

## **Spirit Soul Body Study Guide by Andrew Wommack Overview of Lessons**

This understanding of spirit, soul, and body was one of the first revelations I received through studying the Bible. It not only alleviated the frustration and confusion I had but has served as a foundation for almost everything the Lord has shown me since. These important truths freed me from the bondage of much wrong thinking and enabled me to consistently experience God's supernatural power. Personally, I cannot comprehend how anyone can truly prosper in their relationship with God apart from understanding this basic revelation!

### Lsn 1: God's Mirror 2/17/26

1 Thessalonians 5:23 "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ"

We are three-part beings: spirit, soul, and body.

Spirit – Our innermost part.

Soul – Our mental, emotional part. Includes: mind, will, emotions, and conscience. Often called "personality."

Body – Our physical part.

God's Word is a spiritual mirror - James 1:23-25. It perfectly reflects who we are in the spirit.

### Lsn 2: All Things New

Every born again believer has undergone a complete inner transformation - 1 Corinthians 5:17-18. Your body & soul did not change when you were born again. Everything you will ever need in the Christian life is already present in its entirety in your spirit.

### Lsn 3: The Pivot Point

After being born again, the rest of your Christian life consists simply of renewing your mind and releasing what has transpired in your spirit. When your spirit and soul agree, you release & experience the life of God. When your body & soul agree, you cut off the supernatural flow of life from your spirit. Your born again spirit must flow through your soul in order to get out to your body. Your soul is the 'pivot point'.

### Lsn #4: Renew, Acknowledge & Experience

Most Christians are dominated by what they can see, taste, hear, smell and feel instead of God's Word. The flow of life within stays turned off because they don't believe anything they can't see. The Christian Life isn't a process of 'getting from God'; it's a process of renewing your mind & learning to release what you've already received.

### Lsn #5: Reality - Carnal or Spiritual

Carnal means 'of the five senses', sensual. You are carnally minded when your thoughts center primarily on the physical realm. When your thoughts are dominated by what the Word says, you are spiritually minded.

### Lsn #6: Righteous & Holy

Your born again spirit - the new man - was created like God in righteousness & true holiness. Ephesians 4:20-24. Jesus Himself literally became your righteousness. God accepts you based on who you are in your born again spirit.

### Lsn #7: One With Jesus

As Jesus is - so are you. RIGHT NOW in this world. 1 John 4:17

You are ONE with Jesus. RIGHT NOW. 1 Corinthians 6:27

If you think that God's power is with Him SOMEWHERE OUT THERE, you will doubt you can ever attain it & will become discouraged. You MUST BELIEVE you are one with Him IN SPIRIT and that it is your responsibility to release His Power from WITHIN YOU in order to see it manifest.

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### Lsn #15 Your Spirit Knows All Things

Your born again spirit came with the Mind of Christ. You were born with a human/natural mind. When you were born again you received the mind of Christ in your spirit. 1 Cor. 2:16 The Mind of Christ in your recreated spirit ALWAYS thinks like God thinks. Your mind doesn't automatically think that way. It takes effort to renew your mind to agree with the Mind of Christ. Basically, this is where the conflict is in the Christian life - to win the conflict ask: "Is my mind loyal to God? This will recalibrate your thoughts.

### Lsn #16 - Release the Mind of Christ

Studying God's Word will draw out the wisdom that is in your spirit. Studying God's Word is vital for achieving single-mindedness & releasing God's power. Praying in tongues is another powerful way to release the mind of Christ. You build yourself up when you pray in tongues.

### Lsn #17 - Empowerment

God has imparted perfect wisdom & complete revelation into your born again spirit. Wisdom & understanding are keys that unlock anything else in life you need. Therefore, draw on that wisdom & receive understanding so the floodgates of your soul will open up to allow God's truths, already in your spirit, to manifest in the physical realm.

### Lsn #18 - Spirit vs Flesh

Once you are born again, the rest of the Christian life is LEARNING how to walk in the Spirit/spirit, which is letting what God has done through the new birth dominate you more than your physical, emotional and mental realm. One of the hardest things you will ever do is learn how to turn from your natural self-rule and let who you are in Christ dominate instead. The true spiritual warfare is the conflict between your spirit and your flesh/sense realm.

### Lsn #19 - Walk in the Spirit

Your old nature/self was crucified with him - ceased to exist when you were born again but its effects are still felt through your physical body & unrenewed mind. Your mind will continue functioning like a computer under its prior programming until you renew it to God's Word. You have one nature, but 2 minds: your human mind and the Mind of Christ in the new you. Your mind decides whether you will be dominated by your recreated spirit/Christ in you or the flesh/sense realm. The thoughts, desires, patterns and habits that were established in you through the old sinful nature will begin to diminish as you choose to be dominated by your spirit. You can break all of those things off because in your spirit, you are already free. It is just a matter of renewing your mind and beginning to manifest who you are in Christ.

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### Lsn #21 - Releasing Your True Identity

This revelation of spirit, soul and body unlocks so much of the Christian life. When you understand that it was your spirit that changed, then you can begin comprehending that who you are and what you have in Christ doesn't fluctuate based on your performance. You must reject the flesh/sense dominance and walk/live by who you are in the recreated spirit. As you cultivate a good image of who you are in Christ & it becomes real to you, you will release & experience your true identity. The Christian life is growing stronger in the spirit and weaker in the flesh. The flesh's dominance steadily diminishes as you learn to consistently depend on and draw out more of what's in your spirit.

### Lsn #22 - Mind Your Spirit

Through spiritual dyslexia, most people perceive Galatians 5:16 completely backwards! They think, "If I can just stop doing these bad things, I will be in the Spirit!" But the verse says just the opposite: Walk in the Spirit, and you won't fulfill the lust of the flesh. When you

walk in the spirit, as a byproduct, you WON'T fulfill the lust of the flesh. You can know whether you are walking in the Spirit or not by what your attention is on. What you're thinking about will tell you whether you're in the flesh or the spirit. By learning to keep your mind stayed on God, your spirit will dominate and control your flesh. You won't manifest much of the life of God if you're plugged into the world through radio, television, newspapers, and magazines. It takes a lot of effort—real effort—to keep your focus on the things of God.

### Lsn #23 - Time to Leave

When you make Jesus Christ Lord of your life by truly believing on Him, an instantaneous change takes place. This change occurs in your spirit, not your flesh (i.e., your body and soul). Whether the change ever manifests itself in your physical realm depends on what you think. Your natural mind pulls you in one direction and your spiritual mind pulls you in another. How you think determines what you experience. If your mind stays only on physical things—not even necessarily sinful things—then you'll be limited to and dominated by your flesh. You have to get beyond the physical and acknowledge that there is a spiritual world. As you recognize your true power and believe, the spiritual realm will become more real to you than the physical. Everything in the natural may be coming against the Word, but if you stay in the spirit, fixed on what God's Word says, your spirit will overcome your flesh and break its dominion. If you dominate yourself with the truths of God's Word and get beyond the natural limitations of your five senses, you can start releasing the supernatural life that's inside you. As long as you stay focused on the Word, you'll be able to experience a peace that passes understanding. If you want to experience God's best, you must understand these truths concerning spirit, soul, and body. Spend less time feeding the flesh, and focus on the spirit instead. You'll develop an entire mentality based on your new identity in Christ as you dominate yourself with what you see in the spiritual mirror of God's Word.

Renewing your mind to God's Word is a lifelong process. Until you see Jesus face to face, you never arrive; you just leave or are in process. Applying these truths will take some real focus and effort on your part. The Holy Spirit will reveal to you who you are in Christ.

**Pray out loud from your heart:**

***"Father, I open my heart to the Holy Spirit to continue revealing these truths to me. I recognize that this is a process and not just a one-time thing. Therefore, I ask You to give me greater revelation of spirit, soul, and body throughout the rest of my life. As I apply what You've shown me, please encourage me with some quick results. I want to establish new patterns of walking by the spirit so I can live a full and effective life in You.***

***Thank You for bringing these truths to my remembrance when I need them. Thank You for helping me to share them with others so they, too, can break free from their flesh's dominion. Thank You for setting me free and using me to set many others free! I love You, Father! Amen."***