

SPIRIT, MIND, and BODY

I Am a Spirit, I Have a Mind, and I Live in a Body

April 12, 2026 - Week One

I am a
SPIRIT

I have a
MIND

I live in a
BODY

>> You are not a body.

Ecclesiastes 12:7

and the dust returns to the ground it came from, and the spirit returns to God who gave it.

>> You are not your mind or your thinking.

Colossians 3:1-2

1 Since, then, **you have been raised with Christ**, set your hearts on things above, where Christ is, seated at the right hand of God. 2 **Set your minds** on things above, not on earthly things.

>> Understanding who you are is important because how you see yourself determines the course of your life.

>> So many of us have a different view of our identity than the Bible does and it is affecting our lives.

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a **new creation**; the old has passed away, and see, the new has come!

>> Shame attacks who you are.

>> Conviction addresses what you did.

>> Shame says, "This is who you are."

>> Conviction says, "That's not who you are."

Proverbs 24:16

for though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes.

>> Far too many of us have an outward in mentality instead of an inward out mentality.

1. You are defined by what God has done to your spirit, not by your thinking (mind) or your actions (body).

2. When my thinking or actions are off, it's not that I am bad, but that my mind and body are out of alignment with who I really am.

3. I can experience transformation because my spirit has been made new.

4. When I fail, I respond to God's conviction and bring my mind and body back into alignment with my spirit instead of letting my failure redefine me.