

**Renovation: Spirit—Soul—Body**  
**Pastor Dennis Rouse**  
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**Renovation:** the act of renewing or restoring something

**2 CORINTHIANS 5:17 NKJV**

*Therefore, if anyone is in Christ, he is a NEW CREATION; old things have passed away; behold, all things have become NEW.*

**EZEKIEL 36:26-27 NLT**

*“And I will give you a NEW HEART, and I will put a NEW SPIRIT in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations.”*

**JOHN 3:3-6 NLT**

*Jesus replied, “I tell you the truth, unless you are BORN AGAIN, you cannot see the KINGDOM OF GOD.” “What do you mean?” exclaimed Nicodemus. “How can an old man go back into his mother’s womb and be born again?” Jesus replied, “I assure you, no one can enter the Kingdom of God without being born of water and the Spirit. Humans can reproduce only human life, but the Holy Spirit gives birth to spiritual life.”*

**3-Fold Nature of Mankind:** Body—Soul—Spirit

**1 THESSALONIANS 5:23 NLT**

*Now may the God of peace make you holy in every way, and may your whole SPIRIT and SOUL and BODY be kept blameless until our Lord Jesus Christ comes again.*

**1. The Body:** (SOMA) physical part of your being. The New Testament also calls it FLESH, which the Bible tells us has an ongoing appetite for sin.

**JAMES 4:1 NKJV**

*Where do wars and fights come from among you? Do they not come from your DESIRES for PLEASURE that war in your members?*

**2. The Soul:** (PSUCHE) MIND—WILL—EMOTIONS (conscience, personality); the center where we process all our thoughts, feelings, emotions, and decisions

**ROMANS 12:1-2 NLT**

*And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a LIVING AND HOLY SACRIFICE—the kind he will find acceptable. This is truly the way to worship him. Don't copy the BEHAVIOR AND CUSTOMS OF THIS WORLD, but let God TRANSFORM you into a NEW PERSON by CHANGING THE WAY YOU THINK. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

**3. The Spirit:** (PNEUMA) the heart of man; the central core of who a person is

YOU ARE A SPIRIT. YOU HAVE A SOUL. YOU LIVE IN A BODY.

**JOHN 4:24 NKJV**

*"God is Spirit, and those who worship Him must worship in spirit and truth."*

**JOHN 6:63 NKJV**

*"It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life."*

**2 CORINTHIANS 10:3-5 NIV**

*For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish STRONGHOLDS. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

### **ROMANS 8:5-7 NKJV**

*For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be CARNALLY MINDED is death, but to be SPIRITUALLY MINDED is LIFE AND PEACE. Because the CARNAL MIND is ENMITY against God; for it is not subject to the law of God, nor indeed can be.*

### **GALATIANS 5:16 NKJV**

*I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.*

### **3 Ways to Start Walking in the Spirit:**

1. The Law of Sowing and Reaping

### **GALATIANS 6:7-9 NKJV**

*Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.*

2. The Power of Words

### **PROVERBS 18:21 NKJV**

*Death and life are in the power of the tongue, and those who love it will eat its fruit.*

### **PROVERBS 18:14 AMP**

*The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?*

3. Learn to yield to the Holy Spirit.

### **ROMANS 8:14 NIV**

*For those who are led by the Spirit of God are the children of God.*