



I. You are a Three Part Being

When you were born again your inner spirit came alive again and you became a complete three part being. You are now body, soul and spirit. Your new spirit is healthy and pure. Your flesh (*body & soul*) are not yet, but are accounted as righteous in Christ. The flesh nature remains unregenerated and must be conformed to the nature of Christ through the renewing of our mind.

2 Corinthians 10:5

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Spirit - the intangible part of you that connects and communicates with the Holy Spirit.

Soul - your mind & will or intellect.

Body - is the physical container that houses both soul and spirit.

You are a speaking spirit that lives in a body and has a soul.

1. Before you were Born Again the devil had your mind

2 Corinthians 4:3,4

3But if our gospel be hid, it is hid to them that are lost:

4The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God.

1 Corinthians 2:14

The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit.

2. Now that you have the Spirit of God you have been given the ability to transform your way of life by renewing your mind.

Romans 12:2

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is. His good, pleasing and perfect will.



Before the New Birth



3. Recognize you are a three part being.

The Holy Spirit has separated the un-regenerated part of you from your new spirit. The Spirit part of you is righteous, but the flesh (*body & soul*) are righteous only by faith, and are counted as dead in Christ. You may now mix your faith with the Word of God and experience a renewing and transforming of your mind. Then you must align your Spirit with the Holy Spirit.

Hebrews 4:12 For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.



II Your mind must be made new.

You must renew your mind because it is in the flesh that sin still tries to reign in you but God has given you the ability to change the way your flesh responds.

Romans 7:5 For when we were controlled by the sinful nature, the sinful passions aroused by the law were at work in our bodies, so that we bore fruit for death.

1. Before the New Birth our flesh was _____ by sin because our spirit was dead.

Now our spirit is alive and our flesh is being counted as dead. That is why we no longer have punishment for our sin in our future. Therefore, we are not going to suffer the penalty of the law against sin. We are now free to be changed. So now we may begin to grow Christ's nature. Romans 7:6 But now, by dying to what once bound us, we have been released from the law so that we serve in the new way of the Spirit, and not in the old way of the written code.

2. You will be able to do this because God has removed your old hard as stone heart and replaced it with a NEW heart of_____.

Ezekiel 11:19

I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh.

3. Now the un-regenerated flesh has no lasting control over sin.

Even though our soul desires righteousness, it is powerless to live up to the holy requirements of the law of God because of the sinful nature of the flesh. Paul wrote:

Romans7:14-23

- 14. We know that the law is spiritual; but I am unspiritual, sold as a slave to sin.
- 15. I do not understand what I do. For what I want to do I do not do, but what I hate I do.
- 16. And if I do what I do not want to do, I agree that the law is good.
- 17. As it is, it is no longer I myself who do it, but it is sin living in me.
- 18. I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.
- 19. For what I do is not the good I want to do; no, the evil I do not want to do--this I keep on doing.
- 20. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.
- 21. So I find this law at work: When I want to do good, evil is right there with me.

- 22. For in my inner being I delight in God's law;
- 23. but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members.

4. Paul has described a life that is ruled by the unregenerated flesh.

But he has noted in verse 22 of Romans 7, that his spirit man is not in agreement with his flesh. This person feels powerless because of the condemnation he is living under.

22 What a wretched man I am! Who will rescue me from this body of death?

25. Thanks be to God--through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin.

Romans 8:1

Therefore, there is now no condemnation for those who are in Christ Jesus,

This is the answer to how to be set free from that "Body of death". There is no condemnation because your spirit is alive made clean and free from the penalty of death. Through the righteousness of your spirit man you can see your whole self transformed.

Romans 8:2-11

2. Because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.

3. For what the law was powerless to do in that it was weakened by the sinful nature, God did by sending his own Son in the likeness of sinful man to be a sin offering. And so he condemned sin in sinful man,

4. in order that the righteous requirements of the law might be fully met in us, who do not live according to the sinful nature but according to the Spirit.

5. Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

6. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace;

7. the sinful mind is hostile to God. It does not submit to God's law, nor can it do so.

8. Those controlled by the sinful nature cannot please God.

9. You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ.

10. But if Christ is in you, your body is dead because of sin, yet your spirit is alive because of righteousness.

11. And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies through his Spirit, who lives in you.

5. It's as simple as saying so.

Paul tells how this is done in *Romans 10:6-13*. The power is not up in heaven any more that we have to wait for it. Look at the example of Jesus healing the man at the Pool of Bethesda. He was waiting for and angel to come and stir the waters. We don't wait for it any longer. The authority for that was given in the Old Testament passage. *Deuteronomy 30:11-14*. You don't need the anointed man of God to bring it to you.

Romans 10:8-10

8. But what does it say? "The word is near you; it is in your mouth and in your heart," that is, the word of faith we are proclaiming:

9. That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved.

10. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.

6. In Deuteronomy the Lord responds with an option of ______.

Deuteronomy 30:19 says:

This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live

8. If your thinking but He only gives that to special people and your not one of them then here's His answer.

Romans 10:11-13

11. As the Scripture says, "Anyone who trusts in him will never be put to shame."

12. For there is no difference between Jew and Gentile--the same Lord is Lord of all and richly blesses all who call on him,

13. for, "Everyone who calls on the name of the Lord will be saved."

III. Take your thoughts captive

1. We now know that:

a. You can choose life and blessing.

b. Your choice is confirmed by your believing and speaking what God's word says about you.

2. Now we need to take our _____ captive.

2 Corinthians 10:5

Casting down imaginations, and every high thing that exalts itself against the knowledge of God, and bringing every thought into captivity to the obedience of Christ;

3. Don't allow thoughts that do not line up with the word to remain.

Ephesians 4:20-32

Rebuke them, take them captive and throw them away. Plead the blood of Jesus over your mind. And use _____

to quench the fiery darts the enemy sends at

you.

Ephesians 6:16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

Satan will actually attack you with thoughts to influence your flesh but you can use your faith to extinguish them and destroy the power of those thoughts.

James 1:13-15

13. When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone;

14. but each one is tempted when, by his own evil desire, he is dragged away and enticed.

15. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death..

4. Deal with the thought and you end the sin.

Lustful thoughts produce Lustful feelings that grow until they become strong passions that the flesh will not want to resist. Replace those thoughts with God's, "I Love You's from scripture. His word will protect you from sin.

Psalms 119:11 I have hidden your word in my heart that I might not sin against you.

IV. Put off the Old Man and Put on the New

1. Paul in *Ephesians* 4:20-32 states some things that Christians should stop and some things Christians should do. List the Negatives and positive statements from each of the following verses.

Negative	Positive
Vs. 25	vs. 25
Vs. 26-27	vs. 26-27
Vs. 28	vs. 28
Vs. 29	vs. 29
Vs. 30	vs. 30
Vs. 31	vs. 32

2. After becoming a Christian, you can put off the old man put on the new man. *Eph* 4:22-24 It means you stop doing certain things. It means dying to the old life of sin and living a new life with resurrected Christ in control. *Gal*; 2:20 (*It is not I who lives, but Christ who lives in me.*)

A. Jesus taught that it did not help to_____

Matt 6:25-30

- 25. "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?
- 26. Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?
- 27. Who of you by worrying can add a single hour to his life?
- 28. "And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin.
- 29. Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

30. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?

B. Jesus tells you to seek first His _____ and His _____.

Matt 6:32-34

32. For the pagans run after all these things, and your heavenly Father knows that you need them.

33. But, seek first his kingdom and his righteousness, and all these things will be given to you as well.

34. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

C. If we do seek Him first, He promises that _____ these things will be given to us as well.

THIS WEEK's BIBLE READING: Mark

. Mark is one of the 4 books known as the Gospel (Good NEWS). These cover the Life of Christ. Some Bibles offer the Words Jesus spoke printed in RED LETTERS. Use the Bible Study tool as you read. Return your completed form for credit. These completed assignments may be counted as a grade in both the I.S.O.M: Old Testament and New Testament Survey Courses.

Answers:

- pg. 2 defeated
- pg. 4 dead
- pg. 5 flesh
- pg. 7 life or death
- pg. 8 choose life; thoughts
- pg. 9 blood of Jesus
- pg. 10 worry
- pg.11 Kingdom and righteousness; all