

I. Spirit

Greek: Pneuma

Hebrew: *rûah*

A. The part God breathed into us

Genesis 2:7

Genesis 2:7 (KJV 1900)

⁷ And the Lord God formed man *of* the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

1. What we would call the Soul in modern language
2. The eternal part of us

B. The part Christ saved

2 Timothy 3:14–17

¹⁴ But continue thou in the things which thou hast learned and hast been assured of, knowing of whom thou hast learned *them*; ¹⁵ And that from a child thou hast known the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus. ¹⁶ All scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness: ¹⁷ That the man of God may be perfect, thoroughly furnished unto all good works.

C. We have to keep it disciplined

1. By reading
2. By praying
3. By keeping sin out of our lives

II. Soul

Greek: psychē

Hebrew: *nepeš*

A. What it is

1. Mental state
2. Emotional State

B. A disciplined mind

Matthew 16:24–28 (KJV 1900)

²⁴ Then said Jesus unto his disciples, If any *man* will come after me, let him deny himself, and take up his cross, and follow me. ²⁵ For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it. ²⁶ For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul? ²⁷ For the Son of man shall come in the glory of his Father with his angels; and then he shall reward every man according to his works. ²⁸ Verily I say unto you, There be some standing here, which shall not taste of death, till they see the Son of man coming in his kingdom.

1. Education
2. Stimulation
3. Avoiding brain rot

C. A disciplined emotional state

1. Acknowledging, without obeying
2. Seeking resolutions

III. Body

1 Corinthians 6:18–20 (KJV 1900)

¹⁸ Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. ¹⁹ What? know ye not that your body is the temple of the Holy Ghost *which is* in you, which ye have of God, and ye are not your own? ²⁰ For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

Greek: sōma

Hebrew: ʿeṣem

A. Exercise

1. Getting in shape
2. Healthy decisions

B. Activity

1. Keep moving
2. Keep working

C. Discipline

1. Watch what goes in it