind is the battleground where Satan will try to attack. However, some thoughts originate with us. In order to take our thoughts captive, we must crucify our flesh as well as the devil.**
- 3. Focus your mind on Christ and heavenly things rather than earthly things.**
- 4. Be careful what your eyes see and your ears hear.**

You must also remember that your body is the temple of the Holy Spirit and it is your job to be guardian and custodian, to take care of it as such. It is also your job to present your body to God, yielded to His purposes, not the desires of your flesh. In **1 Corinthians 9:27**, Paul says, *"I keep under my body..."* Paul here was saying that he kept his body in subjection to his recreated spirit and his renewed mind. Remember, we learned in a previous lesson that your spirit is to be king, your soul servant and your body slave. You cannot allow your body or your mind to rule you. Left unchecked, your flesh will run you over, take charge of your emotions and promote laziness. If you let your flesh control you, it will carry you into laziness and sin that will destroy you. If you don't crucify your flesh, it will crucify you. We must allow the Word of God and the new life in our spirits to govern what we think, say and do. By practicing this, we will become strong Spirit ruled Christians in close communion with the Father.

### **PRACTICAL APPLICATION**

When wrong thoughts persist in staying, start speaking the Word, never try to wage a silent mental battle. Take your thoughts captive with the Word of God by speaking the Word. Try this exercise as an example. Begin counting silently in your head from 1 – 100. At the same time begin quoting scripture and praising God out loud. What happened to your counting?

Print Name Here: \_\_\_\_\_ Date: \_\_\_\_\_

**TEST-LESSON 15 THE 3-FOLD NATURE OF MAN -PART 3**

1. Who is the guardian of your mind and body? \_\_\_\_\_

2. According to **Romans chapter 12** we are to be transformed. How? \_\_\_\_\_  
\_\_\_\_\_

3. In **1 Corinthians 9:27** Paul said, "I keep under my body..." What did he mean by that?  
\_\_\_\_\_

4. What one thing will renew your mind? \_\_\_\_\_

5. What part of man very often is the place where Satan gets a foothold? \_\_\_\_\_

6. In **1 Corinthians 15:1-2**, what does Paul say must be done with the gospel he preached or else the people believed in vain?  
\_\_\_\_\_

7. You must allow the Word of God to govern what you \_\_\_\_\_, \_\_\_\_\_,  
and \_\_\_\_\_.

8. You are the custodian of your mind and you should \_\_\_\_\_.

- A. sweep everything under the carpet
- B. get rid of any thought that doesn't belong
- C. wash your hair

9. If you let your flesh control you it will carry you into laziness and sin. \_\_\_\_T \_\_\_\_F

10. Your body is the temple of the Holy Spirit. \_\_\_\_T \_\_\_\_F