

SOP: Strength of Soul

When your body is healthy—you flourish.

When your soul is healthy—you create.

When your spirit is healthy—you obey/submit.

Walking in the Spirit is a daily way of living in submission to the Spirit of God; producing holiness, obedience and spiritual fruitfulness

Operating in strength of soul is a focus on personal strength and comes from the will; which can be a positive force but can also be motivated by the flesh and lack submission to His will in the moment. To operate in strength of soul is to operate from the same senses that led your choices prior to your salvation.

Creation Design:

- **Genesis 2:7:** Then the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being.
 - Breath=5397=Nshamah=imparted air
 - Life=2416=chay—be well; make alive; Hebrews viewed man holistically-body, mind and spirit were a unified whole and meant to be associated with life.
 - Living being=2416/5315=alive/breathing creature
 - In NT- 5315(nephesh) translates as soul
- **Three parts to creation of man:**
 - Body/tent to dwell in
 - Soul/to navigate the natural, physical realm (soul gives information, not direction)
 - Spirit/to navigate the invisible, holy spiritual realm
 - Dough Boy illustration
- **At the fall**
 - Soul no longer able to abide with God
 - Not connected
 - Not led
 - Subject to the power of sin
 - Body+Soul-Spirit=flesh

Flesh—Self life

- Independent
- Self-serving
- Without moorings
- Navigates based on strength of soul (mind/will/emotions—I think, I want, I feel)
- Often quite unaware of how we draw conclusions or the source of our feelings
- The soul—at creation—was a good gift when it partnered with the spirit
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Dying to Self:

- Flesh must be restrained/restricted/submitted
- Matthew 10:39
- Matthew 12:27—my soul has become troubled (how shall I respond?)
- Matthew 16:24-26—he who keeps[s his psuche... (Mirror version)
- John 12:25He who loves his psuche/soul life loses it

- Dying to self is concept focused on aligning one's personal desires with God's will, emphasizing love for God and others, while asceticism is a broader practice of extreme self-discipline and withdrawal from earthly pleasures—for the sake of spiritual goals. It is to focus on His will being done on earth as it is in heaven. Asceticism is self-focused—consumed with harsh treatment of the body in order to be approved of God.
- Not once and for all—but always
- Not prescript —but recognized
- Not destroyed—but put in its place

- Sin is crouching at the door but you must master it—Gen 4