

An in-depth introduction for those serious about discovering
and growing into an abundant spiritual life.

LIFE

ABUNDANT

FROM:

Confusion
Unrest
Turmoil
Futility
Pretense
Speculation

TO:

Clarity
Contentment
Peace
Purpose
Reality
Revelation



Coming Alive: Spirit, Soul and Body

A-Z LIFE PUBLICATIONS

This is simply an introduction; for help in experiencing more of the joy and blessing of this spiritual life journey. Be sure to contact the undersigned who gave you this booklet or **azlifepublications@gmail.com**.



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LIFE ABUNDANT

Coming Alive: Spirit, Soul and Body

THE SPIRITUAL DILEMMA

When it comes to spiritual matters there are more than a thousand views, ideas and dogmatic opinions. These may begin with whether there actually is a God, and if so how can we know for sure. Before we go further we had best consider why or how this dilemma came to be. According to Genesis, the first book of the Bible, there was a time when God who created man as the object of His love, walked with and communicated freely with mankind. But, suddenly this relationship was disrupted. (See GENESIS 3) Since then

we can only look to our imagination and speculate about Spiritual realities. So, we must learn how this disruption occurred, and how that relationship might be restored. Since we were created to have fellowship with God, only a restoration of our relationship with God will satisfy the deepest longing in our hearts!

Besides God, the creator and source of all good there was an angel named Lucifer who had been given jurisdiction over the earth. He, however, rebelled against God and became God's adversary. He is also known as Satan or the Devil. (*I saw Satan fall like lightning from heaven.* LUKE 10:18)

Since then the devil's aim, according to his sinful nature, has been to separate man from God through mistrust, fear, disbelief and every other possible means. (*The thief comes only to steal and kill and destroy.* . . JOHN 10:10) All of these activities can be referred to as sins since they violate God's trust and God's principles. God by nature is Holy. Holiness

cannot co-exist with sin so this created a separation from God and a death to man's spirit.

The name Adam is simply the Hebrew word for "man," which implies all of humanity. When Adam, representing humanity/mankind was given a choice he chose to accept Satan's lie, represented by his eating the fruit of the tree of the knowledge of good and evil. He did this in spite of the fact that God had warned him not to eat and that the penalty for disregarding God's ultimatum would be death. *(And the Lord God commanded man, "You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you shall surely die."* GENESIS 2:16-17)

By this act man became sinful, condemned to die, and be separated from God eternally, and deadened in his spirit. This transaction is referred to as *The Fall* and affected all mankind. Until this matter of sin and spiritual death can be remedied man will be separated from God and

can only speculate where or who He is, thus the spiritual confusion remains.

THE UNIQUE SOLUTION

Somehow the death penalty must be paid, and sin be dealt with, and man's spirit enlivened before God can allow man to have access to Him. For this matter to be solved One must be found who has not sinned and yet is willing to die on behalf of the sin of others. In His great love for us, God offered His Son Jesus to become the unique solution. *(For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.* JOHN 3:16)

Having lived a sinless life Jesus took on Himself the sin of mankind and offered to pay the penalty by dying on the *cross* in our behalf. This is why the *cross* is a frequent symbol for believers! It speaks of God's love, Jesus sacrifice and our salvation. So, just as the penalty was imposed on

us by one man Adam, so the penalty can now be removed from us by one man Jesus Christ. (*For as in Adam all die, so in Christ all will be made alive.* 1 CORINTHIANS 15:22)

In order to fully comprehend the depth of this solution it is important that we understand the three fold nature of man. (*May your whole **spirit, soul and body** be kept blameless.* 1 THESSALONIANS 5:23B) Each part has its own unique and particular life essence.

LIFE IN THREE DIMENSIONS

In the Greek New Testament there are three different words, which are translated as life in English. Generally each of these refers to a different form or level of life:

1) Physical life 2) Psychological life 3) Spiritual life

Since in English all three of these Greek words are simply translated into the one word life, it is easy to miss the depth of this matter.

The Greek word which mostly represents *physical life* is **Bios**. This is where we derive the English word biology, since it refers to our human biological or physical aspect. It commonly refers to our body.

The Greek word **Psuche** also translated as life in English refers primarily to the psychological life. This is the human aspect which we commonly refer to as the soul. Our English word psychology is derived from this word **Psuche**.

There is however a third Greek word, “**Zoe**” which is used in reference to another level of life; eternal or spiritual or divine life.

At man’s creation he was given a temporary physical body which we assume to be the bios life. We all know that eventually our physical body, our **Bios**, will die and decay. On the other hand, our soul, **psuche**/life which we received from the breath of God will continue. (*the Lord God formed the man from the dust of the ground and*

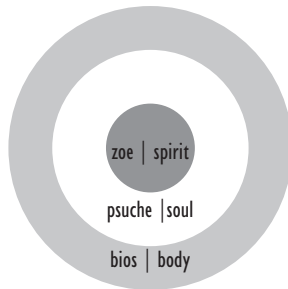
breathed into his nostrils the breathe of live and man became a living soul. GENESIS 2:7)

It was God, the Creator's intention that our soul would live eternally in His presence. However, as a result of the sin which entered into humanity at **The Fall**, our soul, now being under the judgment of death and separation will not be allowed into God's eternal presence. In its sinful condition it is destined to separation from God, referred to as perdition or hell. Unless a remedy is found even though a man might gain the whole world his own soul will be lost. (*What good is it for a man to gain the whole world and loose his own soul?* MARK 8:36)

It was the **Zoe** life, the spiritual life that was lost, that died, at the beginning of man's history. While this **Zoe** life was available to Adam, (representative all of mankind) in the Garden of Eden it was lost due to his/mans' sin. Adam's acceptance of Satan's lie brought death to man's spirit and separation from a Holy/sinless God. Since that time God

has been obscure and distant from man. Leaving us to speculate and grope in our imagination each developing our own assumptions about God. (see ACTS 17:22- 23) The only remedy for this dilemma is to be “born again” that is to have our spirit made alive again. (*“I tell you the truth, unless a man is born again he cannot see the Kingdom of God.”* JOHN 3:3)

However, before our spirit can be “born again” several issues must be resolved. God had declared that the penalty for sin is death, and that the entire creation is now under this death and judgment. Thankfully, foreseeing the problem God had already devised *“The Plan of salvation!”*



THE PLAN OF SALVATION

PART ONE

In His plan God, in His great love, allowed Jesus Christ, His son, to live a sinless life on earth and then to die on **The Cross** and pay the penalty of death on behalf of mankind. (*For He made Him who knew no sin to become sin for us that we might become the righteousness of God in Him.* 2 CORINTHIANS 5: 21)

Since Jesus “knew no sin” He could by His death, offer His life on behalf of anyone who would accept that death on their behalf. Now anyone who responds to this offer will be released from that death sentence. This offer is referred to as grace often described as unmerited favor! It is this free gift that overwhelmed the slave trader John Newton and inspired him to write the famous hymn, *Amazing Grace*. This is the first and basic step, take it now by acknowledging in your heart and with your mouth that: “I have sinned and deserve death, but I accept the death of Jesus on my

behalf,” This deliverance from the sentence of death, often referred to as “*being saved*” must be accepted first and then we can proceed to the second step. Here begins our journey into experiencing this Amazing Grace!

PART TWO

After we take this first step with our whole heart we are eligible for the next wonderful reality. After Jesus “paid the debt” on *The Cross*, He arose from the dead, and in that process He “released His spirit.” (*He said, “it is finished!” And bowing His head He gave up His spirit.* JOHN 19: 30B)

Since He contained this *Zoe* Life He became the “*life giving Spirit.*” (*The last Adam became a life- giving spirit.* 1 CORINTHIANS 15:45B)

This means that now His very *Zoe* life, in spirit form, also known as the Holy Spirit, can enter into us and bring that *Zoe* life into our human spirit! It is at the instant that we invite His Spirit to enter our spirit that we are “born again,

not by flesh and blood but by the spirit.” After you have accepted His death on your behalf you are now qualified to invite His *Zoe* life to enter your spirit. (But these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His Name JOHN 20:31)

This life becomes ours when we speak and declare out loud, “*Lord Jesus, I invite Your Holy Spirit to come into my spirit and be born as the seed of life in me today.*” Take a moment to establish this matter now! (*If you confess with your mouth and believe in your heart that God has raised Him from the dead, you will be saved.* ROMANS 10:9)

When we do this with sincerity that eternal Life enters into our spirit! (*For as the Father raises the dead and gives life to them, even so the Son gives life to whom He wills.* JOHN 5: 21) This is the aspect that is often referred to as being, “*born again.*”

PART THREE

After we have accepted Christ's death on our behalf the sin penalty of death has been removed and we can now relate to God without condemnation. This means that we now can be assured that when our *bios*/body life is terminated our soul/psuche will be entitled to spend eternity in God's presence. While this is a wonderful eternal assurance and something to celebrate, our interest in this writing is to further explore the excitement which this new life offers in the present world. This life is not merely a ticket to a heavenly future but access to wonderful spiritual journey in the here and now!

LIVING AND GROWING IN NEWNESS OF LIFE

At the moment the "seed" of His Zoe life, enters our spirit, we can say, "*having been dead I am now made alive!*" (EPHESIANS 2: 4-5) This is the real meaning of being born again! (*Praise be to the God and Father of our Lord Jesus Christ,*

Who has given us new birth through the resurrection of Jesus Christ from the dead. 1 PETER 1:3) Initially this step might be accompanied by an actual sensation, however, be aware that this is simply a birth. The objective is to allow that seed to grow into full maturity. The growth and development of that Life seed becomes an exciting life journey; we can now say, “*Christ is living in me,*” and “*it is no longer I but Christ* GALATIANS 2:20,” “*I am the temple of the Holy Spirit.* 1 CORINTHIANS 6:19)”

That seed of the Zoe life, being the life of Christ when imparted into our spirit brings into our being all of the character and attribute of Christ. (*For you have been born again not of perishable seed but of imperishable through the living and enduring word of God.* 1 PETER 1:23)

As in the case of any seed it will take time for its qualities to be developed and matured. That new life and it’s “fruit” are considered to be a part of the “new creation!”

(“Therefore, if any man be in Christ he is a new creation; behold all things have become new.” 2 CORINTHIANS 5:17)

It is important to realize that our old natural nature, referred to as the old man, that which existed before our new birth, is still affected by the fall. However, as a part of the old creation even its good works and actions can only have temporary value. Only the “fruit” of our re-born spirit man will have eternal value. This means that our goal must be that the old man/nature, its deeds and activities must decrease and the life of the new/spirit man increase. Since that seed contains His very nature it will increasingly manifest His nature through us! For growth and maturity this seed must be nourished by prayer, reading the Word, worship and fellowship.

READING/FEEDING

Reading of the Word/Bible is important not only to gain knowledge, but to feed and build up that life within. (*Like*

newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation. (1 PETER 2:2)

We observe that those who actively pursue the practice of reading, worship and prayer inevitably grow more rapidly. The Gospel of John or the Gospel of Mark in the New Testament are often suggested as a good place to begin reading when unfamiliar with the Bible. Read and enjoy the beauty of the unfolding story of Jesus who is now our wonderful Lord and Savior. But, do not simply read for information, also digest it as nourishment. It will perform an amazing transforming work in your entire being.

HEARING/OBEYING

Now Jesus whom we now commonly referred to as *The Lord* has become our shepherd. Now we as His sheep hear and recognize the voice of our shepherd. (*He goes ahead of them, and His sheep follow Him because they know His voice.* JOHN 10: 4B, 14) His speaking may come to us as insights

when we are reading the Word. It may also come to us as impressions we receive from that indwelling Spirit in our spirits. When we respond both verbally and in obedience to that voice the clearer and richer it becomes. We can tell it was His voice, if after we obey, we sense a level of inner joy and peace. If we ignore or disobey that voice we will tend to lose that joy and peace.

PRAYING/COMMUNICATING

While praying does involve the matter of making requests or petitions its greater beauty lies in simply fellowshiping and communicating with the Living One in our spirit. This can be done in meditation, in song, in vocal dialogue. This keeps our experience in the realm of relationship rather than in religious ritual and performance. The Lord loves to hear our voice and will answer our requests in His time in His own gentle way. Jesus gave us an example how to pray. (see MATTHEW 6:9-13) Even when we don't know how

to pray the Holy Spirit will help us. (*In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for but the Spirit Himself intercedes for us with groans that words cannot express.* ROMANS 8:26)

WORSHIPPING

Worship is an outflow of our expressions of love, thanksgiving and honor to God our heavenly Father and to Jesus our Savior and to the Holy Spirit who now indwells us. This can be done by voice, instruments, dance, or any other way to express our adoration and thanks. This can be done alone or with other believers. Listening to worship music cultivates that seed of life in us and helps us to grow spiritually. This is one way that we respond to and bring joy to our heavenly Father for His great love to us.

FELLOWSHIPING

Becoming a believer also brings us into a family. All others who have received this new life are now our brothers and sisters sharing the Life of our one common heavenly Father. This means that we are now part of a corporate body, which can also be referred to as The Church. In the truest sense the church is not a place or a building, it is a group of believers who gather together to experience the corporate dimensions of this wonderful journey. (*For where two or three are gathered in my name there I am with them.*

MATTHEW 18:20)

For balanced and wholesome growth it is important to connect with and commit to a local church. (*Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another...*HEBREWS 10:25) Take some time to be assured that the church you choose is based on the Bible and appreciates the life and work of the Holy Spirit in each believer.

TESTIFYING/WITNESSING

Tell others about your experience. A witness is one who reports concerning what they have seen or experienced. Witnessing is inviting others to get acquainted with Jesus and the Life abundant which you have discovered. After the early disciples experienced this Life they were bold to testify of their experience. (For we cannot help speaking about what we have seen and heard. Acts 4:20) Witnessing will strengthen your faith and establish your new walk.

BAPTISM

Water baptism is a very important part of the fully accepting God's salvation. It takes place when we allow other believers to immerse us into water. (*Whoever believes and is baptized will be saved, but whoever does not believe will be condemned.* MARK 16:16)

It symbolizes that we are willing to be buried to our past life and its attachment. Then, as we come out of the water

we symbolically enter into new life. (*We were therefore buried with Him through baptism into death in order that, just as Christ was raised from the dead, through the glory of the Father, we too might live a new life.*) (ROMANS 6: 4)

While this matter appears to be symbolic, it confirms outwardly what has transpired inwardly and seals our commitment.

The above is simply a brief introduction to the beauty and joy of the Abundant Spiritual Life. There is much more to experience relative to; basking in the heavenly Father's love, enjoying the Word, hearing and obeying God's voice, and living in and walking by the Holy Spirit. Now that you have begun this journey, press on to experience the fullness, as you do not want to spend years and then discover that there was much more beauty and depth that you missed.



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