**How is Your Soul #5**

**July 10th, 2022**

1 Thessalonians 5 NLT

***23Now 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]](#footnote-1)***

3 John 2 NASB

***Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.[[2]](#footnote-2)***

-The word there for prosper means “to succeed on the journey”.

-You cannot succeed on the journey and leave your soul behind.

-A successful journey in life is to be made whole and to prosper-spiritually, physically and in the inner man.

Mark 8:36  
***And what do you benefit if you gain the whole world but lose your own soul?***

-We are going to spend an extended time this summer talking about the man on the inside.

-Mental and emotional health are vital, especially in the times we live.

-Jesus said in the last days men’s hearts would fail them for fear when they see what is going on around them.

-A life with an unhealthy soul is not a joyful life.

**“IT’S IMPOSSIBLE TO BE SPIRITUALLY MATURE WHILE REMAINING EMOTIONALLY IMMATURE.”** (Scazzero)

**SHAME OFF OF YOU**

-We have all had someone try to make us feel guilty, rightfully or wrongfully by saying:

**You should be ashamed.**

**Shame on you.**

**Shame**

1. **A painful emotion caused by the awareness of having done something wrong or foolish.**
2. **A pervasive, negative emotional state, usually originating in childhood, marked by chronic self-reproach and a sense of personal failure.**

**Ashamed**

**Feeling inferior, inadequate, or embarrassed.**

Genesis 3 NLT

***6The woman was convinced. She saw that the tree was beautiful and its fruit looked delicious, and she wanted the wisdom it would give her. So she took some of the fruit and ate it. Then she gave some to her husband, who was with her, and he ate it, too. 7At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.***

***8When the cool evening breezes were blowing, the man[[3]](#footnote-3)\* and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. 9Then the Lord God called to the man, “Where are you?”***

***10He replied, “I heard you walking in the garden, so I hid. I was afraid because I was naked.”***

***11“Who told you that you were naked?” the Lord God asked. “Have you eaten from the tree whose fruit I commanded you not to eat?”***

***12The man replied, “It was the woman you gave me who gave me the fruit, and I ate it.”***

***13Then the Lord God asked the woman, “What have you done?”***

***“The serpent deceived me,” she replied. “That’s why I ate it.”***

-Wasn’t me!

-They suddenly felt shame.

-They specifically felt shame at their nakedness. They were exposed.

-What was the sequence of their fall?

* Eyes were opened to the truth
* Felt shame
* Realized they were naked
* Used fig leaves to try to cover themselves

**I believe that through partaking of the knowledge of good and evil, that which was once good became shattered and began to be viewed as shameful.  In the Garden of Eden I do not believe there was such a concept as the separation of body, soul, and spirit. Man, just like God, was one.  Moreover, there was no division of the human spirit and soul.  Mankind dwelt in perfect union with God and there was never any conflict between his soul and spirit.  Our bodies simply were an instrument through which our spirit/soul interacted with this present creation.  Whatever our spirit/soul did in union with God was pure and holy.**

**Unfortunately, when we sinned by disobeying God’s commandment, our souls became at odds with our spirits and thus our flesh obeyed not God but our own earthy desires.  There is conflict between our spirit and soul to this very day.  We are constantly torn between heavenly desires and earthly lusts.  This is the root of all conflict and every war we see in this creation grows out of this struggle.  There will never be peace on earth until there is peace between the spirit of man and his soul.  Until we come back into oneness with God and ourselves this world will never be at rest.**

**Body, soul, and spirit**

**Eve’s very act of reaching for the forbidden fruit broke that perfect unity of spirit and flesh.  What was in fact created good, Eve used to do something evil. Eve’s soul commanded her body to do something sinful causing her to view her own flesh as shameful. Likewise, when Adam also ate the forbidden fruit, he too became ashamed of his body.  This, in turn, resulted in Adam’s and Eve’s desire to hide their physical bodies behind aprons made of fig leaves.  We assume that Adam and Eve hid just their reproductive organs but the Bible does not say that. The act of using their flesh inappropriately is the root of mankind’s shame.  It is only as we again come back into unity with His Holy Spirit that the shame begins to lift.**

**In a more narrow sense, the root of sexual shame is the inappropriate use of our bodies.  When people act out in inappropriate ways, even though it “feels good”,  they are ashamed of using their flesh contrary to the way in which God intended. This is why sexual sin is so closely associated with drugs and alcohol.  Such substances make it easier to numb our consciousness so that we can use our bodies in ways we otherwise instinctively know are not proper.**

-Sin causes a break in the unity of spirit, soul, and body that only Jesus can give us back.

-How do we live honestly and transparently before God without shame?

1. **Come to grips with the problem.**

-Truth is the beginning of redemption.

John 8 NLT

***32And you will know the truth, and the truth will set you free.” [[4]](#footnote-4)***

-Sin and the culture shame us but God goes right for the root.

-We, like Adam and Eve, have a sin problem.

-It has affected our lives deeply.

-Romans 8 says even the creation itself fell into DEATH AND DECAY.

-Inferiority complex is defined as a CARNAL PREOCCUPATION WITH SELF.

-How much does the Bible talk about honesty and transparency?

1 John 1 NLT

***8If we claim we have no sin, we are only fooling ourselves and not living in the truth. 9But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. 10If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.***

-Remember David’s condition when he wouldn’t come clean.

Psalm 51 NLT

***3For I recognize my rebellion;***

***it haunts me day and night.***

***4Against you, and you alone, have I sinned;***

***I have done what is evil in your sight.***

***You will be proved right in what you say,***

***and your judgment against me is just.[[5]](#footnote-5)\* [[6]](#footnote-6)***

Psalm 32 NLT

***2Yes, what joy for those***

***whose record the Lord has cleared of guilt,[[7]](#footnote-7)\****

***whose lives are lived in complete honesty!***

***3When I refused to confess my sin,***

***my body wasted away,***

***and I groaned all day long.***

***4Day and night your hand of discipline was heavy on me.***

***My strength evaporated like water in the summer heat.***

***5Finally, I confessed all my sins to you***

***and stopped trying to hide my guilt.***

***I said to myself, “I will confess my rebellion to the Lord.”***

***And you forgave me! All my guilt is gone. [[8]](#footnote-8)***

-Adam and Eve didn’t come clean with God….they blamed others.

**SO, THE FIRST STEP IS TO WALK IN TRUTH.**

**THEIR EYES WERE OPENED.**

**THE FIRST STEP TO REDEMPTION IS THE TRUTH.**

1. **The second part of this is realize that shame comes from guilt.**

-Because of my nakedness, I have guilt and shame.

-Truth gives you a reality check.

-Someone said you don’t have an inferiority complex; you are simply inferior. That sounds like a put-down, but it isn’t.

-For instance, in America the educational scores ae pretty low but the self-esteem scores are great.

THAT MEANS: WE AREN’T DOING GREAT BUT WE FEEL WONDERFUL ABOUT IT.

-That is not walking in the truth.

-All of the cheerleaders in the world can’t keep you from losing the game.

-There is a different between condemnation and conviction.

-Conviction draws you to the Lord but condemnation condemns you and pushed you away from God.

-Conviction tells you the truth.

-God tells us the truth so we can be changed and transformed by him. The culture hides truth so we can just live with it and feel better temporarily.

-God came calling to Adam and Eve.

-Their guilt made them run away.

-They were ashamed.

-They knew they were naked now.

-We have a choice about what we will do with the truth.

-The fear of the Lord is the beginning of wisdom.

-The fear of the Lord is healthy.

Psalm 19 NLT

**7The instructions of the Lord are perfect,**

**reviving the soul.**

**The decrees of the Lord are trustworthy,**

**making wise the simple.**

**8The commandments of the Lord are right,**

**bringing joy to the heart.**

**The commands of the Lord are clear,**

**giving insight for living.**

**9Reverence for the Lord is pure,**

**lasting forever.**

**The laws of the Lord are true;**

**each one is fair.**

**10They are more desirable than gold,**

**even the finest gold.**

**They are sweeter than honey,**

**even honey dripping from the comb.**

**11They are a warning to your servant,**

**a great reward for those who obey them.**

**12How can I know all the sins lurking in my heart?**

**Cleanse me from these hidden faults.**

**13Keep your servant from deliberate sins!**

**Don’t let them control me.**

**Then I will be free of guilt**

**and innocent of great sin.**

**14May the words of my mouth**

**and the meditation of my heart**

**be pleasing to you,**

**O Lord, my rock and my redeemer. [[9]](#footnote-9)**

-This is honor and respect.

-God is reaching through my sin.

2 Corinthians 7 NLT

***I am not sorry that I sent that severe letter to you, though I was sorry at first, for I know it was painful to you for a little while. 9Now I am glad I sent it, not because it hurt you, but because the pain caused you to repent and change your ways. It was the kind of sorrow God wants his people to have, so you were not harmed by us in any way. 10For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There’s no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death. [[10]](#footnote-10)***

-The answer to the truth about you is REPENT-CHANGE YOUR HEART, MIND, AND ACTIONS.

-Come back to God.

-This next one is the big one.

1. **Come out come out wherever you are.**

-Do you hide behind fig leaves, or do you come out of hiding?

-The truth is, we really can’t hide but we try.

-We grab some fig leaves in the form of:

* **Possessions**
* **Looks**
* **Drugs/alcohol**
* **Projecting a false image to others in life or on social media**
* **Whatever**

-What are your fig leaves?

-What happens if you drop them?

-Accepting yourself is such a huge win for your life.

-God wants us to walk in the truth.

-People are trying desperately to hide behind the plastic surgery of a fake life.

-Get ok with you.

-Acknowledge the BEFORE and AFTER of redemption.

-Identify your fig leaves.

-Be yourself (everyone else is taken).

-Live and walk in the truth from the inside out.

-We just went through a season where everyone wore a mask.

-Many people were wearing masks before covid.

-Those masks were designed to hide who we really were.

-In the Greek theatre the actors and actresses wore masks to reveal an emotion….maybe joy or maybe sadness.

-The actor was called a hypocrite.

A number of different things might pop to mind when we hear the word [hypocrite](https://www.merriam-webster.com/dictionary/hypocrite). Maybe it’s a politician caught in a scandal; maybe it’s a religious leader doing something counter to their creed; maybe it’s a scheming and conniving character featured in soap operas. But it’s likely that the one thing that doesn’t come to mind is the theater.

A theatrical mask from the 1st century B.C.E. 'Hypocrite' comes from the Greek word 'hypokrites', which means "an actor."

The word hypocrite ultimately came into English from the Greek word hypokrites, which means “an actor” or “a stage player.” The Greek word itself is a compound noun: it’s made up of two Greek words that literally translate as “an interpreter from underneath.” That bizarre compound makes more sense when you know that the actors in ancient Greek theater wore large masks to mark which character they were playing, and so they interpreted the story from underneath their masks.

The Greek word took on an extended meaning to refer to any person who was wearing a figurative mask and pretending to be someone or something they were not. This sense was taken into medieval French and then into English, where it showed up with its earlier spelling, ypocrite, in 13th-century religious texts to refer to someone who pretends to be morally good or pious in order to deceive others. (Hypocrite gained its initial h- by the 16th century.)

It took a surprisingly long time for hypocrite to gain its more general meaning that we use today: “a person who acts in contradiction to his or her stated beliefs or feelings.” Our first citations for this use are from the early 1700s, nearly 500 years after hypocrite first stepped onto English’s stage.

**TAKE OFF YOUR MASK.**

1. **Put on your new clothes. Think and act differently.**

-God knows all about you and loves you anyway.

-Adam and Eve, like us, tried to cover over their sin instead of giving it to God.

-Only God has the cure for sin.

-Everything else is make-up to hide it.

-God had a plan, even for the worst day of humanity’s life.

Colossians 3 NLT

12Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. 13Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. 14Above all, clothe yourselves with love, which binds us all together in perfect harmony. 15And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. [[11]](#footnote-11)

-God has an answer for the truth about you, no matter how bad it seems.

-It is like having a toothache but being afraid to go to the dentist.

-You can be fixed and healed but it starts with the pain of the problem.

PICK UP A LIFE REVIEW OR GET ONE FROM RORY AND BLOCK OUT HALF A DAY TO CONFRONT THE TRUTH.

DON’T STOP THERE BUT GET FORGIVENESS AND DELIVERANCE.

-When you study revivals like in Wales or under Jonathan Edwards or Wesley you see a conviction of sin.

-Revivals were the result of an amazing fear of the Lord and a realization that Jesus was the only cure.

-In Asbury when that revival hit the evening news the students were confessing their sin and hypocrisy.

-We can get more people with a happy message and a teaching on how to live your best life now or:

WE CAN TELL YOU THAT THERE IS SOMETHING IN YOUR TEETH AND YOU NEED TO CONFRONT IT.

-Adam and Eve were ashamed but God was sending a legitimate answer to that…..HE CAME….JESUS.

1. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.1Th5.23&off=23&ctx=l%E2%80%99s+Final+Greetings%0a~23%C2%A0Now+may+%E2%80%A2the+God+). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-1)
2. [*New American Standard Bible: 1995 Update*](https://ref.ly/logosres/nasb95?ref=BibleNASB95.3Jn2&off=0&ctx=+I+c%EF%BB%BFlove+in+truth.%0a~+2+%EF%BB%BFBeloved%2c+I+pray+). La Habra, CA: The Lockman Foundation, 1995. Print. [↑](#footnote-ref-2)
3. \* **3:8** Or *Adam*, and so throughout the chapter. [↑](#footnote-ref-3)
4. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Jn8.32&off=0&ctx=+to+%E2%80%A2my+teachings%E2%80%A2.+~32%C2%A0And+you+will+know). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-4)
5. \* **51:4** Greek version reads *and you will win your case in court*. Compare Rom 3:4. [↑](#footnote-ref-5)
6. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ps51.3&off=0&ctx=fy+me+from+my+sin.+%0a~3%C2%A0For+I+recognize+my). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-6)
7. \* **32:2** Greek version reads *of sin*. Compare Rom 4:7. [↑](#footnote-ref-7)
8. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ps32.2&off=0&ctx=+put+out+of+sight!+%0a~2%C2%A0Yes%2c+what+joy+for+). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-8)
9. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ps19.7&off=0&ctx=ide+from+its+heat.+%0a~7%C2%A0The+instructions+o). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-9)
10. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.2Co7.8&off=2&ctx=filled+with+joy!+%0a8%C2%A0~I+am+not+sorry+that+). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-10)
11. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Col3.12&off=0&ctx=ives+in+all+of+us.+%0a~12%C2%A0Since+%E2%80%A2God+chose+). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-11)