

1 Thess 5:23 *“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.”*

The body is the physical dimension of our lives. We have the 5 senses that experiences a physical world

The soul is that part of us that includes our mind, will and emotions. It is the place of imagination, desire. We relate to others with our soul.

We are moved in our soul by various influences, all of which cause us to behave in a variety of ways.

The spirit is the very wellspring of our life. All of our life comes from the invisible God conscious area called our spirit.

Dan 7:15 *“I, Daniel, was grieved in my spirit within my body”*

John 7:38 *“He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.”*

Our spirit is that part of us where God dwells after we have received Christ.

Titus 3:5b *“He saved us, through the washing of regeneration and renewing of the Holy Spirit,”*

Our spirit finds expression through our soul and ultimately through our body.

Are living waters flowing like a river out of you?

Living water brings life to everything around us.

1. Our spirit receives complete salvation when we receive Christ *“He gave the right to become children of God”* **Jn 1:12**

2. Our soul is being saved *“to us who are being saved it is the power of God.”* **1 Cor 1:18**

3. Our bodies are not yet saved, but at the resurrection *“the redemption of our body.”* **Rom 8:23**

“I will put a new spirit within them” **Ez 11:19**

2Cor 7:1 *“Therefore, having these promises, beloved, (let us cleanse ourselves) from all filthiness of the flesh and **spirit**, perfecting holiness in the fear of God.”*

"Why am I doing this?"

Pro 4:23 *"Keep your heart with all diligence, For out of it spring the issues of life."*

Prov 15:4 *"A wholesome tongue is a tree of life, But perverseness in it **breaks the spirit.**"*

Pro 17:22 *"A merry heart does good, like medicine, But a **broken spirit** dries the bones."*

Eph 4:16 *"from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love."*

Luke 17:1a *"Then He said to the disciples, "It is impossible that no offenses should come"*

Matt 5:48 *"But you are to be **perfect**, even as your Father in heaven is perfect."*

Young's Analytical Concordance defines this word '*perfect*' as *the ability to repair and adjust*"

-God has never expected that we would attain to a state of life where we never made a mistake, or never offended anyone, nor did any wrong at all.

-But He does anticipate that we will develop a character that is able to repair breaches.

-Forgiving others is a path we take to bring healing back into our spirit.

If it doesn't it leaves us with dry bones.

Pro 17:22b *"But a broken spirit dries the bones."*

The Bible shows us in **Ez 37:2 Nlt** *"He led me all around among the bones that covered the valley floor. They were scattered everywhere across the ground and were completely dried out."*

'Slain' means to smite with deadly intent: destroy, kill, put to death.

Satan's intent to bring the bruises of offenses and bitterness.

Heb 12:15 *"looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;"*

Is 1:5-6 *"Your head is injured, and your heart is sick.⁶ You are battered from head to foot— covered with bruises, welts, and infected wounds— without any soothing ointments or bandages."*

-Our spirit is sick and wounded and we act out from that wounded spirit.

-Sometimes we can get so sick in spirit even the drive to live can disappear.

-Disappointment is one of the most common reasons people are sick in their man.

Pro 13:12 *“Hope deferred makes the heart sick”*

Ex 6:9 Nkjv *“So Moses spoke thus to the children of Israel; but they did not heed Moses, because of anguish of spirit and cruel bondage.”*

Our Broken Spirit

1. There is a brokenness of spirit which is positive and encouraged by Scripture.

Ps 51:7 *“The sacrifices of God are a broken spirit,
A broken and a contrite heart—
These, O God, You will not despise.”*

2. There is another kind of brokenness of spirit.

This one is damaging to the soul, your mind, will, and emotions.

These can be symptoms of a broken spirit.

- They feel no reason to get up in the morning or have any ambition to continue on through the day.
- They can suffer from a mysterious fatigue and generally mild depression.
- They easily become physically sick.
- They find faults in others and all the negatives about life are easy to locate.
- They have an abundance of reasons why they shouldn't even bother attempting anything.
- They view life as hopeless.

Prov 15:13 *“A merry heart makes a cheerful countenance,
But by sorrow of the heart the spirit is broken.”*

Prov 17:22 *“A merry heart does good, like medicine,
But a broken spirit dries the bones.”*

Prov 18:14 *“The spirit of a man will sustain him in sickness,
But who can bear a broken spirit?”*

--These Proverbs are saying that even if a person is sick when their spirit is strong and healthy, they will be able to cope and keep going.
--But when a person is damaged in their spirit, even the slightest or physical troubles, sickness or otherwise, crushes them.

Prov 25:28 *Whoever has no rule over his own spirit
Is like a city broken down, without walls.”*

This proverb is saying that when we lost control over our spirit, we become defenseless and vulnerable to the attack of the devil.

When our spirit is broken, and that damage begins to affect our lives in ways beyond our control, we find ourselves owners of attitudes we wish we didn't have.

Symptom; *“He has no rule over his spirit”* **Prov 25:28a**

-A damaged spirit becomes impatient and angry.

We talk of someone who is *‘short of spirit’* This is a person with an unresolved sickness in their very soul.

Their mind is not a peace, their emotions are easily set off. Their wills are broken walls of double mindedness.

“I have noticed this about people with unhealed broken spirits.

They are like echoes of unhealed pain.

Unhealed people don't listen with their ears.

They listen with their triggers.

They don't hear your words.

They hear their wounds.

They turn calm into criticism, honesty into attack, and silence into abandonment.

Every response is shaped by fear, not understanding.

You're having a conversation, but they're fighting battles from another time.

No matter how gently you speak. Pain speaks louder.

*That's why healing isn't a luxury, it's a necessity.
It's necessary for connection, for clarity, for peace"*

A person becomes broken in spirit when;

1. Trust is broken

Mal 2:14b *"the LORD has been witness Between you and the wife of your youth,
With whom you have dealt treacherously; Yet she is your companion And your
wife by covenant.*

Vs 15 *"But did He not make them one, having a remnant of the Spirit?
And why one? He seeks godly offspring.*

*Therefore **take heed to your spirit**, and let none deal treacherously with the wife
of his youth.*

Vs 16 *"For the LORD God of Israel says That He hates divorce,
For it covers one's garment with **violence**," Says the LORD of hosts.*

"Therefore take heed to your spirit, That you do not deal treacherously."

Violence, Twot #678 Heb ḥāmās in the O.T. is used almost always in
connection with sinful violence. It is often a name for extreme wickedness. It
was a cause of the flood. Gen 6:11, 13.

Luke 17:27 *"They ate, they drank, they married wives, they were given in
marriage, until the day that Noah entered the ark, and the flood came and
destroyed them all."*

The capacity to trust is a spiritual strength.

Our spirit is the reservoir for trust.

If trust is broken our spiritual reservoir is depleted and dries up.

And then when dryness sets in, the spirit cracks easily and breaks

It's like the broken walls of a citadel.

Prov 25:28 *"Whoever has no rule over his own spirit
Is like a city broken down, without walls."*

Mt 12:43 *“When an unclean spirit goes out of a man, he goes through dry places, seeking rest”*

-If your walls are broken down the enemy can camp out in your emotions, your will, and your mind and bring torment.

-Un-forgiveness brings spiritual, emotional, and sometimes physical torment, as described in

Matthew 18:33-35 *“³³ Should you not also have had compassion on your fellow servant, just as I had pity on you?’ ³⁴ And his master was angry, and delivered him to the torturers until he should pay all that was due to him.*

³⁵ *“So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.”*

Psalm 103 Prayer over us

Bless the LORD, O my soul;
And all that is within me, *bless* His holy name!

² Bless the LORD, O my soul,

And forget not all His benefits:

³ Who forgives all my iniquities,

Who heals all my diseases,

⁴ Who redeems my life from destruction,

Who crowns me with lovingkindness and tender mercies,

⁵ Who satisfies my mouth with good *things*,

So that my youth is renewed like the eagle's.

⁶ The LORD executes righteousness

And justice for me who are oppressed.

⁷ He made known His ways to Moses,

His acts to the children of Israel.

⁸ The LORD *is* merciful and gracious,

Slow to anger, and abounding in mercy.

⁹ He will not always strive *with me*,

Nor will He keep *His anger* forever.

¹⁰ He has not dealt with me according to my sins,

Nor punished me according to my iniquities.

¹¹ For as the heavens are high above the earth,
So great is His mercy toward me who fears Him;

¹² As far as the east is from the west,
So far has He removed my transgressions from us.

¹³ As a father pities *his* children,
So the LORD pities those who fear Him.

¹⁴ For He knows my frame;
He remembers that I am as dust.

¹⁵ *As for* me, my days *are* like grass;
As a flower of the field, so he flourishes.

¹⁶ For the wind passes over it, and it is gone,
And its place remembers it no more.

¹⁷ But the mercy of the LORD *is* from everlasting to everlasting
On me because I respect Him,
And His righteousness to my children's children,

¹⁸ To such as keep His covenant,
And to me who remembers His commandments to do them.

¹⁹ The LORD has established His throne in heaven,
And His kingdom rules over all.

²⁰ Bless the LORD, you His messengers,
Who excel in strength, who do His word,
Heeding the voice of His word.

²¹ Bless the LORD, all *you* His hosts,
You ministers of His, who do His pleasure.

²² Bless the LORD, all His works,
In all places of His dominion.