



Spirit, Soul, Body
WHICH ARE YOU WATERING?



'Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.' Galatians 6:7-8

The Bible identifies three areas we can sow into: the spirit, soul or body (soul and body are what is referred to as 'flesh'). Whatever we sow, will definitely yield some form of harvest, and the type of harvest that will be reaped depends on which area has been watered/nurtured the most.

This series we are looking at the implications of sowing into these areas and the best way to recognize where we are really sowing into as it's not always as obvious as we may think.

We pray the Holy Spirit will use this series to open our eyes to live wisely and reap the ideal harvest on both sides of eternity.



Day 1

In the Beginning

'So God created mankind in his own image, in the image of God he created them; male and female he created them.' Genesis 1:27

'Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.' Genesis 2:7

God is a spirit and the starting point for anything He does is always in the realm of the spirit. In Gen 1:26-30 God spoke to the spirit of man before forming him in the natural in Gen 2:7. Man (we are using this term generically to describe both male and female gender) was formed originally to function primarily from the spirit realm. Before the fall, man was led by the spirit, which gave instructions to the soul (which houses our intellect, emotions, will, etc) and the body carried out these instructions. This means the life Adam and Eve led prior to their disobedience was one of a high level of constant fellowship with and sensitivity to God. So everything they did was in alignment with Him.

'Then the eyes of both of them were opened, and they realized they were naked...' Genesis 3:7

Adam and Eve's disobedience caused a disconnect between their spirits and that of God and they became more conscious of their natural realm than their spiritual. This is why they realized for the first time that their physical bodies didn't have any clothing on them. From this point onwards, there was a switch in the authority structure and man was no longer led by the spiritual but primarily by the physical realm via the soul and the body. From that point man's actions were led by soulish desires rather than spiritual. This is why pursuing the things of the spirit is no longer man's 'default setting'. But Jesus came to reconcile the world back to God (2 Cor 5:17-19) so we can get back what was lost through disobedience.

Prayer: Father thank you for opening my eyes to see that constant fellowship with You is Your desire and for making a way to restore me back to You so I can be all You originally created me to be.

Day 2

Led by the Body

'...There is a natural body, and there is a spiritual body.' 1 Corinthians 15:44

Once the disconnect happened between man's spirit and that of God, man became led by the natural senses: sight, taste, smell, touch hearing. But the challenge with being led by natural senses is that we can only see what is currently happening or has happened. The reason someone led purely by the body knows something is wrong is because that event has already occurred. So people led by the body are constantly reacting to what has already happened, which is far from God's plan of walking in dominion.

'For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world.' 1 John 2:16

Being led by the body also means we focus on satisfying immediate impulses, regardless of their long-term implications. Esau sold his birthright simply because he felt tired and hungry at the time, forgetting that he was always going to be fed anyway (Gen 25: 29-34). Gehazi's greed made him take Naman's gifts and lie to Elisha (2 Kings 5:20-27). Ananias and Sapphira lied to the apostles about the land they sold so they could keep some money for themselves (Acts 5:1-11). If we look at our personal lives, there are occasions we have done things purely to satisfy ourselves without necessarily taking time to consider potential consequences. This is what happens when the body leads us.

'I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but not everything is constructive.' 1 Corinthians 10:23

Derek Prince once said, "Your body makes a wonderful servant, but a terrible master". When we allow the body to be in charge, we end up reactionary, impulsive, inconsistent and unreliable because the body does not want to do anything that doesn't appeal to the natural senses and make it feel good. Thankfully we do not have to live this way as the Holy Spirit is available to help us live as God designed. We will go into more about this during the series.

Prayer: Lord, I recognize the limitations of being led by my body. Please show me where I have been dependent on my physical impulses and how to be led by You instead.



Day 3

Led by the Soul

“Trust in the Lord with all your heart, And lean not on your own understanding,” Proverbs 3:5

The soul contains our reasoning facilities, ability to understand and our will: the decision to do or not do something. The soul is the intermediary between the body and the spirit as the body cannot connect with the spirit. Ideally the soul should take instructions from the spirit but because of the disconnect, most of us are led mainly by the soul.

“My thoughts are nothing like your thoughts,” says the Lord. “And my ways are far beyond anything you could imagine.” Isaiah 55:8 NLT

The soul tells us to only do what appears to make sense at the time. While there is nothing wrong with doing what appears reasonable, let's not forget that God's ways are not our ways, so some of His instructions or kingdom principles will not make sense to a soulish mind. For example, faith says believe and you will see, while the soulish mind says see and then believe. The soul's reasoned calculations may appear to generate results, but those results may not be in line with God's agenda as the human mind on its own doesn't have the capacity to discern God's mind.

“Instead, God chose things the world considers foolish in order to shame those who think they are wise...” 1 Corinthians 1:27

God's plans are eternal, vast and inter-connected (Acts 15:18) so it's simply impossible for the human mind to fully reason how God works out His plans. David reasoned it would be good to build God a temple but as mighty as he was, it wasn't God's plan (2 Sam). The Jews expected the Messiah to wield military power but Jesus came in the form of a civilian and the only blood He shed was His own. The disciples of Jesus weren't learned teachers, but regular men, some of whom were illiterate. None of these make rational sense, yet God in His infinite wisdom changes things sometimes using the irrational. This is why we are to subject our reasoning to the authority of the spirit as there are things we simply can't understand without the Holy Spirit revealing what's going on behind the scenes to us.

Prayer: Lord I ask for the grace to depend on You and not what I think I know.

Day 4

Led by the Spirit

“Teach me to do your will, for you are my God. May your gracious Spirit lead me forward on a firm footing.” Psalms 143:10

When our spirit is in charge, then the flesh (soul+body) takes its cues from the leading of the spirit. But it's important to recognise that there is evil in life so not every spirit led person is led by the spirit of God. This is why the Bible tells us to test every spirit to see if it is from God as not every supernatural word or activity necessarily originates from the Holy Spirit (1 Jn 4:1). Our focus however is on the spirit that is led by the Holy Spirit.

“For all who are led by the Spirit of God are children of God. For his Spirit joins with our spirit to affirm that we are God's children.” Romans 8:14,16

“For God is working in you, giving you the desire and the power to do what pleases him.” Philippians 2:13

When we are led by our spirit we do not take our instructions or impulses from the natural realm. The spirit led person will always function differently from a flesh led person because of the access that person has to information and insight that the natural realm simply doesn't have. The flesh led person is constantly reacting to what has or is happening based on human intelligence. The spirit led person has access to supernatural information and insight about things that are yet to happen so that person is well positioned to respond accurately and effectively.

When the Holy Spirit is in charge and is leading our spirit, even our desires begin to align to God's ways and to top that we receive supernatural capacity to walk in His ways as it is impossible for the flesh to please God. It's this power that helps us walk away from things that we were slaves to before and to be signs and wonders as we consistently submit ourselves to the leadership of the Holy Spirit. However total leadership by the Holy Spirit isn't automatic, it's a journey of intentionality and consistency, which is why backsliding occurs in some areas when we don't prioritize our relationship with Him. Tomorrow we will look at how to be led by the Holy Spirit

Prayer: Lord help me to be led by the Holy Spirit in every area of my life.

Day 5

Keeping the Spirit in charge (1)

'And do not be conformed to this world, but be transformed by the renewing of your mind....'
Romans 12:2

At the point of accepting Jesus as saviour, the spirit is renewed and a connection with the Holy Spirit is established. At this point however, man is still led primarily by the desires and paradigms of the flesh (soul+body). This means that accepting Jesus marks the beginning of a journey to elevate the authority of the spirit to bring alignment to the leading of the Holy Spirit.

'But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.' I Corinthians 9:27

There's a fundamental principle in life that what we constantly nourish that will grow and flourish and whatever we starve of nourishment will ultimately weaken and wither. If we want to be led by the spirit, then we must do the things that nourish the spirit (studying and meditating on the word of God, prayer, fasting, being mindful of the presence of God) while also subduing the flesh. For example, a person may engage in fasting food, but during the fast that same person is quarrelsome, gossiping and doing other things that don't nourish the spirit. At the end of the food fast that individual has subdued the body, but the spirit isn't strengthened because of the other things the person is engaged in (Isa 58 goes into what God considers an acceptable fast in a lot of detail).

'So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.' Romans 8:6

'Set your mind on things above, not on things on the earth.' Colossians 3:2

The human mind is extremely powerful and there's a determination we need to have to allow the Holy Spirit to change our existing thought patterns, regardless of how uncomfortable it may be initially. This is why the Bible talks about setting and fixing our minds because it's not a one-off activity but an intentional submission on our part to the Holy Spirit's promptings, day-by-day, moment-by-moment. This is what brings the transformation.

Prayer: Holy Spirit, please help me surrender to You daily in every area of my life, no limits no boundaries.



Day 6

Keeping the Spirit in charge (2)

'...Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.' Hebrews 11:6

God is a rewarder of those who are sincere and diligent in seeking Him. Yes He gives grace, but there's also a responsibility on our part to be consistent and intentional about seeking.

'As iron sharpens iron, so a friend sharpens a friend.' Proverbs 27:17

'Do not be deceived: "Evil company corrupts good habits." I Corinthians 15:33

The right community is critical. Who we choose to surround ourselves with determines if we are constantly fanning the flame of the spirit or being doused by wet blankets. Who we choose as friends, where we choose to hangout may not seem that important but they rub off on us in ways we may not immediately appreciate.

'Guard your heart above all else, for it determines the course of your life.' Proverbs 4:23

Transformation comes by the constant renewing of our minds (Rom 12:2) so what we allow into our mental space through what we read/watch/listen to directly impacts who we are becoming. We become what we behold so we have to constantly audit what is allowed in our space.

'So we tell others about Christ, warning everyone and teaching everyone with all the wisdom God has given us...' Colossians 1:28

As we are intentional about growth in our education, business, careers, etc and put the necessary structures in place to achieve this is the same way we need to be intentional about growing in God. In addition to personal time with God, this involves intentionally creating time to attend discipleship classes, fellowships, programs focused on digging deeper in the things of God based on the Bible. The key thing is to deliberate about maturing in the knowledge of God, because it doesn't come automatically and there's definitely a price in terms of personal sacrifice required for maturity. So while it may not be easy, it will certainly be worth it because any investment in God always yields multiple benefits now and in eternity.

Prayer: Lord, help me as I choose to be deliberate and intentional in seeking You, growing in Your ways and being constantly led by the Holy Spirit.

Thanks for completing the study. We'll love to hear from you, connect with us on:

[Instagram](#)

[Facebook](#)

[YouTube](#)

You can also listen to our Podcasts on:

[Spotify](#)

[Anchor FM](#)

[Google Podcasts](#)

[Apple Podcasts](#)

Or send us an Email: aheartofwisdom@gmail.com

©Aheartofwisdom

