

# Refresh Week 3 - with Chris Staten

Eternal life. Experiencing life in Christ - Spirit Soul and Body - Continued.

## **Ephesians 4:17**

Apart from or alienated from the LIFE OF GOD our being (soul and body) can't experience the highest type of life in Christ.

We alienate or cut ourselves off from HIS knowledge source through our own arrogance and ignorance in our mind. We have to recognize that we have a responsibility to renew our mind (soul - mind, will and emotions) so that we can experience ultimate life (Zoe - Gods life) in Christ.

**After the Fall of man we were subjected to experience life only through our 5 senses.**

Because we had no connection to the Father, we were reduced to only gathering information through our 5 senses, touch or feeling, hearing, seeing, taste and smell. All of the nature of sin we experienced in the flesh passed on information, memories etc; to our soul (mind, will and emotions). That old way of life became a reality to our mind.

The Father provided freedom from our old nature and way of life through Christ. We died to the dominion of sin. **Romans 6: 3-7**

So we must understand that Christ's redemption was NOT just for our Spirit man alone, but the Fathers desire and Jesus died so that we could experience eternal life in every part of our being. He wants us to experience eternal life not just in our spirit, but in our SOUL and BODY as well. Redemption is for every part of our being. John 10:10, Jesus came that we would have abundant LIFE, in our spirit, soul and body.

This means a SOUL (mind, will and emotions) free from stress, depression, fear, anxiety etc. And also a body that is free from sickness and disease. **Romans 8: 5,6; 11,12**

We were created to live out of our recreated spirit with a renewed mind which in effect would dominate the body.

1. **Loving the Father should be our first priority. Love is the anchor of the soul. He should be our FIRST obsession. Matthew 22:34-38; Colossians 3:2**

The soul has the ability to be obsessed with all kinds of things if we don't put loving him first.

The Father in his wisdom wanted us to love him first because he knew how he created us. Our soul and flesh have the ability to become addicted to anything we put first in our lives. So he told us to Love him first because he knew we could/would create our own idols.

Loving him is an act of our will, its NOT an emotion. Emotions will follow, but they are NOT to be our guide. "Emotions are not intelligent". They feel what they have been programmed to feel through environment or what you program them to feel.

**Mind renewal/transformation is an act of our will. Its NOT an emotion. Romans 12:1,2.**

## 2. **Hearing the word, meditating and doing the word renews/ transforms the mind.**

“If any man has ears to hear, let him be listening and let him perceive and comprehend. And He said to them, Be careful what you are hearing. The measure [of thought and study] you give [to the truth you hear] will be the measure [of virtue and knowledge] that comes back to you—and more [besides] will be given to you who hear.”

**Mark 4:23-24 AMPC**

<https://www.bible.com/8/mrk.4.23-24.ampc>

“But the seed in the good soil, these are the ones who have heard the word in an honest and good heart, and hold it fast, and bear fruit with perseverance.”

**Luke 8:15 NASB1995**

<https://www.bible.com/100/luk.8.15.nasb1995>

“Therefore, putting aside all filthiness and all that remains of wickedness, in humility receive the word implanted, which is able to save your souls. But prove yourselves doers of the word, and not merely hearers who delude themselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; for once he has looked at himself and gone away, he has immediately forgotten what kind of person he was. But one who looks intently at the perfect law, the law of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does.”

**James 1:21-25 NASB1995**

<https://www.bible.com/100/jas.1.21-25.nasb1995>

“Over and over again I have repeated those blessed words of John Wesley in his definition of sanctification. He said: "Sanctification is possessing the mind of Christ, and all the mind of Christ."

The ultimate of entire sanctification would comprehend all the mind of Christ. Christians are usually very weak in this department of their nature. Perhaps less pains have been taken by Christians to develop their mind in God than almost anything else.

We pay attention particularly to one thing only - the spirit - and we do not comprehend the fact that God purposed that the things God's Spirit brings to us shall be applied in a practical manner to the needs of our present life.

It has been hard for us to grasp the principles of this life of faith. In the beginning, man's spirit was the dominant force in the world. When he sinned, his mind became dominant. Sin dethroned the spirit and crowned the intellect. But grace is restoring the spirit to its place of dominion. When man comes to realize this, he will live in the realm of the supernatural without effort.

No longer will faith be a struggle, but a normal living in the realm of God. The spiritual realm places man where communion with God is a normal experience.

The object of healing is health, abiding health of Body, Soul and Spirit. The healing of the spirit unites the spirit of man to God, forever (being born of God). The healing of the soul corrects psychic disorder and brings the soul processes into harmony with the mind of God. And the healing of the body completes the union of man with God, when the Holy Spirit possesses all.” - John G. Lake