

Who are Humans?

Week 3 – The Reality of the Spirit Realm

Message Mate

- Humans are made by God in His own image and likeness (Genesis 1:27). He created us to be fruitful, to steward creation and reveal His glory and goodness in creation. However, when Adam and Eve succumbed to temptation, sin was introduced into creation which broke the relationship between God and humanity and introduced dysfunction, disease and death into creation, affecting humans in every dimension.
- God created humans with a spirit, soul and body (1 Thess 5:23). God created us with a spirit (Zech 12:1) that remains with us through life and departs when we die (Eccl 12:7). Our spirit relates to God in conscious and unconscious ways, including when we pray, read the bible or connect with God in other ways including nature, work or volunteering. Our spirit can also interact with the spirits of other people.
- Our soul consists of three parts, mind, will and emotions (1 Thess 5:23). Our mind processes information from our five senses (sight, sound, smell, taste and touch) and stores some of it as memories (Rom 12:2). The will is involved in making decisions about how you will or won't respond (Jn 1:13). Our emotions are feelings we experience in response to various internal and external stimuli, and they can be positive, negative or neutral. Our body is our physical dimension.
- As humans, each part of us can interact with the seen and unseen realms. Our spirit can interact with the spirit realm (God, angels, demons, human spirits). People interact with others on the level of their souls (e.g. emotional intelligence is a gauge of such interactions) and they can interact physically by touch etc. Sadly, every part of humans has been affected by sin, which brings dysfunction, disease and death into creation.
- As humans we are impacted by sin, but God in His love and grace sent his Son, Jesus Christ to die on the cross, thereby defeating the power of sin, death and the devil. Through Jesus, our body and soul can receive healing. Through faith in Jesus Christ the Holy Spirit brings new life to our spirit and dwells in us (Tit 3:4-6; Jn 3:5,6). Your body will still age and you may experience death through disease, accident or aging. When you die, if you have faith in Jesus Christ, your soul and spirit leaves your body to be with God. When Jesus comes again, your body will be resurrected and those who have accepted Jesus will rise to live with God, while those who have rejected Jesus will rise to be condemned (Jn 5:28,29).

Some Questions to Consider

1. The Westminster Shorter Catechism says, “Man’s chief end is to glorify God and enjoy Him forever.” What does it mean to you that your primary purpose is to glorify God and to enjoy Him forever?
2. Our spirit is that part of us that relates to God in conscious and unconscious ways. We can engage with God in prayer, reading the bible, through nature, working, volunteering and many other ways? Are you aware of times and places where you feel a deeper spiritual connection with God or others?
3. Our soul consists of three parts, mind, will and emotions. As you consider the mind, do you sometimes find yourself daydreaming or dwelling on ungodly things? Read Romans 12:2 and 2 Corinthians 10:4,5. Do you find you are able to take those thoughts captive, stop dwelling on ungodly things and allow Christ to renew your mind?
4. Every part of a human being has been affected by sin, which broke the perfect relationship between God and humans, and brought dysfunction, disease and death into creation. Do you stop and reflect on how the reality of the problems in our lives are consequence of our sins and the sins of others?
5. Yet, Jesus defeated sin, death and the devil through His death on the cross. Discuss the evidence that through His ministry described in the gospels, Jesus has authority over the effect of sin on our spirit, soul and body? (consider John 8:1-11, Matthew 9:1-8).
6. Read Romans 6:6-11 and discuss the significance of Jesus’ death on the cross in defeating sin to set you free from the power of sin so that you can live as God desires you to.
7. Read Colossians 3:1,2 and discuss what it means to “set your mind on things above, not on earthly things.”

Pray –

Read Psalm 139:13-16 and give thanks to God for creating you, and making you in His own image.

Pray asking God to help you become increasingly like Him and in His image. Read Colossians 3:1,2 and consider it as a framework for praying this.