

You Are a Spirit

In a world that constantly pulls our attention toward external circumstances and physical realities, it's crucial to understand a fundamental truth about who you really are. You are not a body that happens to have a spirit - you are a spirit who lives in a body.

What Does It Mean to Be a Spirit?

When we say "I am a spirit," we're acknowledging the most important part of our identity. Just like when you get in a car, you are more important than the vehicle itself. Similarly, the real you - your spirit - is far more significant than the physical body you inhabit.

This understanding becomes especially important when we consider eternity. The moment you leave your body, spiritual things become the only things that matter. You won't be concerned about physical appearances or material possessions. Everything will be about your spiritual reality.

The Difference Between Your Inner and Outer Man

The apostle Paul provides incredible insight into this reality in 2 Corinthians 4:16: "Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day."

Your Outward Man

Your outward man consists of:

- Your physical body
- Your mind and thoughts
- Your emotions and feelings
- Your personality

This part of you responds to circumstances, feels pressure, experiences fear, and wants to compromise when facing difficulties.

Your Inward Man

Your inward man is:

- The real you (a spirit)
- The believer within you
- Full of faith, joy, and peace

- Connected to God's nature
- Renewed by the same challenges that threaten your outward man

Why Your Spirit Thrives on Challenges

Here's something remarkable: while your outward man struggles with adversity, your inward man actually gets renewed by the same circumstances. Your spirit is a fighter that doesn't waver or doubt. It's courageous and operates in faith, not fear.

When difficulties arise, your outward man says, "I don't want to deal with this. Can we compromise?" But your inward man declares, "Here's the line in the sand. I'm not compromising anything because I'm a believer."

Taking Control of Your Body

Paul demonstrates this principle in 1 Corinthians 9:27: "But I discipline my body and bring it into subjection, lest when I have preached to others, I myself should become disqualified."

Notice Paul didn't say "I discipline myself." He said "I discipline my body." This shows a clear distinction between who he was (spirit) and what he possessed (body).

How to Exercise Spiritual Authority

You can learn to say to your body: "I feel good. I feel fine. Body, come in line." This isn't about denying reality but about establishing who's in charge. You are a spirit, and you have authority over your physical vessel.

You Already Have Everything You Need

First John 2:20 reveals an amazing truth: "But you have an anointing from the Holy One, and you know all things." This means:

- All the answers you need are already inside you
- You don't lack wisdom or understanding
- You need revelation of what you already possess spiritually
- You can approach life's challenges knowing you have the solutions

Instead of saying "I don't know," try saying "I'll get back to you on that" or "I'll let you know." This reflects faith that you have the answers and they'll manifest when needed.

Walking by Faith, Not Sight

When you understand you're a spirit, you can walk by faith rather than being controlled by circumstances.

This means:

- Moving forward before you see all the provision
- Acting on spiritual conviction rather than emotional feelings
- Trusting that what you need will be added as you step out in faith
- Not waiting for everything to align perfectly before taking action

The Danger of Living from the Outward Man

Many people live as mere expressions of their outward circumstances. They react to:

- What others say or do
- How they feel physically or emotionally
- What they see happening around them
- The latest trends or social pressures

This creates an unstable, unpredictable life that's "like a wave of the sea tossed and driven by the wind."

How to Strengthen Your Spirit

Feed Your Spirit

- Read and meditate on God's Word
- Spend time in prayer and worship
- Fellowship with other believers
- Listen to your spiritual convictions

Exercise Your Spirit

- Practice faith in small situations
- Follow your inner knowing rather than emotions
- Speak words of faith, not fear
- Take action based on spiritual conviction

Acknowledge Your Spirit

- Remind yourself daily: "I am a spirit"

- Make decisions from your spirit, not your flesh
- Let your spirit discipline your body
- Express your true spiritual nature through your personality

The Three Types of Love

Understanding the different types of love helps clarify how your spirit operates:

- Agape - God's unconditional, sacrificial love (in your spirit)
- Phileo - Friendship, affectionate love (in your emotions)
- Eros - Romantic love between spouses (physical attraction)

Your spirit contains agape love - the kind that's committed regardless of circumstances, feelings, or how you're treated.

Life Application

This week, practice living as the spirit you truly are. When facing decisions, ask yourself: "What does my spirit know about this?" rather than "How do I feel about this?"

Start each day by declaring: "I am a spirit. I have a soul. I live in a body. I am in charge of this body, and I will express my true spiritual nature today."

When challenges arise, remember that your inward man gets renewed by the same things that threaten your outward man. Let your spirit rise up and take charge.

Questions for Reflection:

- Am I making decisions based on my emotions and circumstances, or from my spirit?
- What areas of my life am I allowing my outward man to control instead of my spirit?
- How can I better feed and strengthen my spirit this week?
- What would change in my life if I truly lived knowing I have all the answers I need inside me?

Remember, you don't have to wait until you leave your body to live as a spirit. You can enjoy the heavenly life now while here on earth by acknowledging and living from your true spiritual identity.

Quotes

1. “You are not a body that happens to have a spirit; you are a spirit living in a body.”
2. “The same pressures that cause the outward man to perish are the very things that renew the inward man. It seems the inner man actually thrives on challenges.”
3. “The inward man draws a line in the sand and says, ‘You must come over here, because I am not coming over there—I will not compromise.’”
4. “Your body, your mind, your will, your emotions, and your feelings are not the believer. They are the feeler, the thinker, and the reasoner. The believer is your spirit, for believing is of the heart.”
5. “I discipline my body and bring it into subjection because my body is not me; it is my possession.”
6. “The answers to life are already within you, for you have an anointing from the Holy One, and you know all things.”
7. “I never say, ‘I don’t know,’ because in Christ I know all things. Instead, I say, ‘I’ll get back to you,’ ‘I’ll let you know,’ or ‘We’ll see’—and then I walk it out in faith.”
8. “Do not sit around waiting for everything to line up perfectly before you move forward. Don’t wait for all the planets to align.”
9. “You were not meant to be an expression of the outward man, but of the inward man, who is created in the image and likeness of Jesus Christ.”
10. “You must become conscious of who you are inwardly before you can live rightly outwardly.”
11. “Don’t wait until you leave your body to finally live as a spirit. Live in that reality now and enjoy the heavenly life while still on earth.”
12. “If you take care of your spirit by feeding it, strengthening it, exercising it, and becoming spirit-conscious; then your spirit will rise up and discipline your body.”
13. “Your spirit will take charge of your body if you nurture your spirit and remain aware that you are, first and foremost, a spirit.”
14. “The moment you leave your body, spiritual realities will be all that matter. Your body will no longer be the focus.”
15. “We walk by faith and not by sight, living in the realities of the unseen spiritual world.”

16. “There is a believer living inside of you. If there were not, you would not be in church today.”
17. “The believer within you is courageous, fearless, and tenacious. He is a faith creature and a fighter.”
18. “Follow your inward convictions. Follow that inner knowing. Stop when your spirit says stop, regardless of how exciting something may seem to your mind and emotions.”
19. “You would never marry the wrong person if you consistently followed your spirit rather than the outward man.”
20. “I am the boss of this body. You must tell your body, ‘You are not in charge—I am.’”

Verses

1. 2 Corinthians 4:16
2. 1 Corinthians 9:27
3. 1 John 2:20
4. Romans 5:5
5. Titus 2

Summary

Understanding your true identity begins with recognizing that you are a spirit who lives in a body, not a body that has a spirit. Your outward man consists of your physical body, mind, emotions, and personality, which responds to circumstances and feels pressure. Your inward man is your spirit, filled with faith, joy, and peace, connected to God's nature. While your outward man struggles with adversity, your inward man actually gets renewed by the same challenges. You can learn to discipline your body and exercise spiritual authority by making decisions from your spirit rather than your emotions. When you understand this truth, you can walk by faith instead of being controlled by circumstances, knowing that all the answers you need are already inside you.