

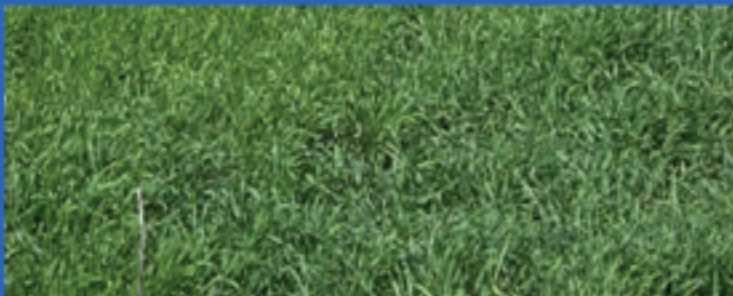


BibleResources.org  
Proclaiming God's Word to the Nations

# *Healing of The Spirit, Soul, and Body*

Betty Miller

Overcoming Life Series



**WORKBOOK**

# Healing of the Spirit, Soul and Body Workbook

by

R. S. “Bud” Miller, D.D.

Publisher

Betty Miller, D.M.

Author

**Overcoming Life Series**

Unless otherwise indicated, all Scripture quotations are taken from the King James Version of the Holy Bible (KJV).

Overcoming Life Series:

Healing of the Spirit, Soul and Body Workbook

ISBN 1-57149-011-6

Copyright © 1995-2017

R. S. “Bud” and Betty Miller

P. O. Box 850

Dewey, Arizona 86327

[www.BibleResources.org](http://www.BibleResources.org)

Published by

Christ Unlimited Publishing

P. O. Box 850

Dewey, Arizona 86327

Publisher: Pastor R. S. “Bud” Miller

Printed in the United States of America.

All rights reserved under International Copyright Law. Contents and/or cover may not be reproduced in whole or in part in any form without the express written consent of the Publisher.

# About Christ Unlimited Ministries Complimentary Bible Study Books

## Permitted Use

At this time, we are offering complimentary Bible Study Books of the *Overcoming Life Series* to all who are interested at **no charge**. You may copy and/or distribute in PDF format the 9 books and 9 workbooks of the series by Betty Miller as a complete unedited work. You may transmit the PDFs via email attachment or you may place the books for download at no charge from your website or website profile.

You must not edit, modify or alter the individual PDFs in any way. Each work is offered free and must be copied and/or distributed in its complete, unedited and unmodified format. Since this is a copyrighted work, all PDF files of this work must contain the copyright notice of *Christ Unlimited Ministries, Inc.*

You may not charge money for the books and workbooks of this series when you give copies to others or when you post these titles for download on your website. You may not include these books and workbooks as a free bonus to other works for which you do charge money.

The PDFs of the *Overcoming Life Series* are being distributed at no charge by *Christ Unlimited Ministries* to help others grow in their knowledge and understanding of God and the Bible. This series is being sold elsewhere for \$10 for each book title and \$15 for each workbook title in the series.

## Donations

If you find the *Overcoming Life Series* valuable to your Christian walk and/or if you would like to help *Christ Unlimited Ministries* continue to furnish this valuable series to the Body of Christ please consider supporting this ministry with a donation. Most of *Christ Unlimited Ministries* support comes from donations given to the ministry by people, like you, who see what God is doing through this ministry on the Internet and want to share in this outreach. It is your donation and gifts that make this ministry possible. Although *Christ Unlimited Ministries* is a 501(C)3 non-profit ministry, we live utterly by faith in God's provision, as we are not backed by any particular denomination or organization.

## About BibleResources.org

**BibleResources.org** is the main website ministry of *Christ Unlimited Ministries*. As such, [BibleResources.org](http://BibleResources.org) is free to minister to all true believers regardless of their denomination, as well as non-believers. We daily look to God to meet our needs to fulfill the vision He has given us. Since the hour is late, our desire is to spread these teachings quickly, so that God's people can be equipped to learn how to live the Overcoming Life and become effective disciples of Christ.

[BibleResources.org](http://BibleResources.org) has over 10,000 pages of Bible based information with a Bible Search, Bible Questions and Answers, Daily Devotionals, Bible Helps and much more. It is an extensive library of Biblical information and helps for all Christians.

## Downloads

- [Click Here](#) to register for complimentary titles and to download additional complimentary titles of the *Overcoming Life Series*.

## Links

- [Click Here](#) to donate to the complimentary *Overcoming Life Series* project of *Christ Unlimited Ministries*.
- [Click Here](#) to purchase **Paperback and/or Kindle Editions** of the *Overcoming Life Series* at Amazon.
- [Click Here](#) to receive complimentary **newsletters and/or new blog notifications** from *BibleResources.org*
- [Click Here](#) to access our logo and sample text so you can easily link to *BibleResources.org* from your website.

**Thank you for your prayers and support,**

Pastors Bud and Betty Miller

*Christ Unlimited Ministries*

[BibleResources.org](http://BibleResources.org)

Our ministry is supported by readers like you.

Please prayerfully consider helping us with a financial gift today.  
Your contribution allows us to keep expanding our outreach for the Kingdom of God.

[✓ Click Here to Donate](#)

## Contents

Personal Introduction. . . . .	.5
Section One: “Healing Is for the Whole Person” . . . . .	.7
Expository Introduction	
Lesson for Section One	
Review Outline, Section One	
Review Outline Quiz, Section One	
Section Two: “The Soul of Man” . . . . .	.35
Expository Introduction	
Lesson for Section Two	
Review Outline, Section Two	
Review Outline Quiz, Section Two	
Section Three: “ Negative Physical Manifestations of the Body” . .	.59
Expository Introduction	
Lesson for Section Three	
Review Outline, Section Three	
Review Outline Quiz, Section Three	
Christ Unlimited Ministries Statement of Faith . . . . .	.81
Answers to Lessons and Quizzes . . . . .	.87
Answers to Lesson, Section One	
Answers to Review Outline Quiz, Section One	
Answers to Lesson, Section Two	
Answers to Review Outline Quiz, Section Two	
Answers to Lesson, Section Three	
Answers to Review Outline Quiz, Section Three	



## Personal Introduction

A lack of education will not hinder anyone from taking this course, and a doctor's degree will not help. However, one requirement that is necessary for this course to benefit the student is a total commitment to God. The Holy Spirit is our teacher, and we can learn if we come to God as little children. Being hungry to know God is a necessary prerequisite in order for this course to be of help.

If any of us are to receive truth, we must seek God, who is truth, with our whole hearts. We must seek Jesus first, then the knowledge of His Word will be revealed to us. Therefore, we want to emphasize once again the need to become as “a little child” in our approach to learning God's Word (Matt. 18:1-4; Jer. 29:13).

We need to come humbly before God, asking Him to remove any “know-it-all” attitudes, in order to be teachable. By laying down everything we thought we knew, we give God a chance to correct things we have believed that were wrong. Then we can begin to live the overcoming lives that God intended for His children to experience.

This course, the Overcoming Life Series, is made up of nine books and workbooks taken from our first published book, How To Overcome Through the Christ Unlimited. That book, given to us under the anointing of the Holy Spirit, covers most of the basic things a Christian needs to know to get started on a victorious, overcoming walk with the Lord.



We have purposely kept this course simple for the average Christian who needs help in understanding how to study the Word and how to sort out principles and concepts when he, or she, reads the Bible; however, it also is for the seminary student. In addition, it is designed for students who desire to use it as a correspondence course. They can learn from it, even if they are totally alone and without a human teacher. The Holy Spirit always is there to teach us as we study about His Word.

On the other hand, groups with a teacher, or moderator, also can use this course to advantage. Our prayer is that, however this course is taken, each student will complete it a different person and be conformed more into the image of Christ our Lord.

His Servants,  
Bud and Betty Miller

Healing of the Spirit, Soul and Body Workbook

Section One

“Healing Is for the Whole Person”

Healing of the Spirit, Soul and Body Workbook  
Section One: “Healing Is for the Whole Person”  
Expository Introduction

[Author’s Note: This workbook is the sixth in the Overcoming Life Series, which includes nine books and workbooks. Lessons also have supplementary material. Answers are provided at the end of the workbook and do not have to be the exact wording in many cases. The student simply needs to make sure that he, or she, has caught the concept or principle from the Word of God.)

Healing was provided for the whole man in the atonement of Jesus Christ. (See The Will of God and The Will of God Workbook for a more complete exposition on this doctrine of the Bible — Isa. 53:5; 1 Pet. 2:24.) However, even today when a large number of Christians have received this restored truth of God, some would confine this accomplishment of Jesus to the spirits of men. Others apply this truth to the spirits and bodies.

The fact is that man was created in the image of God, a trichotomy as God is triune (Gen. 1:26,27), and there is a third part of man that also needs healing and restoration. That is the soul. Being created in the image of God means that we are to walk in the wholeness of God under the new covenant, which not only provided for redemption of man but for the restoration of things that were lost in the fall of Adam and Eve.

Man is a spirit, who has a soul, and who lives in a body — a trichotomy. The whole being of man needs healing and restoring to the pattern God created in the beginning. When a person is born

again, his spirit being is transformed into a new creature (2 Cor. 5:15-17) by the life of God, which becomes part of Him through the Holy Spirit as he receives Jesus into his heart. The body of a born again person is to be transformed at the Resurrection (1 Cor. 15:52-55). In the meantime, health and healing for the body is available through faith, by the anointing with oil, the prayer of the elders, laying on of hands, and through the gift of healing (James 5:13-15; 1 Corinthians 12:8-11).

What often is still overlooked today is the soul of man, the mind, will, and emotions. The restoration of man's personality is the process the Church calls "sanctification." The goal set in the Bible for every Christian is to be whole — continually perfected, and an overcomer after the pattern and example of our Lord, Jesus Christ.

For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.

Romans 8:29

Be ye therefore perfect, even as your Father which is in heaven is perfect.

Matthew 5:48

He that overcometh shall inherit all things; and I will be his God, and he shall be my son.

Revelation 21:7

One very important thing for a Christian to keep in mind is that we must remain centered on Jesus as we walk with the Lord. If we focus on our own faults and failures and fail to keep Jesus as our focus, we will become discouraged and fail. Peter took his eyes off Jesus as he walked on the water and immediately began to drown (Matt. 14:30). This will happen to those trying to walk sanctified (on top of the waters of this life and through the winds of its storms), if their eyes are not steadfast on Jesus, which results in faith (Matt. 14:31).

No one can be “healed” spirit, soul, or body in or by himself. Only through faith in God will the imperfect be changed into the perfect. Paul wrote to the Thessalonian Christians (1 Thess. 5:23):

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

To be sanctified means “to be set apart unto God’s service,” or “separated unto God for His use” (Ex. 29:43,44) God’s part is to sanctify and glorify the Church. Our part is to be obedient, believe in faith that He will finish the good work He has begun in us (Heb. 12:2), and let go of things that are not like Jesus so that God can replace them in us.

The enemy will try to tell us that we will never make it, that he is more powerful in our lives than God, or that God really does not care enough about us to take a personal interest in our lives. He may do things for other people, but not for us, the devil whispers.

However, God does care, and sanctification of our souls allows that close fellowship with God into which men enter by faith in Christ.

The Hebrew word for heal is rapha, which means “Jehovah is my healer” which is one of the names of God. However, this word also has a much broader meaning than simply “to heal.” It means “to make one thoroughly whole.”

The Greek word is sozo, and it has the same connotation. It is translated into English interchangeably as “to heal” and “to save.” Salvation does not just mean being saved from the second death, which is separation from God eternally in the lake of fire. Salvation means “to be saved from any kind of trouble.”

God intended for us to be “saved” through Jesus from sickness and disease, from depression, fear, and other negative emotions. All of these things are the works of Satan. The Hebrew word for salvation means “deliverance, help, safety, welfare, prosperity, and aid.” When the Bible speaks of salvation, the end result is victory in whatever area of life we are saved from defeat.

The spirit being of man is transformed instantly at the moment of conversion, but man’s soul must be transformed progressively over a period of time. The spirit, the real person, is willing, but the flesh is weak, Jesus said (Matthew 26:41).

The word flesh or fleshly is used most of the time in the New Testament in reference to the carnal mind and not to the flesh and blood of the body.

The Greek word for flesh is saryx. It refers to the wisdom of the worldly mind. Flesh life is touchy and defensive, easily offended, and is insecure, selfish, jealous, possessive and controlling,

dishonest, and runs after the pleasures of the world. Therefore, walking in the flesh leads to death.

For when we were in the flesh, the motions of sins, which were by the law, did work in our members to bring forth fruit unto death.

Romans 7:5

However, God's plan for His children is for them to be conformed to the image of Jesus and no longer live after the flesh. As God is one God, yet three persons, we are tripartite and, therefore, the plan of God is that the whole person be made in the image of God.

### God Is One, Yet Three

The Godhead is a Trinity: the Father, the Son, and the Holy Spirit. Yet, in a way that we cannot totally understand, the Three are One God.

For there are three that bear record in heaven, the Father, the Word (Jesus, John 1:1), and the Holy Ghost: and these three are one.

1 John 5:7

...The first of all the commandments is, Hear, O Israel; The Lord our God is one Lord.

Mark 12:29

The Godhead is One with three distinct personalities. A very

simple example can give us an idea of how this could be:

Water can take the form of a liquid, steam, or ice, but all forms are still the compound water. At this point in the history of the universe, the Trinity has different roles in relation to man. God is Judge and Father, and Jesus is Savior, Deliverer, Mediator, King, and High Priest. Both the Father and Son dwell in Heaven (Acts 7:55,56; Rom. 8:34; Col. 3:1; Heb. 1:3; 1 Pet. 3:22), yet both are all-knowing and omnipresent in the person of the Holy Spirit, who dwells in us and among us on earth.

The Holy Spirit is “God who dwells in man.” He is our Teacher, Counselor, Comforter, and the one who empowers us to do the will and the work of God. Man is the only created being given the ability to be “like” God (not as gods). That simply means that we have the potential, through the help of the Holy Spirit, to follow in God’s ways, as a child follows in the ways of his Father.

But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name.

John 1:12

The thing many Christians do not understand is that spirit beings are the real people, not the bodies that we can see which house our spirits. Man is spirit as God is spirit (Rom. 8:16). Man is born to live forever. The biggest choice any person can make is where will he spend eternity. Real death is separation from God forever and ever. The Bible calls that “the second death” (Rev. 20:6,14). People



who believe that this life is all there is are in for a rude awakening!

But let it be the hidden man of the heart (the spirit, the real person), in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

#### 1 Peter 3:4

Some Christians believe man is only two parts, spirit and body, with soul and spirit being the same thing. However, the Bible very clearly uses separate Hebrew and Greek words for each part of man. In the original manuscripts, the words for spirit and soul are never synonymous, although some manuscripts translate them that way (even the King James in certain places). The idea that man is “dualistic” (natural matter, the body, and spiritual matter, the soul or spirit) originated in Greek philosophy.

The Hebrew words for spirit, soul, and body are ruwach, nephesh, and chayah; and, the Greek words are pneuma (spirit), psuche (soul), and soma (body). The tabernacle and, later, the temple were designed by God to represent the three parts of man: the Outer Court, the body; the Inner Court, the soul; and the Holy of Holies, the spirit. God dwelt in the Holy of Holies of the tabernacle and temple, and in the person of the Holy Spirit, He dwells in the Holy of Holies, the inner sanctum, of believers (1 Cor. 6:19,20).

Adam and Eve were created perfect spirits until they sinned. Then they “died” spiritually, but not physically, in the same instant just as God had warned (Gen. 2:17). The element that makes us truly alive or dead spiritually is the life of God within us. He created

us that way. Those people who are not born again already are spiritually “dead,” according to the Bible definition, because they are separated from God. The life of God (zoe) is not in them. Only receiving Jesus in our hearts through the Holy Spirit brings us back to life. That is why Jesus told Nicodemus that he must be born again, birthed into eternal life in the spiritual realm (John 3:1-9).

When we become born again, the voice of the Holy Spirit speaks to our spirits. He teaches our spirit beings, then we begin to understand with our minds. The emotions are also a part of the soul, which is man’s personality. Our souls have been formed by our choices since we were babies; and to be transformed, we must choose to let go of the false and allow the Holy Spirit to show us the true. If God were to instantly transform our souls, He would have to ignore and invalidate our choices, and He will not do that. When we are converted from a dead spirit to a living one, we choose to let go of death and receive the life of God.

As our souls become subject to our spirits, we become “whole” and restored to the wholeness God intended for us. The process by which the soul is sanctified is found in Hebrews 4:12:

For the Word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

### Sanctification Is “Salvation” of the Soul

The Word of God is the “sword” that begins to separate the world’s ideas and the thoughts of the flesh from the truth of God. The soul is made up of the mind, the will, and the emotions. The will is the function of man that makes choices. We choose whether to follow the way of God or the way of self and Satan. In fact, we make these choices every day.

The will of a Christian should be under the authority of the spirit, which is under authority of the Holy Spirit. This means that we commit ourselves to do the will of God, not our own wills.

The body of man is “sense-conscious:” hearing, sight, smell, taste, and touch. The body allows us to move around, communicate with others, and live in the natural world. But we cannot go by the feelings, or the “voice,” of the body. Nor can we go by the “voice” of the soul, which is reasoning unless our minds have been renewed by the Word of God. The voice of our spirits is the Holy Spirit. That is the voice we must allow to direct our paths.

An example of our struggle between following the Holy Spirit or the desire of the flesh would be when the Holy Spirit calls us to fast. The body and soul of a person would usually tell them not to fast, because they “need” the food. Actually, those voices are false.

A fast called by God and decided upon for a reasonable length of time will not harm the body, as the body does not need the food. It wants the food, and so does the mind. Food many times is an emotional satisfaction as well as a physical one. Of course, fasting should be carried out with common sense and under the witness of the Holy Spirit. Fasting that is not of the Lord but undertaken

because of fleshly or religious reasons could harm the body, especially fasting water. The body cannot go too long without water; however, people have fasted longer than 40 days without food.

Because our bodies are the temples of God, we are to take care of them and not defile them. Therefore, we must choose whether to live according to the life of the spirit or according to the spirit of death (Rom. 8:2).

Choosing to live according to the will of the Holy Spirit brings health, cleanliness, order, modesty, prosperity, confession of God's Word, truth, submission to authority, gentleness, sex confined to marriage, spiritual strength, boldness to speak the Word, and a healthy weight for the body. Choosing to obey God's Word produces these outward manifestations of blessing.

Choosing the law of the spirit of death brings sickness, filth, disorder, immodesty, poverty, error of belief, rebellion, harshness, perverted or illicit sex, weakness, shyness, unhealthy variations of weight and eating disorders. These are some outward manifestations that result when we allow the body to follow Satan's direction (selfish and fleshly desires).

Man lives under one of two spiritual authorities, whether he is aware of it or not. In the spiritual realm, which is the real eternal world, there exists two kingdoms: 1) God's Kingdom, which is governed by the law of the spirit of life in Christ, and 2) Satan's kingdom, which is ruled by the law of sin and death.

There is therefore now no condemnation to them which are in

Christ Jesus, who walk not after the flesh, but after the Spirit. For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

Romans 8:1,2

Now the kingdom of Satan already has been defeated. Jesus defeated him on the cross 2,000 years ago, and the Kingdom of God began to fill the earth (Dan. 2:34,35; Isa. 2:2).

The devil has been losing ground ever since, although he still has limited authority over the world's systems as long as man follows him and allows it. Eventually, the whole earth will be filled with only one kingdom, and that is God's (Hab. 2:14).

The spiritual laws that govern the world are higher than any earthly laws: these being the law of life in Christ and the law of sin and death. When we sin, the death principle works against us.

For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

Romans 6:23

God tells us, just as He told Israel, to choose life; therefore, our wills are involved in whether or not we have victory in this world.

I call heaven and earth to record this day against you, that I

have set before you life and death, blessing and cursing: there fore choose life, that both thou and thy seed may live.

Deuteronomy 30:19.

If a Christian walks in the flesh, he will not inherit the blessings of Abraham that are rightfully his (Gal. 3:14,29). It is possible to be born again and filled with the Spirit, yet still walk in the flesh (Gal.5:25). Many Christians do just that. The result is defeat in their everyday lives, not victory. The “normal” Christian life is not supposed to be like a “see-saw,” up one day and down the next.

God's will never changes. He wants everyone to go to Heaven, but if they refuse to choose the only Way to get there, Jesus, then God will let them have their own way, which ends up in Hell. God will never force any human being to do His will or to choose Him. God gave us the right to choose, and if we truly love Him, we will choose to walk in His will and His way and then the fruits of the Spirit will manifest in us.

The fruits of the Spirit (Gal. 5:22,23) are love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance. Other fruits of living in the will of God are forgiveness, trust, generosity, and zeal for the Word.

Fruits of living under Satan's direction and authority are hate, grief and sorrow, strife, impatience, harshness, unbelief, pride, rebellion, all of the “self” sins, fear, greed, guilt, depression and oppression, and all other negative emotions.

Living in the Spirit with a renewed mind results in:

\*Rebirth of a sense of worth (in Jesus, not in ourselves)

\*Poise instead of stress or tenseness

- \*Confidence instead of confusion
- \*Boldness in the Lord instead of timidity or shyness
- \*Enthusiasm and a joy in life instead of boredom and apathy
- \*Energy and zeal instead of fatigue
- \*An agreeable temperament instead of a cantankerous one
- \*A positive attitude instead of a negative one
- \*Forgiveness of self and others instead of condemnation and guilt
- \*Self-respect instead of self-disgust and self-rejection

Life in the flesh, under the law of sin and death makes us:

- \*Touchy and defensive, easily offended
- \*Feel trapped by life and its problems
- \*Arrogant, “know-it-all,” and “thinking more highly of ourselves than we ought” (Rom. 12:3)
- \*Gives us a tendency to withdraw because we feel inadequate
- \*Insecurity, because we do not know who we are or why we were born
- \*Unattractive and unlikable, thinking less of ourselves than we ought
- \*Selfish and self-centered
- \*Jealous and possessive
- \*Dishonest
- \*Indulging in carnal sins

James 4:7 tells us how to get out from under the devil’s influence:

**Submit yourselves therefore to God. Resist the devil, and he**

will flee from you.

The Christian whose soul is still operating according to the world and the flesh is called “carnally minded” (Rom. 8:5,6), which Paul said is death. To be an overcomer, a Christian must allow his soul and body to be crucified daily. Paul wrote that the deeds of the body should be “mortified,” or put to death, through the Spirit (Rom. 8:13) in order for us to live. Progressively, those things will no longer even be desired, and as one continues to follow the example of Jesus, making right choices it will get easier and easier. They will no longer even want to make a choice that leads to death.



## Lesson for Section One

[Author's Note: All Scripture references that answer these questions have been given. Please do not look at the answer page until you have answered the questions in your own words. This is not a test, but an expository lesson to help you learn.]

### I. God's Purpose for Mankind

A. God's desire is for man to be whole and \_\_\_\_\_,  
just as Jesus was on earth.

Reference: Romans 8:29; Matthew 5:48

1. God plans for His children to be \_\_\_\_\_.

Reference: Revelation 21:7

2. God wants us to be \_\_\_\_\_ to the image  
of His "dear Son."

Reference: Romans 8:29

B. \_\_\_\_\_ is the process by which the  
soul of the believer is brought into a place of conforming to  
the image (pattern or example) of Jesus.

For this is the will of God, even your sanctification....

1 Thessalonians 4:3

1. Sanctify means "to be \_\_\_\_\_," or "to be  
separated unto God."

Reference:

That he might sanctify and cleanse it (the Church) with the washing of water by the word, That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.

Ephesians 5:26,27

2. Sanctify also means “to be cleansed with the \_\_\_\_\_ of water by the Word of God.”

C. Healing in the Bible involves wholeness of the total man:

\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

Reference: 1 Thessalonians 5:23

1. The Hebrew word for heal is \_\_\_\_\_.
  - a. Rapha means “\_\_\_\_\_.”
  - b. Also, Rapha is one of the names of \_\_\_\_\_.
  
2. The Greek word \_\_\_\_\_ has the same connotation as Rapha.
  - a. Sozo means “to \_\_\_\_\_.”
  - b. It also means “to \_\_\_\_\_.”
  
3. The Hebrew word for salvation means deliverance, help, safety, welfare, prosperity, and aid. Therefore, it means we are to live in \_\_\_\_\_.

## II. Man Was Created in God's Image

A. The Godhead is a \_\_\_\_\_, made up of:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Reference: 1 John 5:7

B. The Godhead is one God in three \_\_\_\_\_.

Reference: Mark 12:29

1. Man is the only created being with the potential of becoming like \_\_\_\_\_ (made in His image).

Reference: Genesis 1:26,27; John 1:12

2. Man only has one pattern to which he is told to conform, and that is \_\_\_\_\_.

C. Man is a spirit, has a soul, and lives in a body; therefore, he is a \_\_\_\_\_ being.

1. The spirit of man is the \_\_\_\_\_ of man.

Reference: 1 Peter 3:4

- a. The hidden man of the heart is where the spirit man receives his guidance, so it is the \_\_\_\_\_ of man's spirit.

1) The voice of the spirit is \_\_\_\_\_.

2) The voice of the soul is \_\_\_\_\_.

3) The voice of the body is the \_\_\_\_\_ or feelings.

- b. The proper order of man, restored by the new birth, is for the \_\_\_\_\_, the real person, to be in authority over the soul and body.
- 1) The spirit being, then, is to be under the authority of the \_\_\_\_\_.
  - 2) Unregenerate people, those not born again, have spirits that are already \_\_\_\_\_.
  - 3) All human beings since Adam and Eve are born with “dead” spirits, which means they are \_\_\_\_\_ from God.
2. The soul of man is made up of the \_\_\_\_\_, the \_\_\_\_\_, and the \_\_\_\_\_.
- a. The natural mind is called the \_\_\_\_\_ mind.  
Reference: 1 Corinthians 3:1-3; Romans 8:4-7
  - b. The nature of the carnal mind is \_\_\_\_\_, for which the Greek word is sarkikos.  
Reference: Colossians 2:18
  - c. The carnal mind is at \_\_\_\_\_ with God, according to the Apostle Paul (Rom. 8:7).
  - d. Believers are to have \_\_\_\_\_ minds.  
Reference: Ephesians 4:23
3. The physical part of man is the \_\_\_\_\_.
- a. The body allows man to live in the \_\_\_\_\_ world. The Bible calls the body a “vessel of clay,” a vessel to hold the spirit of man and the Holy Spirit. (Isaiah 45:9; Romans 9:21).

b. The body will not be transformed to an eternal body until the \_\_\_\_\_ (1 Corinthians 15:35-42).

c. However, the bodies of believers are the earthly \_\_\_\_\_ of God.

Reference: 1 Corinthians 6:19,20

### III. The Two Kingdoms.

A. The first and victorious Kingdom is the \_\_\_\_\_ of \_\_\_\_\_.

1. Who is the ruler over God's Kingdom? \_\_\_\_\_

2. Is God's Kingdom only to be in Heaven? \_\_\_\_\_

B. The second kingdom, which is temporary, is under the power of \_\_\_\_\_.

C. The two kingdoms also can be referred to as two \_\_\_\_\_ with certain spiritual laws, or principles, that govern them.

1. The principle of God's Kingdom is the law of the Spirit of \_\_\_\_\_.

2. The principle ruling in Satan's kingdom is the law of \_\_\_\_\_ and \_\_\_\_\_.

Reference: Romans 8:2

For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

3. There is no third kingdom of power that is only under man's authority. The only real power man has is to \_\_\_\_\_ the kingdom of which he will be a part. The choices are:

a. \_\_\_\_\_

b. \_\_\_\_\_

4. In the Bible, characteristics of the two kingdoms are called \_\_\_\_\_ (Luke 6:43-45).

a. The \_\_\_\_\_ of the Spirit is nine-fold. They are:

Reference: Galatians 5:22,23

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

b. Other fruits that should manifest in a citizen of the Kingdom of God include:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

c. Outward manifestations of the \_\_\_\_\_ of \_\_\_\_\_ include health, order, modesty,

prosperity, truth, submission to authority, confining sex to marriage, maintaining a normal weight and healthy body, and a holy boldness.

- d. Outward manifestations of the kingdom of Satan include these things:

---



---



---

5. A born again believer, who has been translated into the Kingdom of God from the kingdom of Satan, will have a new \_\_\_\_\_, and should have:
- a. A \_\_\_\_\_ mind      c. Positive \_\_\_\_\_
- b. A submissive \_\_\_\_\_      d. A healthy \_\_\_\_\_
6. Which life do you choose? \_\_\_\_\_

#### IV. Life in the Spirit Versus Life in the Flesh

(Look at the list in the expository introduction.)

- A. Life in the Spirit means being born again, having our souls renewed, and living with the characteristics listed below:
1. \_\_\_\_\_ instead of tense
  2. \_\_\_\_\_ instead of confused
  3. \_\_\_\_\_ instead of timid
  4. \_\_\_\_\_ instead of bored
  5. \_\_\_\_\_ instead of fatigued
  6. \_\_\_\_\_ instead of cantankerous, or “cranky”
  7. \_\_\_\_\_ instead of negative

8. \_\_\_\_\_ instead of self-condemning

9. \_\_\_\_\_ instead of self-rejecting

B. Life in the flesh means having some of the characteristics listed below (See expository introduction):

---

---

---



## Overcoming Life Memory Verse

The overcoming life memory verse for this section is:

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts.

Galatians 5:22-24

## Review Outline, Section One

- I. Why God Has a Desire for Man's Wholeness (Mark 2:17)
  - A. To perform His will
    1. In the gifts of the Spirit
    2. Through willing obedience
  - B. To accomplish a sanctified Church (Ephesians 5:26,27)
  - C. To have sons made in God's image individually (Gen. 1:26,27)
    1. God's image is three-fold
      - a. Father
      - b. Son
      - c. Holy Spirit
    2. Man is also a three-fold nature (a trichotomy)
      - a. Spirit
      - b. Soul
      - c. Body
    3. To be in God's image, we must conform to the image of Jesus (Romans 8:29)

## II. The Spirit Man

- A. The spirit is the "inward man or the heart of man."
  1. The spirit is to rule over soul and body.
  2. The spirit is under the authority of a spiritual realm.
    - a. Two spiritual realms, or kingdoms
      - 1) The Kingdom of God
      - 2) Satan's realm or kingdom

- b. There is no “third” realm that is just man’s (Matthew 12:30).
- 3. The spirit lives under two spiritual laws (Romans 8:2).
  - a. The law of life in Christ
    - 1) Comes into effect at conversion
    - 2) Brings life and peace (Romans 8:6)
    - 3) Results in blessings as joint-heirs with Christ (Romans 8:17)
  - b. The law of sin and death
    - 1) Rules in our lives until rebirth through Jesus (Galatians 6:7,8)
    - 2) Wages of this law = death (Romans 6:23)

Review Outline Quiz, Section One

1. What are the three personalities of the Godhead?

\_\_\_\_\_, \_\_\_\_\_, and the \_\_\_\_\_

2. What are the three components of man?

\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

3. To be in God's image means to be \_\_\_\_\_ to the image of Jesus.

4. What are the two spiritual realms, or kingdoms?

\_\_\_\_\_  
\_\_\_\_\_

5. What are the two spiritual laws that govern these kingdoms?

\_\_\_\_\_  
\_\_\_\_\_

6. There is a third realm where man is in charge.

True \_\_\_\_\_ False \_\_\_\_\_

7. The law of the spirit of life takes effect in one's life upon

\_\_\_\_\_.

8. The law of sin and death \_\_\_\_\_ in our lives until we are reborn.

9. The law of the spirit of life results in \_\_\_\_\_.

10. The law of sin and death results in \_\_\_\_\_.

.

Healing of the Spirit, Soul and Body Workbook

Section Two

“The Soul of Man”

Healing of the Spirit, Soul and Body  
Section Two: “The Soul of Man”  
Expository Introduction

God wants us to be healed in the areas of our souls and bodies, as well as to be new creatures in the spirit, as we saw in the first section of this workbook. To receive healing of the soul, however, we must understand the soul and why it needs to be healed, restored, and renewed.

The Greek word psuche (pronounced “sue-kay”) is the word Bible writers used when talking about things of the outer man, which in English is called “the soul.” In the soul of man are the mind, the will, and the emotions. Our emotional patterns tend to formulate our personalities.

The soul, or personality, is formed through a person’s reactions to the information the mind takes in. The way each person chooses to react to the things he hears, the things that happen to him, and the things he chooses to receive as truth causes each soul to become what he, or she, is. However, when a person is born again, he becomes a new creature (2 Cor. 5:17; Gal. 6:15), and the soul then must be renewed, or the person struggles by trying to communicate with and live in the world through an old-nature soul.

As Christians we are to develop the attributes of Christ, and we are to crucify the old man of sin and his deeds. That is why the Apostle Paul wrote about “putting off the old man” and “putting on the new” (Eph. 4:24; Col. 3:9-10). Because our souls are formed through our choices, we have to make new choices to let go of the

old nature and receive the new. Our new natures are formed by the truths from the Word of God. The two-edged sword of the Word will divide what is true, in our spirits, from the soulish things of our personalities. However, that dividing cannot happen if we do not find out what the Word says.

The healing of the soul, which is a cleansing process, takes place as we learn to study the Word and develop a close fellowship with the Godhead through prayer. Our relationships with the Father are established when we become born again. We are adopted into His family (Rom. 8:15). But the fellowship comes only as we get to know the Father, the Son, and the Holy Spirit. We are babies when we are born again, and if we stay babies, we will become carnal Christians (1 Corinthians 3:1-3).

Babies can have no real fellowship with their fathers. Only as they begin to grow and mature is there the possibility of real communication and knowledge of one's parents as people. The same thing is true of God. Only as a Christian matures can he truly begin to know the Father and have real fellowship with Him.

Close fellowship with God depends not only on knowing Him but on doing His will. Any rebellion or self-will in the soul makes barriers between a Christian and His Father, even as it does in the natural. But until the soul is renewed by God's Word, it resists God's will.

The purpose of getting the soul renewed is so that the whole person will be in harmony with God. Until then, the natural (carnal) soul automatically resists God's will, because it is based in self-will.

Separating the soul, we can see how the will, the mind, and the emotions function:



By our will is how we exercise our freedom of choices. God gave man freedom when He created Adam. God will not violate our free wills and make us do the right thing, nor will He make choices for us. We can choose His way, “the law of the Spirit of life in Christ” (Rom. 8:2), or we can choose the way of self — which really is the devil’s way.

There are only two ways: God’s and the devil’s. What man thinks is his own way is really Satan’s way and puts him under the authority of the enemy. If someone is not for God, he automatically is against Him (Matt. 12:30). There is no possible way man can just do his own thing and think he is not making a choice. That choice is choosing Satan’s way. Even “no choice” on man’s part is a choice, because when we refuse to choose, others will make our choices for us. Satan causes men to follow him by encouraging apathy, laziness, or lack of responsibility.

The mind is the intellect, with reasoning being the “voice” of the mind. If the mind remains unrenewed, not “healed,” it will continue to think carnal thoughts, believe false information, and result in fleshly speaking and living. We must renew the mind by exposing it to the Word of God, then we can think proper thoughts (Rom. 12:2).

The emotions were designed by God to express His characteristics, which are placed in our spirits when we become born again. Those are the “fruits” written about in Galatians 5:22,23, and other places. If we do not yield to the renewal process, we continue to act like our “old father,” the devil. Sanctification, or healing of the soul, is the will of God for us. Many Christians do not move into the renewing of the mind (Rom. 12:2) and the “weaning”

of the emotions (Ps. 131:2), because they have not learned to submit their wills to that of the Lord. Jesus always obeyed and did the will of the Father (John 5:30). One big reason for Christians' failures is a lack of knowledge, which leads to destruction (Hos.4:6).

### Put on the Nature of Jesus

Much of the Church considers sanctification or "conforming to the image of Jesus" (Rom. 8:29) to be optional. It is not taught or preached as much as in former generations. Many Christians born since World War II are as much a part of the "Me Generation" as the world. Self-will and rebellion are more a part of society today than at any time previously in the history of the United States. It is no surprise that much of today's American Church operates in carnality, and it should be no surprise to us that God has finally set out to expose this evil and clean up His Church.

When Paul wrote to the Ephesians about "crucifying" the old man, this is exactly what he meant (Eph. 4:18-24). When something is crucified, it is put to death. Every Christian needs the things of his old nature, which are part of his soul, put to death in order for the life of God to permeate the whole person (Rom. 6:12). Instead many Christians have just allowed Christ to dwell in their spirits, but have not allowed Him to renew their souls and heal their bodies. As soon as a person is born again, he should begin to make the choices that will put to death his old ways of thinking, talking, and acting, and allow the Holy Spirit to replace them with God's ways.

As we continue in our relationship with God, the inward man (man's spirit) is renewed day by day (2 Cor. 4:16), but our outward man is to be crucified and allowed to perish as we choose God's will instead of our own. The outward man is not the body, but the soul. The body is the physical man, which should be controlled by the outward man under the authority of the inward man.

Renewing the soul will cause negative habits and emotions to change. The key to that change is faith. Our wills do the choosing, but we cannot do the changing in ourselves by ourselves. We choose to let go of the negative and that allows the Holy Spirit to do the changing. But doubt and unbelief can keep a person from receiving this kind of healing as much as it does healing of the body. A Christian must make the choices for God's way and against his own way in absolute faith that the Holy Spirit will do His part and make the needed changes in us.

The trichotomy of man being comprised of spirit, soul, and body always functions as a whole, but breaking it down, we can see the operation of each part. The body of man, or his physical being, is what the Bible calls the temple of the Holy Ghost. A temple is a house or building; therefore, man's body is the house or container for his spirit and soul. The body is either Satan's temple, or dwelling place, or God's habitation. It has no power of its own to decide what to do; it simply obeys the commands of the spirit and soul. It only follows, or "tags along," with the inner man (1 Cor. 6: 19, 20).

If we allow our bodies to be lazy and undisciplined, they will suffer the consequences. Bad physical habits can hinder God's

work in us. The Holy Spirit wants to help us overcome these ungodly ways.

Many habits or addictions of the soul and body can be broken with a three-day fast. Certain desires or feelings of the body are perfectly legitimate, such as hunger, sleep, and so forth. Through the five senses, the body is the receiver of information from the world around it. The senses were given to us by God to protect us, and under the direction of the Holy Spirit, they work perfectly to serve us. However, under Satan's influence, or self-will, the senses are perverted to fulfill the lusts of the flesh which can bring destruction.

The body has no power of its own to decide what it will do, but the lusts of the flesh make a strong influence on the will of a person. The "voice" of the body is our feelings, and we are not to be ruled by feelings but by the Holy Spirit (Rom. 6:12-16). We die to our own ways and live unto the Lord by "walking in the Spirit" (Rom. 8:1). That simply means obeying the Word of God and the promptings of the Holy Spirit in our spirits (Rom. 8:3-6).

Every sinful habit in our lives gained its foothold through our thoughts. We can gain victory over those habits by thinking God's thoughts. A person who feels unworthy and unacceptable can replace those negative feelings with the truth of God that, through Jesus, he has become worthy and acceptable. The process of conforming to the image of Jesus will be successful as we replace negative thoughts with positive ones.

The way to change a habit of negative thinking is to choose to change that negative thought for its opposite. The Bible calls that

“overcoming evil with good” (Rom. 12:19-21). For example, if a Christian finds himself ready to repeat some negative gossip about a brother or sister, he should choose to say something nice about that person instead. Very quickly, the habit of repeating negative things about other people will be broken. This process is what Paul called “working out our salvation” (Phil. 2:12).

It is possible to live in the Spirit but not walk in the Spirit, thereby living defeated lives (Gal. 5:16-26). To walk in the Spirit, we must desire it wholeheartedly. “Working out salvation” does not mean we are working for salvation. That is a free gift of God. It does mean that we must learn how to walk with God in order to be “saved” from the effects of the flesh-walk as opposed to the walk in the Spirit. If we walk in the spirit, we will not fulfill the lusts of the flesh.

Good works do not save us. Good works should be the overflow, or the outcome, of a walk with God. We are saved by grace through faith (Eph. 2:8-10), whether it is the instant conversion of the spirit being, or the process by which the soul is saved, or the instant saving of the body at the Resurrection. All are accomplished by the grace of God through our faith. Salvation was provided for us by the grace of God and the obedience of Jesus to die on the cross. Working out one’s salvation is a process, not a one-time experience.

Salvation encompasses several levels: We are first saved from the penalty of sin, then from the power of sin, and eventually, we shall be saved from the very presence of sin. Salvation from the penalty of sin comes through accepting Jesus as our Savior. Salvation also means we are saved from the power of sin in our everyday lives as we walk close to the Holy Spirit and remain filled

with His power and life. We will be saved from the very presence of sin when we enter into the presence of God.

The Lord wants to save us from tragedy, sickness, fear, anxiety, and the turmoil of this world. These things come upon us when we walk in the flesh or through ignorance or chains of iniquity. Instead, God wants us to walk in the Spirit of life so we may have His love, joy, peace, and victory (**Rom.8:1-6**) over every trial and temptation.

Many Christians are not enjoying their inheritances in Christ because they have chosen the ways of the flesh. As a result, they are deceived and carnal and will reap corruption of the flesh (**Gal. 6:7,8**). To overcome destructive fleshly emotional habits, we must yield to the Holy Spirit. We cannot overcome apart from His help (**John 15:5**).

When a Christian sins, the voice of the Holy Spirit convicts or “speaks to” the human spirit about that sin. When the unregenerate, or unsaved, man sins, God uses the conscience of that man to try and restrain him from sinning. Conscience then may be defined as that divine influence at work in man to restrain him from sin.

God provided a conscience even in unregenerated men to point them toward His principles and ways (**Rom. 1:18-19; Heb. 10:22**). Most unsaved people would be totally depraved if it were not for this provision of God by His grace. However, the longer people live in carnality, the less the true inward conscience has any authority. Most of the time, particularly in today’s culture, we have developed “false” consciences. These are “programs” in our minds, not our spirits, as to what is right and wrong, and these things (evolution, secularism, humanism, situational ethics, and even traditions and doctrines of religious thinking) control what we think is moral and



ethical. The world's thinking overrides and drowns out the inner voice of true conscience.

So it is very important for a Christian to allow His conscience to be "healed," or renewed, to reflect God's standards which we find in the Bible. That is why Christians cannot be guided by their consciences in most cases. It is much safer to be guided by the Word of God and by witnesses and guidance from the Holy Spirit. When the conscience is seared (1 Tim. 4:1,2) — burned out by constantly going against its nudgings — then men become like animals in their behavior.

This happened in ancient times, according to Paul's letter to the church at Rome (Rom. 1). After a certain period of time, God will give someone with a seared or evil conscience "over to a reprobate mind" (Rom. 1:28). That means the mind cannot be renewed, because the person has for so long chosen self-ways (which really are Satan's ways) over God's so that it is not possible for them to change.

When a Christian's conscience is renewed, it will not condemn them.

When a Christian's mind is renewed, it will not think carnal, self-centered thoughts.

When a Christian's emotions are renewed, they will no longer be negative.

When a Christian's will is renewed and submitted to God, he will no longer choose against God's ways.

Let us then ask God to cleanse us from all unrighteousness so that we might receive His blessings and promises.

## Lesson for Section Two

### I. The Salvation of Man

A. Paul wrote instructing the Philippians to \_\_\_\_\_  
their own salvation.

1. What does that phrase mean?

\_\_\_\_\_

Reference: **Philippians 2:12**

a. Working out one's salvation is a \_\_\_\_\_ that  
involves the renewal of the soul.

b. The individual's part in this process involves making  
decisions and \_\_\_\_\_ to allow the old  
nature to be crucified daily.

c. Our old nature and its carnal emotions must be counted  
\_\_\_\_\_ so that our new nature may live.

Reference: **Romans 6:11**

2. How are we saved?

\_\_\_\_\_

For by grace ye are saved through faith; and that not of  
yourselves: it is the gift of God: Not of works, lest any man



should boast. For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

### Ephesians 2:8-10

3. We are saved from the \_\_\_\_\_ of sin when we accept Jesus as Savior.
4. We are saved from the \_\_\_\_\_, or effects, of sin when we walk closely with the Holy Spirit.
5. We will be saved from the \_\_\_\_\_ of sin when we enter the presence of the Lord.

B. Can we gain salvation by our good works? \_\_\_\_\_

1. Good works should be an \_\_\_\_\_ of our walk with God.
2. A person should be doing \_\_\_\_\_ works because he is saved, not in order to get saved.

C. God wants to save us from the turmoil and troubles of this \_\_\_\_\_.

1. The troubles of the world come by people walking in the \_\_\_\_\_, or the law of \_\_\_\_\_ and \_\_\_\_\_.
2. The Lord wants us to walk in the law of the spirit of \_\_\_\_\_ and have His love, joy, peace, and victory.

3. Paul wrote that we are to \_\_\_\_\_ ourselves from the flesh and perfect holiness.

Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

2 Corinthians 7:1

...But though our outward man perish, yet the inward man is renewed day by day.

2 Corinthians 4:16

- a. The “outward man” is the \_\_\_\_\_.
- 1) The “flesh” refers to the \_\_\_\_\_ mind, which is part of the soul, not the body.
  - 2) The voice of the soul is \_\_\_\_\_.
- b. The “inward man” is the \_\_\_\_\_.
- c. The physical man is the \_\_\_\_\_.
- 1) The body is the \_\_\_\_\_.  
Reference: 1 Corinthians 6:19, 20
  - 2) The body is either God’s temple or \_\_\_\_\_ temple, depending upon our choices.  
Reference: 2 Corinthians 3:16,17
  - 3) The body also is the \_\_\_\_\_ of things from the physical world through the five senses give to us by God to protect us.

- 4) Under Satan's dominion, the senses are used instead to fulfill the \_\_\_\_\_.
- 5) The "voice" of the body is our \_\_\_\_\_.  
Christians are not to be ruled by these but by the Holy Spirit.
- 6) The body has no power to decide what to do, but is governed by the commands of the \_\_\_\_\_ and the \_\_\_\_\_.

Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God.

Romans 6:12,13

## II. The Emotions of Man

A. Man was created in God's image made up of \_\_\_\_\_ parts.

They are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

B. Our emotional patterns tend to form our \_\_\_\_\_.

C. As Christians, our personalities should reflect the attributes of \_\_\_\_\_.

1. To do this, we are told to be \_\_\_\_\_ to the image of christ (Rom. 8:29).

2. Part of this process of conforming to Jesus requires us to daily \_\_\_\_\_ “the old man of sin and his deeds” (Matthew 16:24-25; Romans 6:6; Col. 3:9).
3. We also are told by the Apostle Paul “to be renewed in the \_\_\_\_\_.

Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart: Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness. But ye have not so learned Christ; If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness.

Ephesians 4:18-24

- D. To change the negative emotions of our old natures into positive ones, we must submit to the Holy Spirit, who will develop His \_\_\_\_\_ in us as we choose to do God's will and His Word.
1. We must \_\_\_\_\_ to let go of our old ways.
  2. Then, we must choose to allow the Holy Spirit to work changes in us and by \_\_\_\_\_ believe He will do it.

3. The \_\_\_\_\_ has authority over the old man, because he is the spirit of death.

Reference: Romans 6:16

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

James 4:7

### III. Overcoming Negative Emotions

A. To overcome the negative, we must choose the \_\_\_\_\_.

1. This is what the Bible calls overcoming \_\_\_\_\_ with \_\_\_\_\_.

2. Are Christians to “get even” with their enemies? \_\_\_\_\_ . Then, how are we to treat those who “despitefully” use us? \_\_\_\_\_

Reference: Matthew 5:44

Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord. Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. Be not overcome of evil, but overcome evil with good.

Romans 12:19-21

- B. Our choices and obedience to the Lord brings us under the blessings of a spiritual law, which is known as the \_\_\_\_\_

of \_\_\_\_\_ in Christ Jesus.

Reference: Romans 8:2,6

1. Many Christians are not enjoying their inheritances in the Lord because they have chosen the ways of the \_\_\_\_\_, thus they are deceived and carnal and will reap corruption.

Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

Galatians 6:7,8

2. To overcome emotional habits that are destructive, we must yield to the Holy Spirit and let Him do the work. We cannot do it by \_\_\_\_\_.

I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

John 15:5

- a. Should we wait until we feel we are worthy to approach God? \_\_\_\_\_
- b. Can we get "better" by ourselves? \_\_\_\_\_

For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not.

Romans 7:18

3. Men's consciences can be \_\_\_\_\_ by repeated carnal behavior or they can have false consciences made up of cultural thinking or even "the traditions and doctrine of men" (religious legalism).

Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; Speaking lies in hypocrisy; having their conscience seared with a hot iron.

1 Timothy 4:1,2

Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled.

Titus 1:15

a. Christians should not be guided by their consciences but by the \_\_\_\_\_ of \_\_\_\_\_ until their consciences are renewed to God's Word, so that the result is conviction when needed and no condemnation.

For as many as are led by the Spirit of God, they are the sons of God.

Romans 8:14

How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God?

Hebrews 9:14

b. Walking in the Spirit helps us \_\_\_\_\_ to our own ways and live unto the Lord.

c. Walking in the Spirit simply means \_\_\_\_\_ the Word of God and the promptings of the Holy Spirit.

Therefore, brethren, we are debtors, not to the flesh, to live after the flesh.

Romans 8:12

For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh: That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit. For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. For to be carnally minded is death; but to be spiritually minded is life and peace.

Romans 8:3-6



d. We can be living in the Spirit, yet not \_\_\_\_\_  
in the Spirit; thereby, we live defeated lives.

Reference: **Galatians 5:16-26**

e. To walk in the Spirit, we must desire this walk with our  
whole \_\_\_\_\_.

References: **Matthew 5:6**

And ye shall seek me, and find me, when ye shall search for  
me with all your heart.

**Jeremiah 29:13**

C. God's laws were not made to get us to Heaven. Eternal life  
in Heaven is a \_\_\_\_\_ of God. His laws and principles  
were given us so that we may live blessed lives on earth and  
have victory in Jesus here.

## Overcoming Life Memory Verses

The suggested overcoming life memory verses for this section is:

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

Romans 8:1,2

Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

Romans 6:16

## Review Outline, Section Two

### I. The Components of the Soul

#### A. The Will, which has two choices

1. God's way
2. The way of the flesh (self and the devil).

#### B. The Mind

1. Reasoning is the "voice" of the soul.
2. When carnal, the mind is at enmity with God (Romans 8:7).
3. When renewed, it operates in truth and righteousness.

(Romans 12:2; Ephesians 4:23-24)

#### C. The Emotions

1. Negative
2. Positive

### II. Emotions Shape the Personality

A. Negative emotions express the lusts of the flesh and result in defeated lives (Ephesians 2:3; 2 Timothy 3:2-5).

B. Positive emotions reflect the fruit of the Spirit (Galatians 5:22,23).

C. Many people use their emotions only to "react" to others.

1. Emotional (fleshly) reactions are based on judgments.
  - a. We should not judge others, only their deeds (works).
  - b. We should also not judge ourselves but our thoughts and actions.
  - c. Only God truly knows the motives and intents of our hearts.
2. We can only express truly positive emotions when we:
  - a. Receive Christ (2 Corinthians 5:15-17)

- b. Live crucified to sin (Romans 6:6)
- c. Live crucified to self (Matthew 16:24,25)
- d. Live so that our actions glorify Him (Matthew 5:16)
- e. Choose to love Him above everything and others as ourselves (Matthew 22:36-40; 1 Corinthians 13)

### III. The Outward Man

- A. The soul is the outward man.
- B. The personality, or soul, consists of mind, will and emotions.
- C. Words and actions reflect the pattern of the personality.

### Review Outline Quiz, Section Two

1. Name the three components of the soul?  
\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_
  
2. What are the two choices of man's will?  
\_\_\_\_\_  
\_\_\_\_\_
  
3. The way of the flesh actually is the way of \_\_\_\_\_.
  
4. Reasoning is the \_\_\_\_\_ of the soul.
  
5. Why are the right emotional patterns so important?  
\_\_\_\_\_
  
6. What do negative emotions express? \_\_\_\_\_
  
7. Positive emotions reflect \_\_\_\_\_.
  
8. Our personalities are reflected in our \_\_\_\_\_ and \_\_\_\_\_.
  
9. Emotions are the way we express ourselves or \_\_\_\_\_ to others.
  
10. The soul is the \_\_\_\_\_ man.

Healing of the Spirit, Soul and Body Workbook  
Section Three  
“Negative Physical Manifestations of the Body”

## Healing of the Spirit, Soul and Body

### Section Three: “Negative Physical Manifestations of the Body” Expository Introduction

This introduction and lesson concludes the workbook on Healing of the Spirit, Soul and Body with a discussion of how the physical manifestations of the body affect and reflect the overcoming life of the Christian. As we noted in the previous two sections, the Apostle Paul made it clear in 1 Thessalonians 5:23 that God wants us to be whole in soul and body as well as in spirit.

Every negative physical manifestation has a root cause in the spiritual realm. On the other hand, as we walk with the Lord, there are beneficial results in the physical realm. Our bodies are the containers, or houses, or as the Bible puts it, the “temples,” for our spirits, and each of us has a soul that reflects our personalities to the world.

If we have spiritual problems, they will affect our physical well-being, and if we have soul problems, they will also affect our bodies. 3 John 2 says:

**Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.**

From this scripture, we see there is a relationship between the body prospering as the soul prospers. Many diseases stem from, or are rooted in, negative emotions or thoughts in the mind. When the root cause of a physical problem is dealt with in the soul and spirit,

then the body will come in line with that healing. Eventually attitudes and actions bear fruit, either for good or for evil (Matt. 12:33; Luke 3:8,9).

Proverbs 26:2 says, "...The curse causeless shall not come." When applying this to the "curse" of sickness in the body, we must recognize that there is a reason for every sickness. For every cause, there is an effect.

A fixed thought or belief "that we have to be sick" will open the door to sickness because it involves accepting a lie of the devil rather than the Word of God. That is why I say that negative physical manifestations stem from negative thoughts and emotions, in many instances.

The reason Christians do not prosper in certain areas of their lives is that they have accepted lies of Satan in those areas. That is why it is so important to get our minds renewed to the Word of God and exchange the thinking of the old nature for the knowledge and truth of the new. Today, I believe God is dealing with these "roots" of negativity in the Body of Christ. That is part of His cleansing process taking place in His "House" before He brings judgment and cleansing on the world (1 Peter 4:17).

The initial walk with the Lord can be challenging for a new Christian, because he faces the problem of simultaneously digging out the roots of the old beliefs, thoughts, and emotions while planting new seeds of truth from the Bible. The spiritual "digging tools" include faith, confessing the Word of God, prayer, and fasting. If a Christian continues to "dig" and "plant," the good fruit will begin to outweigh the bad.



All negative emotions and thoughts must be treated the same way “symptoms” of sickness are treated in the body. We must begin to “treat” the symptoms, but in order to remove those symptoms, we must find the root of the disease. Jesus came to earth not only to set us free from all satanic bondage but also to destroy — the works of Satan (1 John 3:8). One of the works of the devil is sickness, and Jesus came to destroy it along with the sin that caused it.

He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil.

1 John 3:8

It may offend some people that we equate sickness with sin; however, until we treat sicknesses the same way we treat sin, we will not overcome Satan’s attacks or effects on our bodies. Sins may be those of omission or commission, or they may be the sins of the fathers which make “chains of iniquity” that are passed down through the physical bodies of their descendants as diseases, weaknesses, or tendencies to certain diseases.

For example, prayerlessness, a sin of omission, may allow the enemy to bring in sickness. Sins of commission, to name an extreme example, could be homosexuality or drug addiction that resulted in AIDS. A “chain of iniquity” might result in a weak heart, or diabetes, or other inherited diseases.

To overcome sickness, we must resist it just as we would temptation. We must stand against the sickness and use the Word of God against it. Paul called his “infirmity of the flesh” a temptation: ...And my temptation which was in my flesh... (Galatians 4:13,14).

The “infirmity” which he mentions here was different from the “thorn in the flesh” Paul wrote about in 2 Corinthians 12, which many people consider a sickness, but which really was someone used by the devil to harrass and hinder Paul.<sup>1</sup> The Greek word, “infirmity,” means “a weakness” in any area: spirit, soul, or body.

### Dealing With Temptation and Sickness

Forgiveness of sin brings healing when we seek God in faith (James 5:15). Jesus, the Great Physician, came not only to call sinners to repentance but also to heal the sick (Mark 2:17). He wants to “save” (renew) our souls (Psalm 41:4) and heal our bodies. The healing of our souls is as much a need as the healing of our bodies.

We are to deal with temptation and sickness in specific ways, according to the Bible:

- \*First, we ask God for forgiveness for anything we have done that has opened the door to sickness.
- \*Secondly, we receive His healing and cleansing by faith.
- \*Thirdly, we resist the temptation to accept sickness by using the Word of God against it.

Temptation never comes from God (James 1:13-17), so that is one way we can know that sickness and disease is not of God.

Satan tempts us to receive or keep our infirmities instead of resisting them. We know the devil brings sickness, because sickness is part of the law of sin and death (Rom. 8:2). The Bible says that every good and perfect gift comes from God (James 1:17), and since sickness is not a good or perfect gift, it is not of God.

Jesus himself equated sin with sickness as we see him healing a man with palsy simply by forgiving his sins.

And, behold, they brought to him a man sick of the palsy, lying on a bed: and Jesus seeing their faith said unto the sick of the palsy; Son, be of good cheer; thy sins be forgiven thee. And behold, certain of the scribes said within themselves, This man blasphemeth. And Jesus knowing their thoughts said, Wherefore think ye evil in your hearts? For whether is easier, to say, Thy sins be forgiven thee; or to say, Arise, and walk? But that ye may know that the Son of man hath power on earth to forgive sins, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house.

Matthew 9:2-6

However, two things are important to remember when dealing with sickness or disease in oneself or in others:

1. Do not judge anyone else who is not able to receive healing. We cannot know all circumstances in anyone else's life or ancestry. We must simply pray and encourage those people and leave the results up to them and God.
2. Do not get discouraged or come under condemnation if you

are not able to receive healing immediately. Sometimes it takes awhile to get at the roots of some sicknesses or diseases. Overcoming certain diseases may take a spiritual battle for awhile, but we are not to give up but keep believing in faith until the victory is won.

Through understanding where sickness originates, we are better able to overcome it. As we learn to deal with temptation and sin, we will overcome. Sin is not in things themselves; sin is in our attitudes to those things or our uses of them. Sin is in the heart of man, who misuses material things (Mark 7:20-23). Before believing for healing of the body, a Christian should ask God to cleanse his heart of any defiling sin (Matt.6:14-15; Matt.18:34-35) that could be responsible for the sickness. Resentment and bitterness are examples of sins that can produce physical problems of arthritis, while worry can cause ulcers.

We are guaranteed victory as we follow Jesus, for He is greater than all of our sins (1 John 4:4, 5:4). God's Word, not man's doctrines, stands as the final authority in regard to healing for Christians. Just as our sins were taken care of at the cross, so were our sicknesses (1 Peter 2:24).

We receive salvation by faith, and we must receive healing by faith. We must not just seek healing from Jesus, but we must first seek Jesus for Himself. Then we can receive Him as the Healer. If we seek God only for what He can do for us, our motives are wrong, and that will hinder getting our prayers answered. We should seek Jesus for who He is, not for what He can do. In the Bible, people did this when they followed Him for food after He

performed the miracle of the loaves and fishes, and Jesus admonished them for it (John 6:26,27).

The foundation for our claiming healing of soul and body is that we have a blood covenant available with God through Jesus (Heb. 9:12-15). As our Mediator and High Priest, Jesus became fully man, remained innocent of sin throughout His life, and “stood in the gap” for us by shedding His blood at Calvary as man’s penalty for sin. Because of this, we now have the covenant promise of healing.

Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil; And deliver them who through fear of death were all their lifetime subject to bondage . . . Wherefore in all things it behoved him to be made like unto his brethren, that he might be a merciful and faithful high priest in things pertaining to God, to make reconciliation for the sins of the people.

Hebrews 2:14,15, 17

There are, however, certain conditions on our part for entering into this covenant:

\*We must have faith in the work accomplished on our behalf through the atoning blood of Jesus, the Christ.

And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.

Revelation 12:11

\*Like those saints written about in Revelation, we also must overcome in our daily lives by speaking the truth of His Word, which is the “word” we can testify to as bringing our healings or deliverances.

That “word” is not so much our personal testimonies of what Jesus has done in our lives (the definition we are accustomed to using for testimony), but it is confessing out loud or telling others the Word of God. For example, “by His stripes, I am healed” from 1 Peter 2:24 becomes the word of our testimony as we proclaim it against the temptation of sickness.

\*Finally, in that verse explaining how Christians are to be victorious and overcomers, we see that they loved not their lives unto the death. For us, that means we had rather die than to sin against our Lord. It means, according to Matthew 16:24,25, denying self and taking up our “crosses” daily to follow Jesus wherever He may lead us. It means death to self.

To truly be an overcomer, we must understand the full meaning of what Jesus accomplished through the shedding of His blood.

### The Blood of Jesus

The blood of Jesus shed on the cross does for the Body of Christ (His Church) the same thing that our natural blood does for our physical bodies. Both bring life to the body (Genesis 9:4; Hebrews 9:14).

For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul.

Leviticus 17:11

Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.

John 6:53

The sacrifice of Jesus' life on the cross paid the price for the sins of all mankind by bringing redemption to us (Heb. 9:22). He redeemed us — bought us back from sin and the bondage to Satan. He also redeemed us from the penalty of sin that had been hanging over mankind since Adam and Eve sinned. The penalty was separation from God. Now we have been reconciled to God (Rom. 5:10; 2 Cor. 5:18). His blood was the sacrifice that paid the price for us.

The blood of Jesus, in addition to bringing life and redemption, also cleanses us (Heb. 9:14; 1 John 1:7-9). One of the main functions of the blood in the human body is to facilitate cleansing of the system. Jesus' blood spiritually cleanses the impure life that runs in the "veins" of our old natures.

When there is sin in the Body of Christ, the Holy Spirit works to remove it in order that the entire Body will not be affected. First, He works to bring deliverance into the lives of individuals; then, if those individuals refuse to repent, He removes them from the Body.



As we have seen from 1 Peter 2:24, the blood of Jesus also brings physical cleansing and healing to us and brings strength to our bodies (Isa. 35:3; Joel 3:10; Eph. 6:10). Sometimes we must resist weakness in body or soul and claim His strength in order to do His work. That is why Paul wrote that he rejoiced in his weaknesses (“infirmities” of soul, not sicknesses), because when he was weak, God was strong in Him (2 Cor. 12:10). Then, when Paul triumphed in an area of ministry, God got the glory, because Paul had accomplished those things in the strength of the Lord, not his own strength.

Two other purposes of the blood are to distribute nourishment throughout the Body, just as is true of the physical body (Acts 20:28), and to provide protection for us and our households (Exodus 12:3; Joshua 2:18; Acts 11:14, 16:31).

Also, to receive the fullness of Jesus’ healing, cleansing, and strength provided us through His blood, we must not have any barriers or blocks to receiving. Jesus made it plain in His own words while here on earth that unforgiveness is a complete barrier to receiving from God (Matt. 6:14,15; 18:34-35). To have a proper covenant fellowship with God, we must have proper fellowship with other members of the Lord’s Body. We cannot have hatred or bitterness in our hearts toward others and still have a free flow of, and receiving of, the blessings of God provided for us through the new covenant.

Becoming born again instantly gives us a relationship of being children of God and Abraham (Gal. 3:7,26,29) and a relationship of brothers and sisters to all others who have ever been born again. Whether or not we are overcomers or live victorious lives depends



on how we develop fellowship with God and with the rest of the family of God. We cannot receive the benefits of the covenant in our daily lives without meeting the conditions required, such as forgiving others and ourselves as God forgives us.

Unforgiveness causes hearts to be hardened and breaks fellowship with others in the Body and, therefore, also breaks fellowship with God. Putting our own wishes and desires ahead of God's will for our lives makes an "idol" out of self. (An idol is anything that is placed ahead of God and His will in a person's life.)

Therefore, all of the benefits of the New Covenant belong to anyone who is born again, but not all receive those benefits because they do not meet the conditions for blessings. Those people will go to Heaven, but they will live defeated lives on earth, not fully accomplishing God's purposes for them; and perhaps, some will even die early deaths.

### Endnotes

<sup>1</sup>For a more complete discussion of Paul's "thorn in the flesh," please see The Will of God Workbook, third in the Overcoming Life Series.

## Lesson for Section Three

### I. Physical Problems

A. All physical problems have a \_\_\_\_\_ cause, and when that is dealt with, changes occur in the body.

...The curse causeless shall not come.

Proverbs 26:2

Bring forth therefore fruits worthy of repentance, and begin not to say within yourselves, We have Abraham to our father: for I say unto you, That God is able of these stones to raise up children unto Abraham. And now also the axe is laid unto the root of the trees: every tree therefore which bringeth not forth good fruit is hewn down, and cast into the fire.

Luke 3:8,9

1. All negative symptoms and problems must be treated as \_\_\_\_\_ in order for us to be free of them.

When Jesus heard it, he saith unto them, They that are whole have no need of the physician, but they that are sick: I came not to call the righteous, but sinners to repentance.

Mark 2:17

Also, read Matthew 9:2-6.

- a. Paul called his “infirmity of the flesh” a \_\_\_\_\_ in Galatians 4:13.
- b. How are we to deal with sin and temptation, according to the Word of God? \_\_\_\_\_  
\_\_\_\_\_
- References: James 4:7, 5:15,16
- c. Does temptation come from God? \_\_\_\_\_
- Reference: James 1:13-17
- d. Healing of the \_\_\_\_\_ is as much needed as the healing of the Body.

I said, Lord, be merciful unto me: heal my soul; for I have sinned against thee.

Psalm 41:4

2. The victory that overcomes the world is our \_\_\_\_\_ in Jesus as the Son of God.

For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?

1 John 5:4,5

B. We are able to overcome, if we follow Jesus, because we know that He is \_\_\_\_\_ than all of our sins.

Reference: 1 John 4:4, 5:4

1. Jesus said that the things that come out of the hearts of men are what \_\_\_\_\_ them.

Reference: Mark 7:20-23

2. Sin, when it is finished, brings forth \_\_\_\_\_ and sickness is one of the principles of death.

Reference: James 1:15

C. The final authority on whether healing is for Christians today is the \_\_\_\_\_.

References: Isaiah 53:5; 1 Peter 2:24

1. We must seek Jesus for who He is, not just for \_\_\_\_\_ He can do for us.

2. An important part of receiving healing is the right \_\_\_\_\_ of the heart toward one's fellow brothers and sisters.

Reference: Matthew 6:14,15; 18:34-35

a. Paul wrote that many Christians are weak and sickly because they do not \_\_\_\_\_ the Lord's Body.

Reference: 1 Corinthians 11:28-30

b. Who is “the Lord’s Body?” \_\_\_\_\_

c. That means many Christians are not in the proper  
\_\_\_\_\_ with one another (1 John 1:6-7).

## II. The Purpose of the Blood of Jesus

A. The sacrifice of Jesus’ life on the cross paid the price for the sins of all mankind by bringing \_\_\_\_\_.

Reference: Hebrews 9:14-15

1. The life of the flesh is in the \_\_\_\_\_.

Reference: Leviticus 17:11,14

2. The blood of Jesus is the \_\_\_\_\_ of the Body of Christ.

Reference: John 6:53-56

B. The \_\_\_\_\_ of Jesus provided redemption for all mankind (Heb.9:14-15) and, also, provides us with these other benefits:

1. \_\_\_\_\_ of the body and soul

Reference: 1 Peter 2:24

2. Spiritual and physical \_\_\_\_\_

Reference: Isaiah 35:3; Ephesians 6:10; Joel 3:10

3. Spiritual \_\_\_\_\_

Reference: Acts 20:28; Colossians.2:19

4. \_\_\_\_\_ is another provision of the blood of Jesus. Passover is a “type” of the real Lamb of God, Jesus. The blood of the sacrificial lamb was a signal to the death angel to pass over that house. Likewise, the blood of Jesus on the “doorposts” of our hearts means our safety.

Reference: Exodus 12:3

a. Protection is not just for us, but for those of our \_\_\_\_\_.

Reference: Acts 11:14; Psalm 91

b. The protection of the blood of Jesus also must be received by \_\_\_\_\_. For example, any fear in us or any willingness to accept sickness and disease means the blood is not covering all “doorposts,” or ways of access, into our lives.

Reference: Hebrews 11:6

5. What are the conditions for entering into a blood covenant with God?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

References: Matthew 16:24,25; Revelation 12:11

### Overcoming Life Memory Verse

The suggested overcoming life memory verse for this section is:

Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.

1 Peter 2:24

## Review Outline, Section Three

### I. The Body

#### A. The body is the physical man.

1. It was God's intention for the body to be healthy (3 John 2).
2. Sickness and disease came with the fall by Adam and Eve's disobedience.
  - a. Sickness and disease are of Satan's kingdom.
  - b. They are part of the wages of sin that is the penalty of Adam and Eve's fall — death.
3. Provision was made in the atonement for healing of the bodies of believers (1 Peter 2:24).

#### B. The body of a believer is “the temple of God” (1 Corinthians 6:19)

1. The body is subject to the spirit man under the authority of the Holy Spirit, or under the rule of Satan when a person is not committed to God.
2. The body will be “transformed,” or totally changed at the Resurrection.

#### C. The body is a “receiver” and is either:

1. The Temple of God (2 Corinthians 6:16)
2. The temple of Satan

#### D. The body has a “voice” which are the five senses. They:

1. Connect us to the physical world
2. Can be deceiving
3. Are part of God's built-in “survival mechanism” for man



## II. How To Have Total Victory

### A. Consecrate our lives to God (Acts 16:30,31)

1. Claim your household for Christ.
2. Children reared in the nurture and admonition of the Lord will not depart from the faith. (Ephesians 6:4).
  - a. Pray repentance, mercy, forgiveness, and protection for them (Romans 2:4).
  - b. Bind Satan away from loved ones
  - c. Trust God to woo and draw them (John 6:44).

### B. Persevere in the Lord to gain spiritual maturity (Eph. 4:14,15), which means:

1. Total commitment to God
2. Total willing obedience to God
3. The flesh being crucified
  - a. Dying to “self” emotions, such as self-pity, self-rejection, self-righteousness, self-desires and wants, self-love, self-centeredness, selfishness, and others
  - b. Dying to anger, fear, guilt, and remorse, and other such negative emotions
  - c. Dying to jealousy, envy, covetousness, and competition
  - d. Dying to pride, self-will, and rebellion (Satan’s “root” characteristics as shown in Isaiah 14:13,14)
  - e. Once the choices have been made, and we are dead to sin, then we receive life in Christ (Romans 6:11).

Review Outline Quiz, Section Three

1. Who rules over the body?

\_\_\_\_\_ and/or the \_\_\_\_\_

2. What is the function of our five senses? \_\_\_\_\_

\_\_\_\_\_

3. Name two steps toward a victorious life in Christ:

\_\_\_\_\_

\_\_\_\_\_

4. What are some things we can do for our loved ones before they are saved?

\_\_\_\_\_

\_\_\_\_\_

5. Perseverance in God means total \_\_\_\_\_ and

\_\_\_\_\_.

6. Crucifying the flesh means enduring sickness and disease.

True \_\_\_\_\_ False \_\_\_\_\_

7. Name Satan's root characteristics, as found in Isaiah 14:13, 14?  
\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_
8. Becoming dead to sin means making daily \_\_\_\_\_.
9. When will our bodies be transformed? \_\_\_\_\_
10. The body is the \_\_\_\_\_ of the Holy Ghost.

## What You Need to Know About Christ Unlimited Ministries

### Purpose and Vision

Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.

Matthew 28:19, 20

**CHRIST UNLIMITED** is not “another denomination,” sect, or just a separate group. It is an arm of the Body of Christ — the Church of Jesus Christ, which has been called to strengthen the Body at large. We also believe we have been called to help establish the Kingdom of God in the earth.

**CHRIST UNLIMITED** is open to help and work with all Bible-believing Christians regardless of their church or denominational affiliations and committed to helping wherever possible in evangelistic and teaching outreaches.

**CHRIST UNLIMITED** believes that time is running out and the Gospel has not been preached to every creature. Many nations have not heard the Gospel, and in many places, doors for evangelism are closing. We believe it is time all Christians cooperated with the Lord in breaking down denominational walls for a united front line against the kingdom of darkness and in setting up the Kingdom of the Lord Jesus Christ by the power of the Holy Spirit.

**CHRIST UNLIMITED** provides such tools as to enable the saints of God to establish the Kingdom of God in the earth. We encourage groups of prayer warriors who will pray, fast, and intercede for the nations. This, we believe, is weapon number one. We teach believers how to overcome through spiritual warfare and through knowing how to use their authority in Christ Jesus through the Word and the power of the Holy Spirit.

Christians need to know how to bring down the forces of darkness in their own lives and in the lives of those to whom they minister. We provide such tools as Bibles, literature, **CHRIST UNLIMITED** books, and downloadable audio and video. We promote the Gospel going forth via any means of communication, including radio and video, the INTERNET, and literature. We promote teaching seminars, Bible schools, and correspondence courses, all aimed at winning souls to Christ and building the Body of Christ into maturity.

Bud and Betty Miller serve the Lord together as founders of the multi-vision ministry outreach, **CHRIST UNLIMITED**. The outreaches of this ministry have stemmed from a tremendous desire to see the Word of God taught in its balanced entirety. The Millers are firm believers in prayer and, through prayer, have seen many released from the bondages of fear, failure, and defeat.

The Millers have a world-wide vision for spreading the full-gospel message and teaching God's Word. Bud not only preaches and pastors a church, but is director of **CHRIST UNLIMITED PUBLISHING**, an outreach dedicated to publishing God's Word in many languages. His experience, openness to the Holy Spirit, and down-to-earth expression of God's love have blessed many. God has endowed Betty with a rare gift of teaching that makes her a practical and effective "handmaiden of the Lord." Both Bud and Betty have hearts turned toward evangelism and missions, desiring to tell everyone of God's wonderful love. Their anointed teaching comes across with simplicity and in the power of the Holy Spirit.

The outreaches of **CHRIST UNLIMITED** are in obedience to the words of our Lord in **Mark 16:15: Go ye into all the world and preach the gospel to every creature.** This mandate from the Lord presents a challenge to our generation as an estimated 25 percent of the world's population still have not heard the Good News of Jesus Christ.<sup>1</sup>

**CHRIST UNLIMITED MINISTRIES** also is dedicated to teaching God's Word. **Hosea 4:6 says: My people are destroyed for lack of knowledge.** Many Christians are leading defeated lives simply because they do not know God's Word in its fullest.

**CHRIST UNLIMITED MINISTRIES** has provided literature for those who desire to know God's Word in a greater way. The main thrust of the teaching and literature is directed at "How to be an overcomer". In the endtimes, we must be prepared to overcome the onslaughts of Satan. Many Christians are suffering needlessly, because they do not know how to overcome sickness, depression, divorce, fear, and financial failure. **CHRIST UNLIMITED MINISTRIES** provides answers for troubled families as well as trains workers for service.

## DOCTRINAL STATEMENT

Jesus answered them, and said, My doctrine is not mine, but his that sent me. If any man will do his will, he shall know of the doctrine, whether it be of God, or whether I speak of myself.

John 7:16,17

**Inspiration of Scriptures:** We believe that the Holy Bible is the written Word of the Living God. We believe it was inspired by the Holy Spirit and recorded by holy men of old. It is infallible in content and a perfect treasure of heavenly instruction which is truth without any mixture of error. The Bible reveals the principles by which God will judge us and reveals His great plan of salvation. It will remain eternally. We believe the Bible is the true center of Christian union and the supreme standard by which all human conduct, creeds, and opinions should be tried. Therefore, we believe this Word should go into all the world and should be given first place in every believer's life (2 Tim. 3:16; Heb. 4:12; 1 Pet. 1:23-25; and 2 Pet. 1:19-21).

**God:** We believe in one God revealed in three persons: the Father, the Son, and the Holy Ghost . . . making up the blessed Trinity (Matt. 3:16,17; 1 John 5:6,7).

**Man:** We believe that man, in his natural state, is a sinner —lost, undone, without hope, and without God (Rom. 3:19-23; Gal. 3:22; Eph. 2:1,2,12).

**Salvation:** We believe the terms of salvation are repentance toward God for sin and a personal, heartfelt faith in the Lord Jesus Christ. This will result in a new birth. Salvation is possible only through God's grace, not by our works. Works are simply the fruit of salvation (Acts 3:19,20; Rom. 4:1-5, 5:1; Eph. 2:8-10).

**Body of Christ:** We believe the Body of Christ is made up of all who have been born again regardless of denominational differences. We believe in the spirit of unity, while allowing for variety in individual ministries as to their work, calling, and location as directed by the Holy Spirit (Acts 10:34,35; 1 Cor. 12:12-31).

**Blood Atonement:** We believe in the saving power of the blood of Jesus and His imputed righteousness (Acts 4:12; Rom. 4:1-9, 5:1-11; Eph. 1:3-14).

**Bodily Resurrection:** We believe in the bodily resurrection of Jesus Christ (Luke 24:39-43; John 20:24-29).

**Ascension:** We believe that Christ Jesus ascended to the Father and is presently engaged in building a place for us in Heaven and interceding for the saints (John 14:2,3; Rom. 8:34).

**Second Coming:** We believe in the visible, bodily return of Christ Jesus to this earth, to meet His Church (Bride) and to judge the world (Acts 1:10,11; 1 Thess. 4:13-18; 2 Thess. 1:7-10; James 5:8; Rev. 1:7).

**Ordinances:** We believe that the two ordinances of the Body of Christ are water baptism and the Lord's Supper (Matt. 28:19; 1 Cor. 11:24-26).

**Heaven and Hell:** We believe Scripture clearly sets forth the doctrines of eternal punishment for the lost and eternal bliss and service for the saved — a literal hell for the unsaved and heaven for the saved (Matt. 25:34,41,46; Luke 16:19-31; John 14:1-3; Rev. 20:11-15).

**Holy Spirit:** We believe the Holy Spirit to be the third person of the Trinity whose purpose in the redemption of man is to convict of sin, regenerate the repentant believer, guide the believer into all truth, indwell all believers, and give gifts to those He wills that they may minister as Christ would to men. We believe that the manifestations of the Holy Spirit recorded in 1 Corinthians 12:1-11 will operate through present-day Christians who yield to Jesus (Luke 11:13; John 7:37-39, 14:16,17, 16:7-14; Acts 2:1-18).

We believe the baptism in the Holy Spirit, with the evidence of speaking in other tongues as the Spirit gives utterance, is for all believers as promised by John the Baptist (Matt. 3:11), Jesus (Acts 1:4-8), and Peter (Acts 2:38-41). The fulfillment of this promise was witnessed by early disciples of Christ (Acts 2:4, 10:44-47, 19:1-6) and operates in many present-day disciples of the Lord Jesus Christ.

**Divine Healing:** We believe God has used doctors, medicines, and other natural means of healing; however, we believe divine healing is provided for believers in the atonement made by Jesus' blood shed on the cross (Isa. 53:5; 1 Pet. 2:24). We believe divine healing may be appropriated by the laying on of hands by the elders (James 5:14-16), by the prayer of an anointed person gifted by the Holy Spirit for healing the sick (1 Cor. 12:9), or by a direct act of receiving this provision by faith (Mark 11:23,24).

## MINISTRY FINANCING

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Matthew 6:33

We want to share with readers the instructions the Lord gave us in regard to financing this ministry. As this is the Holy Spirit's work, we are to let Him speak to the hearts of people as to what and how much He wants them to give. Quite simply, we are to share the vision He has given us and trust Him to provide for all that we need. We believe the Lord pays for the things He orders, and if He does not order something, we do not want to engage in it. Pray with us that we will stay close to the Lord, and that, in seeking His righteousness, we will be able to hear His instructions clearly as to what He desires us to do. If we do that, we know we shall never lack of the things needed to do His work.

CHRIST UNLIMITED MINISTRIES, INC. is a 501(c)(3) tax-exempt, non-profit, church established locally in the Dewey, Arizona, area.

<sup>1</sup>Barrett, David B. Cosmos, Chaos, and Gospel (Birmingham: New Hope Publishers, 1987), p. 75.



## FOR ADDITIONAL STUDY

This book is taken from a course of Bible studies called the Overcoming Life Series. The entire series is a virtual "spiritual tool chest," as it covers a multitude of subjects every Christian faces in his walk with God. It also answers questions that many believers have concerning the current move of God. These are dealt with in a balanced approach and in the light of the Scripture. God's people are not to live frustrated, defeated lives, but rather they are to be victorious overcomers! Other books available with their companion workbooks are:

**PROVE ALL THINGS** - Christ warned that great deception would be one of the signs of the end times. In this book, instruction is given on how to recognize false prophets and teachings. Clear Scriptural guidelines are given on discerning the Spirit of truth versus the spirit of error. The book deals with how to judge without being judgmental.

**THE TRUE GOD** - This is a teaching on the character of God, explaining why God does certain things, and why it is against His nature to do other things. It differentiates between the things for which God is responsible and the things for which the devil is responsible. Our responsibility as Christians destined to overcome is made clear so that we can live victorious lives.

**THE WILL OF GOD** - This lesson teaches us not only how to know the will of God in our personal lives, family, ministry and finances, but also brings understanding as to why God allows sin, sickness and suffering in the world. As overcomers, Christians are not to suffer under many of the things we have accepted as normal.

**KEYS TO THE KINGDOM** - Instruction on how to gain authority in God's Kingdom through prayer is the topic of this book. Many principles and methods of prayer are covered, such as praying in the Spirit, fasting and prayer, travelling prayer, praise, intercession and spiritual warfare.

**EXPOSING SATAN'S DEVICES** - This book is a powerful expose' of Satan's tricks, tactics and lies. Cult and Occultic methods and groups are listed so Christians can detect their activity. Demon activity is discussed and deliverance and casting out demons is dealt with in detail. Satan's kingdom is uncovered and the Christian is taught to overcome through spiritual discernment and warfare.

**HEALING OF THE SPIRIT, SOUL AND BODY** - This book teaches how to overcome emotional problems, as well as physical ones, and how to receive divine healing. It also teaches how to renew the carnal mind and walk in the spirit of life, thereby overcoming depression, loneliness and fear.

**NEITHER MALE NOR FEMALE** - What is the woman's role in the church and home? Who is a woman's spiritual head and covering? Does God call women to the five-fold ministry? What does God's Word say about divorce, celibacy and choosing a marriage partner? These and other woman related topics are Scripturally examined.

**EXTREMES OR BALANCE?** - Many Christians have hurt the cause of Christ through "out-of-balance" teachings and demonstrations. This book shows how to avoid those areas. It also deals wisely with the excesses and extremes in the body of Christ.

**THE PATHWAY INTO THE OVERCOMER'S WALK** - This book contains answers to the questions an overcomer faces as he presses toward the prize of the high calling in Christ Jesus. How can we be conformed to the image of Christ? How does the Holy Spirit work with the overcomers in the end times? What are the overcomer's rewards? Please visit our website for information on how to order the complete "Overcoming Life Series." Our site is also an excellent source for additional books and Bible resources.

[www.BibleResources.org](http://www.BibleResources.org)

Christ Unlimited — P.O. Box 850 — Dewey, AZ 86327 USA





Healing of the Spirit, Soul and Body Workbook  
Answers to Lessons and Quizzes

## Answers to Lesson, Section One

- I. God's Purpose for Mankind
  - A. Perfect
    1. Overcomers
    2. Conformed
  - B. Sanctification
    1. Set apart
    2. Washing
  - C. Spirit, soul, and body
    1. Rapha
      - a. "To make thoroughly whole"
      - b. God
    2. Sozo
      - a. Heal
      - b. Save
    3. Victory
- II. Man Was Created in God's Image
  - A. Trinity
    1. God the Father
    2. God the Son
    3. God the Holy Spirit
  - B. Persons, or personalities
    1. God
    2. Jesus
  - C. Triune, or tripartite
    1. Heart
      - a. Voice
        - 1) The Holy Spirit
        - 2) Reasoning
        - 3) Senses
      - b. Spirit
        - 1) Holy Spirit
        - 2) Dead
        - 3) Separated
    2. Mind, will, and emotions
      - a. Carnal
      - b. Fleshly
      - c. Enmity
      - d. Renewed
    3. Body
      - a. Natural

- b. Resurrection
- c. Temples

### III. The Two Kingdoms

#### A. Kingdom — God

- 1. Jesus
- 2. No

#### B. Satan

#### C. Worlds, or realms

- 1. Life
- 2. Sin and death
- 3. Choose
  - a. To be born again and serve God
  - b. To choose sin and self and serve the devil

#### 4. Fruit

##### a. Fruit

- 1) Love
- 2) Joy
- 3) Peace
- 4) Longsuffering
- 5) Gentleness
- 6) Goodness
- 7) Faith
- 8) Meekness (teachableness)
- 9) Temperance (moderation)

##### b. 1) Forgiveness

- 2) Trust
- 3) Generosity
- 4) Enthusiasm for the things of God
- 5) Tolerance
- 6) Humility
- 7) Diligence

8) Honesty (plus any others that were named in the book)

##### c. Kingdom of God

d. Sickness, filth, disorder, immodesty, poverty, error, pride, rebellion, the “self-sins”, harshness, perverted or immoral sex, weakness, shyness and timidity, body out of control in weight or other ways. (Any of these or other similar things are “right” answers.)

#### 5. Spirit

- a. Renewed
- b. Will
- c. Emotions
- d. Body

6. This answer is up to the student.

#### IV. Life in the Spirit Versus Life in the Flesh

##### A.

1. Poised, relaxed, or at peace in the Lord
2. Confident, or sane
3. Bold
4. Enthusiastic
5. Energetic
6. Agreeable
7. Positive
8. Self-forgiving, accepting God's forgiveness  
(a lack of condemnation)
9. Self-respecting, or self-acceptance

- B. Touchy, defensive, easily offended, feeling trapped, arrogant or superior, tendency to withdraw, insecurity, selfish and self-centered, possessive and controlling, dishonest, and indulging in carnal sins.

Answers to Quiz, Section One

1. Father, Son, and Holy Spirit
2. Spirit, soul, and body
3. Conformed
4. Kingdom of God and kingdom of Satan
5. Law of the Spirit of life in Christ and the law of sin and death
6. False
7. Conversion
8. Rules
9. Blessing
10. Death

## Answers for Lesson, Section Two

### I. The Salvation of Man

#### A. Work out

1. To study the Word of God and walk in the Spirit of God
  - a. Process
  - b. Choices
  - c. Dead
2. By the grace of God through faith
3. Penalty
4. Power
5. Presence

#### B. No

1. Outgrowth, or a result, or over-flow
2. Good

#### C. World, or life

1. Flesh; sin — death
2. Life
3. Cleanse
  - a. Soul
    1. Carnal
    2. Reasonings
  - b. Spirit
  - c. Body
    - 1) Temple of God
    - 2) Satan's
    - 3) Receiver
    - 4) Lusts of the flesh
    - 5) Feelings
    - 6) Soul and spirit

### II. The Emotions of Man

#### A. Three

1. Spirit
2. Soul
3. Body

#### B. Personalities

#### C. Jesus

1. Conformed
2. Crucify
3. Spirit of the mind

D. Nature

1. Choose
2. Faith
3. Devil

III. Overcoming Negative Emotions

A. Positive

1. Evil; good
2. No. Pray for, love them, and do good to them.

B. Spirit of life

1. Flesh
2. Ourselves
  - a. No
  - b. No
3. Seared, or defiled
  - a. Spirit of God
  - b. Die
  - c. Obeying
  - d. Walking
  - e. Hearts

C. Gift



### Answers to Quiz, Section Two

1. Mind, will, and emotions
2. God's way or the way of the flesh (Satan)
3. Satan
4. Voice
5. Because emotional patterns form, or shape, the personality
6. Lusts of the flesh
7. The fruit of the Spirit
8. Words — deeds
9. React
10. Outward

## Answers for Lesson, Section Three

## I. Physical Problems

## A. Root

## 1. Sin

a. Temptation

b. Resisting it and praying and submitting to God

c. No

d. Soul

## 2. Faith

## B. Greater

## 1. Defiles

## 2. Death

## C. Word of God, or the Bible

## 1. What

## 2. Attitude

a. Discern

b. Christians, the Church, or the Body of Christ

c. Fellowship

## II. The Purpose of the Blood of Jesus

## A. Redemption

## 1. Blood

## 2. Life

## B. Blood

## 1. Healing

## 2. Strength

## 3. Nourishment

## 4. Protection

a. Household

b. Faith

## 5. Conditions for entering into a blood covenant are:

Reference: Revelation 12:11

a. Faith in Jesus' shed blood for our sins (being born again)

b. The testimony of the Word of God

c. Being willing to give up your own life to follow Jesus.

1) Death to the flesh

2) Even death to the body, if necessary to stand up for Jesus

### Answers to Quiz, Section Three

1. The spirit — the soul
2. To allow us to interact with the world around us
3. Total commitment, obedience, and crucifying the flesh  
(The answer can be any two of these.)
4. Pray for loved ones, bind the devil away from them, trust God to woo them through the Holy Spirit.
5. Commitment — obedience
6. False
7. Pride, self-will, rebellion
8. Choices
9. At the Resurrection
10. Temple