

## Summary

- a) The Lord created you to abide in Him. Understanding how He designed you enables you to abide in Him. As this session explains, when God designed us, He had the abiding life in mind. The Lord created us spirit, soul, and body for the express purpose of living by Christ's indwelling life (see 1 Thess. 5:23).
- b) As taught in this session, the abiding life is possible because the Spirit of Christ is joined to your human spirit—and He isn't leaving. The indwelling Spirit makes the abiding life possible.
- c) This session also explains the difference between the spirit, heart, and soul. Though difficult to distinguish, these three parts of you are distinct. Understanding these three inner parts of you makes living the abiding life so much easier.

## Abide in Christ

- a) Leonard Ravenhill said, "We've got people who've been 'saved' thirty years, and they're not a day older in the spiritual life. They're no more mature. They've no more spiritual strength or spiritual understanding or spiritual revelation. Why? Because they've lived on meetings instead of living on Christ!"<sup>1</sup>
- b) John 15:1-11
- c) Known as the "abiding life" passage.
- d) Prepared the disciples for life without Him.
- e) Trained them how to live after the Spirit came to dwell within them.
- f) Not just for them, but for all His people throughout history.
- g) The abiding life passage is perhaps the pinnacle of the mountain of revelation.

## Learning to Abide Changes Everything

- a) Living the abiding life is the same as living by Christ's indwelling life.
- b) Living the abiding life changes everything.
- c) *A new creation* – bearing fruit for God.
- d) *Intimacy* – a deep, internal relationship with the Father, the Son, and the Holy Spirit.
- e) *Victory* – You live in victory over the world, the flesh, and the devil.
- f) *A bride made ready* – You work out your salvation and are therefore being prepared as a bride for Jesus Christ.
- g) *Conformed into His image* – You begin maturing into Christ's image and likeness.
- h) *Stand strong in the end times* – You are equipped to stand strong during trials, tribulations, and suffering, including the unique pressures of the end times.

## How Do You Abide?

- a) Most know they need to abide. But not many practical teachings that tell you how to abide.

- b) I had to learn how to live the abiding life on my own.
- c) I had so many questions.
  - How do I abide in Jesus who is enthroned in heaven?
  - What does it even mean to abide—a word rarely used in the twenty-first century?
  - Does abiding mean to kick back, cease striving, and let God do it all?
  - Or do I have a role to play in the abiding life?
  - Practically speaking, how do I implement the abiding life into my daily routine?
  - What are the pragmatic steps to the abiding life?
  - Does it include praying and reading the Bible more; a stricter obedience and consecration; an ongoing conversation with the Lord throughout the day?

## The Game Changer

- a) For me, the game changer was discovering how God fashioned the human race.
- b) When God designed us, He had the abiding life in mind.
- c) The Lord created us spirit, soul, and body for the express purpose of living by Christ's indwelling life (see 1 Thess. 5:23).
- d) **The Lord created you to abide in Him. Understanding how He designed you enables you to abide in Him.**
- e) The abiding life is possible because the Spirit of Christ is joined to your human spirit—and He isn't leaving.
- f) The same Spirit who raised Jesus Christ from the dead dwells within your spirit. The same Spirit who hovered over a dark and formless void to fashion the earth is grafted to your spirit. And the same Spirit who impregnated the Virgin Mary with the Messiah has made His home within you.
- g) "By this," wrote the apostle, "we know that we abide in Him and He in us, because He has given us of His Spirit" (1 John 4:13).
- h) The indwelling Spirit makes the abiding life possible.

## Living By Christ's Life

- a) Jesus has invited you to live, moment by moment, by His indestructible, divine, dead-raising life.
- b) What does it mean to live by Christ's life?
- c) Paul said in Galatians 2:20, "I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me."
- d) First, it is no longer Paul who lived.
- e) Second, Christ lived in Paul.

- f) As Paul surrendered to Christ who dwelled within him, Christ in him began to live His life in and through Paul.
- g) This session and the next three sessions expound upon the essential components of the abiding life.
- h) This will help you begin or enhance your journey toward living by Christ's indwelling life.
- i) This session focuses on you as a branch, comprised of spirit, soul, and body, and how each part of you can work together so you can live by Christ's indwelling life and bear fruit for God.

## You the Branch

- a) Speaking about believers, Jesus said, "You are the branches" (John 15:5).
- b) To understand your role as a branch, it's important to know God created you spirit, soul, and body.
- c) Paul said, "Now may the God of peace Himself sanctify you entirely; and may your *spirit* and *soul* and *body* be preserved complete, without blame at the coming of our Lord Jesus Christ" (1 Thess. 5:23, emphasis mine).
- d) Paul unveiled how God created you and the proper order of how you should live.
- e) You were created with a spirit, soul, and body and God's prescribed order for living is spirit *first*, soul *second*, and body *third*.
- f) Your spirit is intended to be the leader while your soul and body are to act as your spirit's servants, executing the indwelling Spirit's desires, promptings, impulses, and instructions.
- g) **When you understand the way God created you, it makes living the abiding life so much easier.**

## Your Spirit

- a) Even a two-year old child knows they have a body, for they can touch it and see it.
- b) Most people also know they have a soul, for they have experienced anger, joy, sadness, excitement, rational thought, and choosing between right and wrong.
- c) But your spirit is not easy to discern. You can't see or touch your spirit. You can't easily feel or sense your spirit. That's why so many people don't even know they have a spirit. Yet your spirit is the most important part of your being.
- d) Your spirit is the most vital component of God's divine design, for He created your spirit to be the dwelling place of His Spirit, the place where you commune and fellowship with Him, and the leader of your soul and body.
- e) Many believers only have mental understanding of their spirit. Therefore, they are trying to understand God's Word only with their intellect. They are trying to hear God's voice with their rational mind.
- f) After their brains are permeated with knowledge, they try to live by this knowledge to the best of their ability. This is a recipe for spiritual disaster.
- g) Both Scripture and God's voice must be spiritually discerned. You can't fully comprehend the Bible by your intellect alone. Nor can you hear God's voice with your logical mind. Both require the revelation of the indwelling Spirit, who communicates directly to your spirit.

- h) Obviously, your mind is essential to reading, studying, analyzing, and understanding God’s Word. But reasoning in your mind without revelation in your spirit limits you from experiencing Christ’s indwelling life.

## A Revelation of Your Spirit

- a) To live the abiding life, you need an eye-opening, heart-illuminating revelation, where you know your spirit is vital, you sense your spirit in ever-greater ways, and you begin living every day from your spirit, yielding your soul and body to this all-important part of you.
- b) If you don’t have a revelation of your human spirit, it’s impossible to live by Christ’s indwelling life.
- c) You will struggle immensely if you try to live by the power of Christ within you if you only have mental understanding of your spirit.
- d) Knowing you have a spirit by revelation is vital to living by Christ’s indwelling life.
- e) Perhaps this explains why you are not living in victory. Maybe you lack a revelation of your human spirit.
- f) If you want to see your invisible spirit more clearly, use the Word of God like an X-ray or MRI. Let Scripture reveal to you what human eyes can’t see.
- g) The Lord declares He “forms the spirit of man within him” (Zech. 12:1).
- h) With your divinely created spirit, you worship, perceive, bear witness, discern, serve, sing, and bless (see John 4:23; Rom. 8:16; 1 Cor. 2:15; Rom. 1:9; 1 Cor. 14:15).
- i) Your spirit can be troubled, provoked, or aware (see John 13:21; Acts 17:16; Mark 2:8).
- j) And your spirit has thoughts and the ability to know intuitively, unaided by any outside influence (see 1 Cor. 2:11; 1 John 2:20, 27).
- k) Jesus referred to the spirit as the “innermost” part of a person (John 7:38).
- l) Paul sometimes used the term “inner man” when referring to the spirit (Rom. 7:22; 2 Cor. 4:16; Eph 3:16).
- m) **Your spirit is the innermost part of the invisible you.**

## Three Functions of Your Spirit

- a) Watchman Nee, in his classic book, *The Spiritual Man*, defined three functions of the human spirit: intuition, communion, and conscience.
- b) *Intuition*
- A knowing deep within you—a knowing that doesn’t come by any outside information, mental processing, or feelings.
  - The part of your spirit that senses things at a deeper level than your physical senses.
  - A direct sensing independent of any outside influence.
  - A knowing unaided by the mind, will, and emotions of the soul or the five senses of the body.
  - All revelation and movements of the Holy Spirit are known by your spirit’s innate function of intuition.

## c) *Communion*

- God is Spirit and those who worship Him must worship in spirit (see John 4:24).
- Worshiping in spirit is not optional. It's the only way you can truly connect with God, who is Spirit.
- Just as you can't eat food with your mind, will, or emotions, you can't commune with, fellowship with, or know the Lord using your rational mind, fickle emotions, or the five senses of your body.
- It's only with your spirit you can know the Lord and have communion with Him.

## d) *Conscience*

- With your conscience functioning in harmony with your intuition, you can discern what is of the Lord and what's not.
- It's with your conscience you distinguish the soul from the spirit.
- It's with your conscience you can know what is right for you to do and what is wrong.
- Your spirit's conscience is your compass, directing you to follow the Spirit's leading.

## Your Soul

- a) Your soul contains your mind, will, and emotions.
- b) Your soul has intellect, rationale thought, wisdom, knowledge, and reasoning.
- c) Your soul has ideals, preferences, aversions, passions, feelings, and affections.
- d) Your soul has the ability to express love, hate, joy, anger, sadness, and happiness.
- e) Your soul has the power to make choices, decisions, and to determine a course of action—ensuring you are not an autonomous robot but have the freedom to obey the Lord or to live for yourself.
- f) These three components of the soul—the mind, the will, and the emotions—work together seamlessly to form, shape, and define your individuality and personality.
- g) The soul makes you uniquely you.
- h) When God created Adam, breathing into his nostrils the breath of life, “Man became a living soul” (Gen. 2:7 KJV).
- i) When Adam—and all of humanity after him—became a living soul, it meant the soul contains the self-life, which animates, enables, and empowers the body to carry out the soul's wishes and desires.

## The Soul in the Old Testament

- a) The Hebrew word for soul is *nephesh* and it means “living being, life, self, person, desire, appetite, mind, emotion, and passion.”
- b) It also conveys the “activity of mind, will, and character.”
- c) Searching through the Old Testament for the word *nephesh*, you see the soul can hate, love, serve, despair, and obey (See Lev. 26:15; Deut. 6:5; Deut. 11:13; Deut. 28:65; Deut. 30:2).

- d) The soul can grieve, desire, choose, rejoice, and delight (See 1 Sam. 2:33; 2 Sam. 3:21; Job 7:15; Ps. 35:9; Ps. 94:19).
- e) The soul can be annoyed, poured out in prayer, become weary, bereave, exult, be troubled, and have peace (See Judges 16:16; 1 Sam. 1:15; Prov. 25:25; Ps. 35:12; Isa. 61:10; 2 Kings 4:27; Ps. 55:18).
- f) The soul can become bitter, dismayed, or humble (See Job 3:20; Ps. 6:3; Ps. 35:13).

## The Soul in the New Testament

- a) The Greek word for soul is *psychē*, and it means “the seat of the feelings, desires, affections, and aversions.”
- b) The New Testament uses *psychē* to convey the immaterial and invisible part of a person that animates the body; a disembodied person; the seat of personality, feelings, will, purpose, and appetite; and what makes a person a unique individual (See Matt. 10:28; Acts 2:27; Rev 6:9; Luke 9:25; Heb. 6:19; 10:39; Matt. 11:29; Luke 1:46; 2:35; Act 14:2, 22; Matt. 22:37; Acts 4:32; Eph. 6:6; Phil. 1:27; Heb. 12:3; Rev. 18:14; Acts 2:41, 43; Rom. 2:9; James 5:20; 1 Pet. 3:20; 2 Pet. 2:14).
- c) In the Septuagint, the Greek translation of the Old Testament, soul is translated *psychē*, showing that *nephesh* and *psychē* are essentially synonymous.

## Self-Life in the Soul

- a) *Nephesh* and *psychē* refer to the soul and the life that animates the soul.
- b) It’s your human, natural life—the self-life that makes you exist, defines who you are, and energizes your entire being.
- c) Your soul is the real you.
- d) This becomes clear by analyzing Matthew 16:26 and Luke 9:25.

For what will it profit a man if he gains the whole world and forfeits his soul? Or what will a man give in exchange for his soul? (Matt. 16:26).

For what is a man profited if he gains the whole world, and loses or forfeits himself? (Luke 9:25)

- e) Though these two verses state the same truth, Matthew used the word for *soul*/whereas Luke used the word for *self*.
- f) This was not a mistake but by divine design to show the soul is the very life of a person.
- g) The soul is self. Or put another way, self resides in the soul.

## Your Heart

- a) The heart is the deepest part of the soul, serving as a channel that connects the spirit and the soul.
- b) Solomon said, “Watch over your heart with all diligence, for from it flow the springs of life” (Prov. 4:23).
- c) Jesus also revealed the significance of the heart, stating, “For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, slanders” (Matt. 15:19 KJV).
- d) All the issues of life, whether righteous or unrighteous, flow out of the heart.

- e) As the heart is, so are you.
- f) You can't fake the condition of your heart or hide the condition of your heart.
- g) Who you are in your heart is who you are. And who you are in your heart will eventually come out, one way or another, whether through your thoughts, words, or actions.

## What Is the Heart?

- a) This question has confused many students of the Bible.
- b) Some believe the heart and soul are synonymous. Others think the heart and spirit are the same.
- c) Hebrews 4:12 reveals the spirit, heart, and soul—though difficult to distinguish—are distinct.
- d) The author of Hebrews used three different Greek words—*psychē* (soul), *pneuma* (spirit), and *kardia* (heart).
- e) These three parts of you are distinct and unique.
- f) As this verse communicates, these three parts of you are so intertwined, only the sharp, two-edged sword of God's Word can divide, separate, and partition the soul, the spirit, and the heart.

## The Heart in the Old Testament

- a) The Hebrew word for heart is *leb* and is used 596 times in the Old Testament.
- b) A detailed study of *leb* reveals the heart is the fountainhead of the inner life and the source of many of your thoughts, emotions, desires, affections, passions, motives, intentions, and purposes.
- c) The Old Testament reveals who you are in your heart is who you truly are, for the heart is the seat of your deepest passions, desires, and affections.

## The Heart in the New Testament

- a) The Greek word for heart is *kardia* and is used 156 times in the New Testament.
- b) This word denotes the "center and seat of spiritual life" and refers to "the soul or mind, as it is the fountain and seat of the thoughts, passions, emotions, desires, appetites, affections, purposes, and endeavors."
- c) *Kardia* is "the middle, central, or inmost part of anything" and can be used of the "will and character" of a person.
- d) Vines Dictionary states *kardia* "came to stand for man's entire mental and moral activity, both the rational and the emotional elements. In other words, the heart is used figuratively for the hidden springs of the personal life."

## What Scripture Teaches About the Heart

- a) Jesus revealed the heart is the center of human depravity, for the unregenerate heart is wicked, sick, and deceitful (see Matt. 15:19-20; Jer. 17:9).
- b) If you want to know what is truly in your heart, listen to how you speak, "for the mouth speaks out of that which fills the heart" (Matt. 12:34). If you constantly grumble, complain, and gripe, guess what? Your heart is filled with ingratitude, pride, and an attitude of entitlement. If gossip, slander, and criticism are a regular part of your dialog, then these sins are lodged in your heart.

- c) Defilement originates in the heart and spreads like cancer to the mind, will, emotions, and body (see Matt. 15:18).
- d) The heart is also the seat of your motives and intentions (see 1 Cor. 4:5; Heb. 4:12). Everything you do, including the underlying reasons and purposes for doing it, flows out of the heart.
- e) All actions, whether godly or selfish, are motivated by some internal emotion or desire originating in the heart. This means your heart determines the path you follow and the goals you set, whether righteous or unrighteous
- f) The heart is the place where your beliefs originate, for “with the heart a person believes” (Rom. 10:10).
- g) You are born again because you believed “in your heart that God raised Him from the dead” (Rom. 10:9).
- h) When the Ethiopian eunuch asked to be baptized, Philip the evangelist said, “If you believe with all your heart, you may” (Acts 8:37).
- i) Doubt and unbelief also spring forth from the heart. Jesus rebuked some of His followers by saying, “O foolish men and slow of heart to believe in all that the prophets have spoken!” (Luke 24:25). He went on to ask them, “Why do doubts arise in your hearts?” (Luke 24:38).
- j) The heart is the place deep within you where both faith and unbelief originate.

## Distinctions Between the Heart and the Soul

- a) What’s the difference between the heart and the soul?
- b) Let’s say I fall down and scrape my elbow. I might say my arm hurts, or if I wanted to be more specific, I could say my elbow hurts. The elbow is part of the arm, of course. But it is more specific than the arm since it is the joint between the forearm and the upper arm. Plus, the arm includes more than the elbow, having muscles, such as the biceps and triceps, and bones, such as the humerus and radius.
- c) The soul is like the arm while the heart is like the elbow. The soul is more expansive than the heart, but the heart, as the deepest part of the soul, has a unique and specific function of the soul, serving as the channel that connects the spirit and the soul.
- d) Just as the physical heart pumps blood to the arteries and veins in the circulatory system, your immaterial heart pumps your deepest thoughts, desires, emotions, and beliefs to your soul for processing and execution.
- e) The soul contains the mind, will, and emotions, but it is fed by the heart, which contains your deepest aspirations, motives, and intentions.
- f) As the soul receives this input from the heart, it then analyzes, concludes, decides, directs, and chooses a course of action.
- g) When the word soul is used in the Bible, the writer could be referring in a general way to the heart, just like the word arm can refer to the elbow. Or if the writer wanted to specifically point out the heart, they could use the word heart to describe the core, central part of a person’s soul.
- h) The heart is the deepest part of your soul.



- i) Examples of the heart and the soul (more rational, processing and analyzing the input from the heart):

The Heart	The Soul
You hope your team wins the championship game.	You reason for my team to win the championship, they will need to block better, play physical, and run these plays.
You have a deep desire to get married.	You reason if I want to get married, I need to use a dating app, ask a friend to set me up, or go where singles gather.
You wonder what happens when you die.	You reason to find out what happens when I die, I need to study what Scripture reveals about life after death.
You feel the need to be at church on time.	You reason to be at church at 9:45, I better leave at 9:15 since it takes thirty minutes to get there.

- j) **The soul's intellect and will are mental functions, working with the brain, to process the emotions, desires, motives, and intentions, which are pumped from the heart.**

## The Heart Defined

The heart is the deepest part of the soul. It is central to who you are and all you do and contains your deepest emotions, desires, beliefs, intentions, motives, thoughts, hopes, attitudes, convictions, affections, devotions, dispositions, and character. Most importantly, the heart determines your hunger, thirst, and desire for God.

## The Body

- We all know pretty much how the body functions, so I'm just going to focus on how Scripture describes the human body after the fall. And to be honest, the Bible doesn't have much good to say about the fallen human body.
- Paul called our fallen bodies a "body of . . . death" (Rom. 7:24).
- He stated further, "The body is dead because of sin" and "the law of sin . . . is in my members" (Rom. 8:10; Rom. 7:23).
- Paul said the flesh and its sinful passions are "at work in the members of our body to bear fruit for death" (Rom. 7:5).
- Paul even stated, "Nothing good dwells . . . in my flesh" (Rom. 7:18).
- Peter warned us to "abstain from fleshly lusts which war against the soul" (1 Pet. 2:11).
- Paul admonished us to "lay aside our old self which is being corrupted in accordance with the lusts of deceit" (Eph. 4:22).

- h) The New Testament writers used the term flesh in several ways.
- Often, they used flesh to refer only to the lustful, sinful passions at work in the human body, seen in the Scriptures above.
  - At other times, they used the word flesh to refer to the coupling together of the unredeemed body and the unrenewed soul, such as in Galatians 5:19-21, where Paul detailed the sins of the flesh.
  - Whether referring to the fallen human body or the soul working in unison with the body, the condition of our bodies, unaided by the Spirit's indestructible life, is one of lust, rebellion, and sin.
- i) The only remedy is the cross of Jesus Christ putting to death the deeds of the flesh by the power of the Holy Spirit.
- j) When the five senses—taste, touch, sight, smell, and sound—combine with the body's innate desires and needs—food, sex, sleep, and comfort—we become merely sensual beings if we are ruled by these cravings.
- k) Those who have given themselves over to sensuality are not much different than animals, living only to eat, sleep, and have sex.

## Beware of Gnosticism

- a) Even though the condition of the fallen human body is permeated and corrupted by various lusts and sinful passions, this does not mean the body itself is evil.
- b) It's only the sin in the body, as a result of the fall, which is evil.
- c) You have to be very careful not to view your body like the heretical Gnostics of the first century. This cult believed the body itself was evil rather than the sin at work in the body.
- d) Your body, when energized by the life of the indwelling Spirit, can beautifully exhibit the life and nature of Christ, even in your fallen state.
- e) This doesn't mean your body is transformed, for that will not take place until the resurrection of the dead (see 1 Cor. 15:40-49). But it does mean God's life can be released to your body.
- f) As Paul said, "The Spirit of Him who raised Jesus from the dead . . . will also give life to your mortal bodies through His Spirit who dwells in you" (Rom. 8:11, emphasis mine).

## Putting It All Together

- a) Your spirit:
- Is the highest, noblest part of your being, for God designed it for Himself;
  - Was created to be the dwelling place of the Holy Spirit;
  - Is how you commune and fellowship with the Lord;
  - Is how you worship God, know Him intimately, hear His voice, and discern His leading;
  - Is God-conscious.
- b) Your heart:

- Is the deepest part of your soul;
- Serves as the channel that connects your spirit to your soul;
- Is central to who you are and all you do;
- Pumps out your deepest emotions, desires, beliefs, and thoughts to your soul for processing and execution.

c) Your soul:

- Is self-conscious;
- Is the intermediary between your spirit and body;
- Was designed to be a servant to your spirit and express the indwelling life of Christ with your own unique personality;
- Was not meant to be the life source by which you live;
- Receives spiritual thoughts from your spirit, including the direction, revelation, discernment, and promptings of the indwelling Spirit, for processing, expression, and execution.

d) Your body:

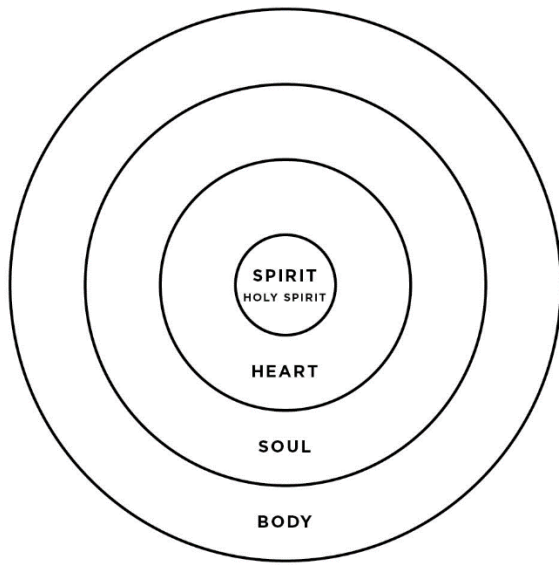
- Is world-conscious;
- Is in direct contact with the material world;
- Was meant to be the servant of your soul, carrying out the direction of the soul's volition.

g) In God's intended design, the spirit was meant to transmit its desires to the soul, which then gives these directions to the body.

h) When all this happens, when your spirit is first, your soul second, and your body third, you then become a spiritual person who fully experiences, expresses, and releases Christ's indwelling life.

i) In summary, the body contains the soul, the soul contains the heart, and the heart contains the spirit. But the body, the soul, the heart, and the spirit are distinct.

j) The following picture illustrates what I mean.



## Application

- a) If you don't really know you have a spirit—if you only have head knowledge of your spirit—I would spend some time in prayer asking the Lord to reveal your human spirit to you.
- b) Hebrews 4:12 states the spirit, heart, and soul are difficult to distinguish but they are in fact distinct. It's the living and active Word of God that separates the soul, the heart, and the spirit. Spend time in prayer asking the Lord to divide these three parts of you so you can identify each more easily. This division comes by the indwelling Spirit revealing the distinctions of each to you.
- c) Building upon the previous point, a helpful way to distinguish between the spirit, heart, and soul is to analyze your thoughts. For example, thoughts from the soul are based in reason and logic; thoughts from the heart stem from beliefs and desires; and thoughts from the spirit are characterized by intuition, conviction, and revelation. Ask the Lord to help you distinguish between these types of thoughts so you can better identify your spirit, heart, and soul.
- d) Read Matthew 16:26 and Luke 9:25 and notice Matthew used the word for *sou*/whereas Luke used the word for *self*. This means the soul is self or self-life resides in the soul. Here's an easy way to identify self-life in the soul. *It's the part of you that wants what you want when you want it and how you want it.* Ask the Lord for a deeper revelation of self-life in the soul. Write down what you think self-life in the soul means. Write down all that comes to mind.

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<sup>1</sup> <https://twitter.com/ravenhillquotes/status/1570162069969817600?s=20&t=wATZdq0-J1-Gi0S7HUeGvg>