

## Sermon Notes: Addressing the Body, Soul, and Spirit

**Main Scripture:** 1 Thessalonians 5:23

**Key Quote:** "God is not interested in your limitations. He is interested in your availability."

### Introduction:

- We are three-part beings: Spirit, Soul, and Body (1 Thessalonians 5:23).
- Many believers are stuck because they only address one part—the Body—leading to temporary fixes and a lack of lasting victory.

### 1. The Problem: We Only Address the Body

- We fight visible habits (addiction, sin) but ignore the root.
- The Body is the vehicle, not the source. The battle is first spiritual and soulish.
- **Scripture:** Matthew 15:18-19 - Sin comes from the *heart* (the inside) and defiles a person.
- **Truth:** Fighting only the physical is building your spiritual life on what is temporary (dust).

### 2. The Neglected Soul and Christ's Invitation

- The Soul is your mind, will, and emotions—your character and habits.
- We hurt our souls with words, worry, and stress, then try to fix soul-pain with body-solutions (e.g., stress leading to addiction).
- **Scripture:** Matthew 11:28-29 - Jesus offers rest for our *souls*.
- **Example:** Evangelist David Ring, despite cerebral palsy, was used by God because he made his soul available. God focuses on our availability, not our limitations.

### 3. Your New Identity: The Blood and DNA of Jesus

- Our spiritual "bloodline" was corrupted from Adam, but in Christ, we receive a new identity.
- We must stop claiming old generational curses and claim our new spiritual DNA.
- **Scriptures:**
  - 1 John 1:7 - The blood of Jesus purifies us.
  - 2 Corinthians 5:17 - We are a new creation in Christ.

### **Conclusion: The Correct Order for Victory**

Lasting freedom comes from addressing our parts in the right order:

1. **SPIRIT First:** Declare your new identity in Christ. "I am a new creation!"
2. **SOUL Next:** Allow your renewed spirit to transform your mind and emotions.
3. **BODY Last:** A transformed soul will naturally command the body to walk in holiness.