

"A Living Soul"
January 6, 2019

CORE: Vital to living a whole life—understanding your SOUL. Dallas Willard- *"The most important thing in your life is not what you do—it's who you become."*

When God breathed into a lump of clay, Adam became "a living soul." (Genesis 2:7)

Dallas Willard- *"You are a soul made BY God. Made FOR God. And made to NEED God—which means, you are NOT SELF-SUFFICIENT."*

1. WHAT IS "THE SOUL"?

NT- identifies our 3 components as *"body, soul, & spirit"* (1 Thessalonians 5:23)

OT- provides greater understanding of how these integrate.

- *"Flesh" (basar)- our body with its mortality, physical abilities, & limitations*
- *"Spirit" (ruah)- our capacity to be empowered by God—breath, inspiration, & will*
- *"Soul" (nephesh)- the deepest part of who we are. Subjective.*
 - *How we perceive*
 - *How we feel*
 - *How we experience*

2. THE HEALTH OF OUR "SOUL" SETS THE COURSE FOR OUR LIFE

When our soul is healthy- We are **integrated**—our spirit, will, mind, emotions, and body walking *"in step with the Holy Spirit."*

When our soul is unhealthy- We **disintegrate**—compartmentalizing & conflicting us (*i.e., Romans 7*).

Dallas Willard- *"What is **running your life** at any given moment is **your soul**. Not external circumstances, not your thoughts, not even your feelings, but your soul. The soul is that aspect of your whole being that **correlates, integrates, and enlivens every dimension of your life!**"* He continues, *"**If your soul is healthy**—no external circumstance can destroy your life. **If your soul is unhealthy**—no external circumstance can redeem your life."*

- **Our spirit comes alive when we are born again (Colossians 2:13)**
- **HS bears witness with our spirit that we are His adopted children (Romans 8:16).**
- **But our mind needs to be renewed—our soul participates in setting our mind on things above. (Colossians 3:2)**
- **Our soul can either present our body as a "living sacrifice"—OR our soul can participate in abusing our body through neglect, lack of rest and healthy rhythm.**
- **Our soul can help our emotions to serve as expressers rather than depressors.**

A "lost soul" has lost the healthy center that organizes & guides our life.

A "saved soul" knows who we are, Whose we are, & where He's leading us (*Psalms 139*)!

3. BROKEN SOULS CAN BE MADE WHOLE

1 Peter 1:8,9- "Though you have not seen (Jesus), you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls."

David is living proof of how a broken soul can become whole—i.e., how sins done by us, sins done against us—do not ultimately have the power to keep us from what God purposes for us. (*Acts 13:36- "David served the purposes of God..."*) God called David "a man after His heart" (*one pursuing Him; and ultimately becoming like Him*).

Some of the ways, as revealed in the Psalms, that David came to wholeness:

1. **Receiving God's revelation.** *Psalm 139:14- "I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well."*

Bill Johnson- "I can't afford to have a thought in my head about me—that God doesn't have about me."

2. **Lifting up my soul to Him.** *Psalm 25:1- "Unto You (alone) I lift up (yield) my soul"*

Our soul has a deep need for a Father—a need that can only be met in Him. The most serious sin in the OT is idolatry—looking to other sources to meet our deepest need. More than a "simple prayer"—loving Jesus is a "simple life"—allowing nothing to take the place of "pure, simple devotion" to Him (*2 Corinthians 11:3*).

3. **Resting my soul in Him.** *Psalm 52:5- "My soul finds rest in God"*

The requirements of the rabbis were referred to as "yokes." Jesus invited them to "take My yoke upon you and learn My ways, and you will find rest for your souls" (*Matthew 11:29*).

4. **He restores my soul.** *Psalm 23:3- "He (shub/ "shoob") my soul"*

To bring back to the place of first love devotion—freshly restored to the reasons why we followed Him in the first place. A renewing & restoring of joy!

5. **Bless the Lord, my soul—rallying all that is within me!** *Psalm 103:1- To kneel with abundant gratitude*

Study by Dr. Paul Mills at San Diego School of Medicine in 2015—185 people over 66 years old: conclusive proof that "Grateful people are the healthiest people—physically, mentally, and emotionally."