



SESSION 6: THREE PARTS OF MAN



Ensure to read and study all scriptures and understand the triunity of man before facilitating this lesson.

In Session 5 we laid the foundational principle in dealing with addiction is about CHOOSING LIFE. Because CHOOSE LIFE is being handled through the lens of the Bible it is important to hear what God has to say about these different factors. In turn, this means that we need to look at the make-up of man. How did God put us together?

SCRIPTURES TO UNDERSTAND THIS



Psalm 139: 13-14 says: *“For you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made.”*

This verse is speaking about far more than just our bodies that are formed in the womb. The Bible teaches us that there are three parts to man: BODY, SOUL AND SPIRIT.

There are two passages of Scripture that clearly teach that man has three parts:

1. 1 Thessalonians 5: 23 *“May God himself, the God of peace sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.”*

Once we become Christians, God does not just leave us there. Part of our salvation experience is that we are “sanctified”. Sanctify is a fancy way of saying we grow to be more like Jesus, both in our character and in our priorities. In other words, every aspect of our being is affected.

2. Hebrews 4:12 *“For the Word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”*

As we start to view our addiction from God’s viewpoint it will do a deep work in all aspects of our lives: our physical bodies, our thoughts, our attitudes, and our relationship with God.

Some people and often non-Christians will tell us that soul and spirit are the same things. However, these verses tell us that they are separate. In many passages of Scripture, it would appear that soul and spirit can be used interchangeably, but others tell us it is impossible.

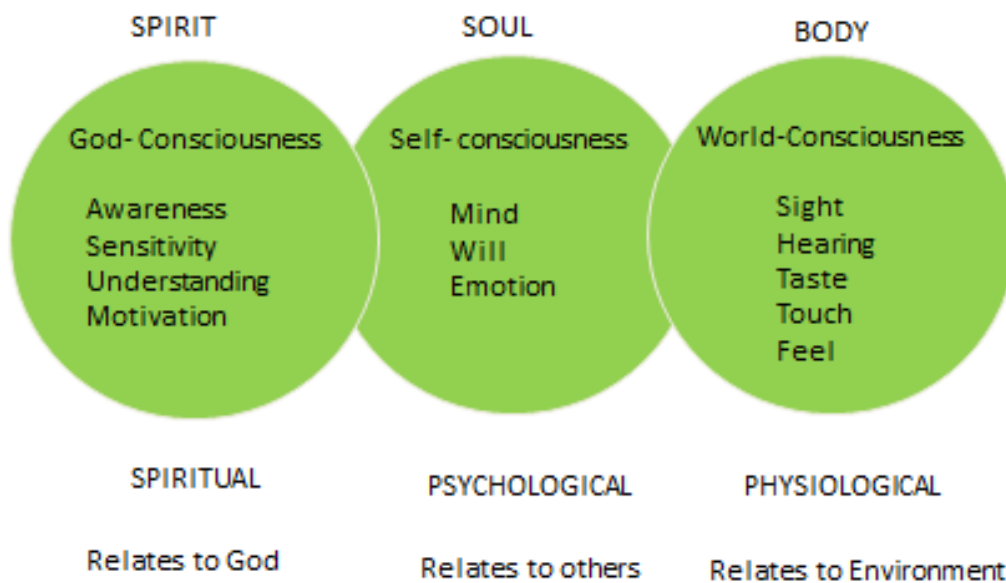
HOW GOD DESIGNED US

Body/physical- our flesh or fleshly desires.

Soul – includes our will, emotions and/or our feelings that connect us to the deepest part of ourselves as well as our thoughts or thinking patterns.

Spirit – gives us meaning and purpose in life.

MAN - A TRIUNITY



Resource: <https://za.pinterest.com/pin/404972191483331244/>

SPIRIT gives man “God-consciousness”- the ability to communicate with God.

SOUL gives man “self-consciousness”- the ability to be a person, personality, and to relate to self and others.

BODY gives man “world-consciousness”-the ability through the senses to understand the world around him.

THE ORIGIN OF MAN

The 3 parts of man are seen in the Genesis account of the creation of man.

Genesis 2:7 *"The Lord God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being."*

"The Lord God FORMED the man from the dust of the ground and BREATHED into his nostrils the breath of life, and the man BECAME A LIVING BEING (soul)."

The **BODY** of man is **FORMED**- our flesh, bones and blood were made from the dust of the ground.

The **SPIRIT** of man is **BREATHED**. God breathed into man's nostrils.

The **SOUL** of man **BECAME A LIVING BEING** (SOUL). As the body and spirit come together the SOUL comes into existence. The SOUL acts as the agent between the BODY and the SPIRIT.

It is clear that the body, soul and spirit overlap in many areas. We have provided a simple explanation of a complex issue above. How does this relate to addiction and CHOOSE LIFE?

My experience is that NA/AA mostly overlooks the spiritual needs and the church overlooks the physical needs when it comes to recovery.

For example, NA/AA have drifted away from the idea of the One True God and a Biblical view of recovery. However, the One True God, Jesus Christ is replaced with a “Higher Power”. This Higher Power can be substituted for anything or anyone, including even yourself! The Church, however, is certain of who this ONE TRUE GOD IS.

In order to be a Christian and attend a church, we believe that we need to be holy and have it all together. However, to attend NA/AA you must be sick! When a church member has a problem or shows any imperfections, they call it backsliding or think that the person has lost their blessing. On the other hand, when you claim that you do not have a problem or perfection within a NA group, it is called denial. This could be very confusing for a newcomer longing for sobriety. NA material and the Bible need to be compared. When we understand that addiction is nothing but sin. Since sin separates us from God and other people (the spiritual need), we will begin to understand that we may need other physical needs such as rehabilitation, therapy, and sometimes medication. (Although I also believe that rehabilitation centers are often too quick to try and fix addiction with medication. NA tries to fix the problem, while Christians are called to love God and love people.

Addiction not only harms a person's body; it also harms the soul (mind, will, attitudes and emotions) and spirit. Recovery from addiction, therefore, needs to focus on healing all three of these components of our make-up. However, there is also no getting well in a vacuum by only reading and memorising scripture alone.

Maintaining the health of your body is just as critical as caring for your spirit. Finding spiritual health and freedom will be limited if the soul is not being nourished. If the soul is unwell and dysfunctional, the body will be affected. When there is a void in any of these three areas, we will try to replace it with other things. Often, we try to fill it or compensate for it with the wrong things. For people struggling with addiction, these voids are usually filled with addictive and therefore unproductive behaviours.

As we work towards recovery we need to look at the healing of the mind, which involves attitudes and thinking patterns and learning to manage our emotions. Physical healing of the body is necessary. Healing of the spirit will include filling with God the deep void that exists and finding our purpose in life. We need to understand that full healing can come only when we give body, soul and spirit attention.

BODY, SOUL AND SPIRIT OF AN ADDICT

Addiction changed the way I thought and reasoned about everything in life. My mind was constantly consumed by the thought of using. How am I intending to get money for my habit? I wished the day away so I could go home and pick up. Maintaining my drug use became my top priority. Everything else was of secondary importance. Negative thoughts became more abundant, while lies and excuses became normal. This of course resulted in poor choices and risky and rebellious behaviour. Using uppers made me feel bold and distorted my judgement. Using downers led to blackouts which got me into much trouble. I would be in utter disbelief if I heard what I had done. Clearly, my soul was wounded.



- Describe ways in which addiction changed your mind and thought patterns?
- How were your thoughts consumed by using and the next fix?
- Can you recall any episodes where your mind lied to you? (Paranoia)

The one thing I loved more than anything else and that includes my family, my friends and my job, was my drug of choice. I would often choose drugs above anything else. The brokenness life has caused me has changed my outlook on life. Emotional abuse, physical abuse, sexual abuse, trauma and all the other tragic events in life made life and my future feel pretty hopeless.



- What emotions or painful situations would you choose to avoid, preferring to medicate them instead?
- Are there any hurts, offenses, or losses that you think may have played a role in drug addiction?

One consequence of drug use that has affected my body is the need to be on permanent medication to prevent grand mal seizures (fitting). This was caused by the frequent use of cocaine, which damaged the frontal lobe area of my brain. Drug use also destroyed my mental health, and I had to be admitted to psychiatric care frequently.

I damaged my body on a few occasions. I accidentally set myself alight when chasing heroin. I swallowed hot flaming gauze. It burned my voice box which had to be operated on. This left me without a voice for approximately 2 months. My voice box could have been damaged permanently. I also often put myself in dangerous situations to pick up drugs. I was held at gunpoint and also had a knife held against my throat. I was involved in vehicle accidents while under the influence of drugs. I got myself into physical fights. In moments of desperation, I tried to commit suicide.



- How did addiction affect you physically?
- Do you think that you can take better care of your body?
- Were there times you placed yourself in danger?
- Were there times when you accidentally or purposely harmed yourself?
- What do you think God meant to create you for?
- Do you think you have any responsibility to take care of your body, soul and mind?



Romans 12: 1-2 *"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God- this is your spiritual act of worship. Do not conform any longer to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-his good, pleasing and perfect will."*

These verses show how body, soul and spirit all play a role in living our lives and how the one will influence and affect the other. To live a full, meaningful and purposeful life must involve body, soul and spirit. These verses are "in view of God's mercy". They are to be our response to what Jesus did on the cross in paying the price for my salvation.

- How do I go about a "**spiritual** act of worship"?

Answer: "present your **bodies**...holy and pleasing." I.e. make good, wholeness choices with what you do with your body. This is worship.

- How do we know and test and figure out God's will for our lives?

Answer: "do not conform any longer to the **patterns of this world**" A pattern is something that repeats itself. This could be behaviour patterns, bad habits, thought patterns, patterns of dealing with unresolved pain, fear and hurt

"be transformed (the word metamorphosis) by **renewing your mind**"

- How do we change our patterns/behaviours?

Answer: by renewing our **minds**

- Do you want to know and walk in God's good, pleasing and perfect will?
- If your answer is yes then you are deciding to CHOOSE LIFE.



CHOOSE LIFE, "abundant living" (as described in John 10:10), living a life of worship is about taking care of and nurturing your body, soul and spirit.

- Why do you think God created you?
- What is your life purpose?
- What do you need to do to take better care of your spirit?
- In what ways should you take better care of your body?
- In what ways should you take better care of your emotions, attitudes and emotions?
- What changes do you need to make to your thought patterns?