



Day One: #1 You are Spirit, Soul & Body (4)

Within us lies a King, a Servant and a Slave. The King is the one who rules. The servant is the one who chooses to follow the orders of the King. And the slave is the one who has no choice and simply has to do what it's told. Who will be King and rule in our lives? Our spirit, our soul or our body? We are the ones who choose.

God intends that our spirit be connected in oneness with Him, and that the life flow that comes from His Spirit into ours, flows uninhibited through our soul and body, to impact the world around us. Of course, that's His intention, but what is our intention? We have a spirit, a soul and a body but only one can wear the crown of King in our lives.

Spirit

If our spirit is King, we abide with Holy Spirit in the secret place of our heart. We receive our instructions from Him, He conceives the seeds of all that He wants us to do in our life, and we are fully submitted to Him – we do not confer with flesh and blood to make our decisions. The soul honours the spirit as King (ruler) and chooses to line up with what the Spirit of God within us is saying. That means in our soul, we bring our mind, will and emotions under the Lordship of Jesus. Our body then becomes simply a slave... it is nothing more than a follower of whatever our will (part of our soul) decides. It will do what it is told to do.

Do we realise that we can tell our soul and our body what to do? King David did it regularly. He told his soul to bless the Lord, when He didn't feel like blessing and praising Him (Psalm 103). He told his soul to be calmed and quieted within him when it he was fretting (Psalm 131). And there are countless other instances of his calling His soul into line.

We carry the Kingdom of God within us (Luke 17:21). We have been given the very Spirit of Christ Jesus living within us, which is full of limitless power. Jesus – who opened the eyes of the blind and raised the dead - told us that we'd do even greater things than Him (John 14:12). We can certainly allow our spirit to be King in our lives, and bring our soul and body into alignment with whatever the Spirit of God within us says!



The beauty of the life led by the spirit is the continued abiding in the Presence of God – an ongoing awareness and knowledge of His life within us. We never have to be apart from Him when our spirit wears the crown in our life. We never have to be alone, or be left wondering what to do in the situations of our life. We also never have to be bound by any limitations in this earth realm. We are free to be limitless in Him. Praise Jesus!

Soak Time

Does my spirit wear the crown in my life? Do I live my life abiding in His life?



Day Two: #1 You are Spirit, Soul & Body (5)

Soul

Of course, sometimes we don't even realise that our soul is wearing the crown in our lives! When our soul is wearing the crown of King in our lives, we are being led by our mind, will and/or emotions.

If we are led by our *minds*, our eyes are more on the natural realm than they are the spiritual – we look with our natural eyes instead of our spiritual eyes, and take what we see with our natural eyes as our reality. Yet the truth of our lives is God's vision and promises. God speaks those things which be not as though they are (Rom 4:17) – UNTIL they ARE in the natural – and He desires for His children to do the same.

If we are led by our soul, we will tend to intellectualise everything and believe that we have to understand and analyse everything clearly before we can believe it. We'll attempt to grasp things with our natural minds that can only be received by the grace of the Spirit of God within us. And when He whispers to our hearts to do something, we'll rationalise it and not do it or do it differently to how He's said because we don't think it's logical. Sometimes we can miss His leading in a nanosecond because our minds immediately justify something else – and we may not have even realised we've done it!

I can't tell you how many instances I've had where the voice of Holy Spirit has told me to do something and I've instantly justified it with my logic and not done what He has said... and the results have never been good. In fact, it's usually after the poor results arise that I would go back and ask Him about why it happened and He'd remind me of the moment in time in which my logic stole His gifts of protection, provision or peace from me. Like the time when I was helping to pack my groceries in the bag at the checkout and I felt not to put the huge bottle of olive oil in the same bag as the tin of food, but in the same moment I justified that it wasn't too heavy and it would be fine. No surprises that when I was getting the groceries out of the car, the bottle of olive oil broke through the bag, smashed on the cement floor and ruined my leather shoes. Or I could think of last week when I was working on updating family photos and videos and was prompted by Holy Spirit a number of times to back them up to my external hard drive. I was busy, didn't get to it and



justified to myself that I'd get it all backed up and finished first thing the next morning – only to find that overnight my hard drive died.

We probably all can remember instances in our lives like this and the fact of each of those moments is that we gave our crown over from our spirit to our soul, usually in a split second. Has Holy Spirit ever asked you to pray for someone to be healed and you immediately justified a reason why you weren't qualified to do it and disobeyed Him? Regrettably, I have done this. On the other hand, has He ever told you to speak to someone about Jesus, and you didn't allow the justifications of your mind to stop you and it bore great fruit? Thankfully, I allowed my spirit to be King when God told me to speak to my grandmother about Jesus the night before she underwent heart valve replacement surgery. I was scared and my mind came up with many excuses, but I did it. She died not many days after, but I know she accepted Jesus. Letting the Spirit rule is always the best outcome.

If we live led by our mind, we'll also tend to externalise everything. Instead of living from the heart, we'll live by rules and regulations, convincing ourselves that as long as we DO everything right, we'll BE right. That's a life of bondage!

It's interesting that Holy Spirit has brought the gift of tongues to us. The most incredible facet of tongues, outside of the intimacy we can experience with our God, is that it is designed to totally bypass our intellect so that we can communicate with God in our hearts. God knew that our intellect would try to steal the crown from our spirits and so He provided a solution that would teach us to listen directly to our hearts and lay our minds down.

God doesn't want us to have an identity in anything other than Him. If we are ruled by our minds, we will find that we have an identity in our knowledge, and we will defer to this and find strength in it. The truth is that knowledge without the power and wisdom of the Holy Spirit to understand and walk in it, is absolutely useless and all it does it cause us to be puffed up in pride (1 Cor 8:1).

God never intended for our minds to reign as King in our lives. But the good news is that we can de-throne our minds any time we choose to.



Soak Time

Has my mind been taking the crown of King from my spirit?

Are there instances in my life when I allowed my intellect to justify my not following a prompting from my spirit? What were the results?

Are there instances in my life when I did NOT allow my intellect to justify my not following a prompting from my spirit and instead I carried it out? What happened?



Day Three: #1 You are Spirit, Soul & Body (6)

If we are led by our *emotions*, we'll justify that we can't walk in love because of how someone else has made us feel. We'll lay down our hope and every promise God has spoken to us because we feel depressed. We'll allow a myriad of emotions to lead us places the Spirit of God is not leading us, and by doing so, we'll separate ourselves from His abiding Presence.

Our emotions seem powerful because they are often so strong and appear so real, but they can often just be a lie, used against us to convince us that what God has spoken is not true.

It's amazing that when we feel an emotion, there is always a moment in which we can decide whether we are going to submit to the Spirit of God within us, or if we're going to submit to the emotion. Often the intensity of the emotion is so strong that we don't believe we have any other option. Yet we do.

We can choose, in that deciding moment, to say, *"No, I refuse hopelessness in Jesus name. I declare that I'm bubbling over with hope and every promise God has ever spoken to me is coming to fruition in Jesus name."* Or, *"No, I refuse offense in Jesus name. I choose to forgive and walk in love."* In other words, following the Biblical mandate to put off the old man (or in other words, the lie) and put on the new man (which is the truth) in the name of Jesus.

Ephesians 4:22 – 24 (NLT) throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God – truly righteous and holy. (See also Col 3:9 – 10)

It's amazing how if we can just make the choice and declare it by getting the words out of our mouth, emotions can often quickly come into line. It's not always easy (actually it seldom is), but it is possible. If we feel emotions and we can't reign them in, our soul is wearing the crown.

When emotions are King in our lives, we bow to them every time they scream. And before too long, we not only find ourselves experiencing the emotion (and more and more frequently), but we also start to see ourselves as DEFINED by the emotion. If we see part of our identity as 'Depressed', 'Angry', 'Frustrated' etc..., we know that emotions have taken over rulership of our lives. This was certainly the case for me some time ago, after a number of years of suffering



with depression and not knowing the truths that I know now about how to ‘escape’ it. I saw myself as depressed – it had completely become my identity. Yet Jesus had delivered me from depression and had given me His joy, but because my emotions were ruling me, I couldn’t walk in it.

If Jesus was not defined by an emotion, then we – who carry His Spirit within us – are certainly not defined by it. Often when we experience negative emotions, we justify this by saying ‘It’s just who I am’, or ‘I just have a bad temper’. But it’s not true. Your true identity – Christ in you – doesn’t have a bad temper. When we see ourselves as trapped by our emotions, we have to know that we are not helpless. All that’s happening is our flesh is taking over from our spirit, but there’s power in our spirit man to rise up and say “*No more!*” After all, we are the King’s kids!

It can be difficult to walk out. If we can’t feel emotions and immediately reign them in or send them away, we need to acknowledge that our emotions are ruling us and ask Holy Spirit for His strategy on how to break this cycle that is inevitably taking us away from the life Christ died for us to live.

Soak Time

Have I allowed myself to be defined by my emotions? If so, which ones?



Day Four: #1 You are Spirit, Soul & Body (7)

If your *will* is King, you will find it very difficult to submit to the leading of Holy Spirit in your life. He will direct you to do something, but you will find yourself wanting to do something else more.

This is an issue of Lordship or submission – are we completely submitted to the Lordship of Jesus over our lives? Are WE living our lives or are we allowing Christ to live through us (Gal 2:20)?

If we find it difficult to trust God's will, we may be struggling with a foundation that essentially has never truly and individually received the endless love of God for us, or we may not know the true nature of God. After all, if we think God is a legalistic and angry God, watching from heaven and waiting for us to fail so that He can judge us, we're going to have a very hard time trusting that His will for us is good and therefore submitting to it above how we feel, think or desire. Yet if we know that God is endlessly loving, adores and accepts us as we are, sees us not after our flesh but after the spirit in the righteousness of Christ Jesus, and that His wrath was ended at the cross and there is now absolute peace between God and man, we'll have no difficulty submitting our will to His. We'll know that He spoke the truth when He said:

Jeremiah 29:11 (NKJV) *For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.*

If you feel that you cannot trust fully in the unreserved goodness and love of the Lord towards you today and can't yet fully submit your will to Him, you'll find these resources very helpful to you in re-establishing your foundations in the truth of God's love and grace:

- Chosen, Wanted & Loved. One Heart devotional (1st retreat), available to download for free in PDF at www.oneheart.net.au under 'Resources'.
- *Discover True Love*. Book by Arthur Meintjes. Available at www.kingdomlifeministry.com
- Resources by Andrew Wommack in book, CD or DVD. Available at www.awmaust.net.au
Especially *The True Nature of God* and *The War is Over*.

And sometimes, we know God is good but we may take advantage of His goodness by following our desires to places He doesn't want us to go, even



justifying to ourselves that He will forgive us after we go there. It is our own desires that are luring us away from Christ and the only way that it is possible for us to do that, is for us to believe in our hearts that the desire we seek to be fulfilled is better than what Christ offers us. The only person who could possibly think that is one who has never experienced the Presence of God! No desire fulfilled even comes close to the joy that is found in Him! We must also know that we don't 'give up' anything to come into His Kingdom. We GET EVERYTHING! What a lie from the pit of hell that we are being short-changed when we submit to the Lordship of Jesus Christ!

We may also find ourselves impatient and not trusting God to come through for us – feeling a sense of lack in our lives and thinking that somehow we need to fulfil that lack by our own means. The only way around this is to become established in our hearts of His love and His faithfulness towards us. Even when circumstances look contrary to what He has promised, we can make a choice and simply say: **I'm just going to believe Him!**

If we'll choose Jesus at every turn, and if we'll delight in His love and sacrifice for us, we'll soon find it a joy to submit ourselves completely to Him and align our will with His. Then our will can never wear the crown again, and it will be given back to its rightful owner – our spirit.

Soak Time

Am I fully submitted to the Lordship of Jesus in my life? Is His will my will?

If not, how has Holy Spirit shown me that I have not submitted and why? What strategy is He sharing with me for how to restore this foundation in my life?



Day Five: #1 You are Spirit, Soul & Body (8)

Body

And then there's our body. It has been designed by God to be a follower, but sometimes it just wants to be the leader.

When our *body* is King, it dictates to us what it will and won't do. It tells us what it wants and when it wants it. Is it any wonder that God told His people to fast! The purpose of fasting is never to force anything from God. He's already given us all things through Christ Jesus. The purpose of fasting is to exercise our will to make the spirit King, and train ourselves to obey the leading of the Spirit and ignore the demands of the flesh, so that we will know how to live life with our reality being the spiritual realm and not the natural realm.

The body likes to make itself King. Think about it - when you take food away, the flesh will most certainly scream! When the body has to deny itself something it desires in order to fulfil the will of the Lord, it will cry like a weaned child. When the flesh doesn't get its way, it's basically a spoilt brat!

Unfortunately, despite the fact that within us lies the gift of self control, many times our bodies are the ones leading us in what to do, when to do it, where to go, what to eat and how much of it to eat (and when we notice that our jeans are getting a bit tight, we know that we were listening to our bodies, and not to the spirit of God within us who was saying 'that's enough', or 'I have created things for you to eat that will nurture you – choose them'). If we allow our bodies to lead us, we'll find ourselves in a myriad of places that we wish we'd never gone, and our lives will be dictated to us by the flesh.

There's only one solution to all of this – we must be led by the spirit:

Galatians 5:16 (AMP) *I say then: Walk in the Spirit, and you shall not fulfil the lust of the flesh.*

Let the Spirit be King

So who is going to wear the crown in your life? If you've been living with your spirit or your body at the helm, how is it now possible for your spirit to be King?

There is only one way for your spirit to be King. You must choose.



Joshua 24:15 (AMP) ...choose for yourselves this day whom you will serve...

1 Kings 18:21 (AMP) How long will you halt and limp between two opinions? If the Lord is God, follow Him!

Deuteronomy 30:19 (AMP) ...I have set before you life and death, the blessings and the curses; therefore choose life, that you and your descendants may live.

The life is in His Spirit within us. We cannot be forced into any outcome by our flesh, or by our sin. As we're about to discover next week (in the 2nd way your identity was changed because of the finished work of the cross), we are completely dead to sin. You were crucified with Christ.

We cannot be forced by our soul – Jesus has paid the price for us to be free, even from our own emotions, intellect and will.

Galatians 5:1 (TPT) Let me be clear, the Anointed One has set us free. Not partially, but completely and wonderfully free! We must always cherish this truth and stubbornly refuse to go back into the bondage of our past.

It's time to get the crown back, and get out of bondage! Place it back on the head of your spirit if it's been misplaced, and watch the power of the life of Christ flow through you to change your life and the world around you!

Soak Time

What is Holy Spirit speaking to me through this message?
