



# Pastor Paul Rech

## CREATED BY GOD IN THIS WAY

If we turn our eyes to the manual of life — the Bible — we will understand many things and live a life of inner peace.

In a world increasingly plunged into chaos, anxiety, and depression, we must seek the source of life — or better yet, the source of eternal life for which we were created...

When God created the human being, He made matter (body), gave him a spirit, and this creation became a **living soul**.

What happens when one of these parts is not in harmony with the purpose for which it was created?

The Bible gives us a deep and rich understanding of the constitution of the human being, composed of **body, soul, and spirit** — a **trichotomy**. These three aspects form the totality of the human being created by God, and each one has a specific function.

### 1. Body – The physical and sensory dimension

The body is the material, visible, and tangible part of the human being. It is through the body that we relate to the physical world. It allows us to interact with creation, with other people, and even to express emotions.

#### Functions of the body:

- To dwell in the material world.
- To perform actions (work, communication, service).
- To be the temple of the Holy Spirit (1 Corinthians 6:19–20).
- To manifest the glory of God (Romans 12:1 – “...offer your bodies as a living sacrifice...”)

**Key verse:** “For dust you are and to dust you will return.” (Genesis 3:19)

This shows its temporary nature, but also its importance in God’s plan.



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## 2. Soul – The seat of the mind, emotions, and will

The soul is the emotional and rational part of the human being. It is where feelings, thoughts, and will reside. It is the **self-awareness** and the center of one's personality.

### Functions of the soul:

- To feel (emotions: joy, sadness, fear, love).
- To think (reasoning, judgment, memory).
- To decide (will, choices, morality).
- To mediate between the body and the spirit.

**Key verse:** *“Bless the Lord, O my soul, and all that is within me, bless His holy name.”* (Psalm 103:1)

The soul can be strengthened or afflicted, saved or lost — that is why it needs to be restored and renewed by God (Psalm 23:3; Matthew 11:29).

## 3. Spirit – The spiritual and relational dimension with God

The spirit is the deepest part of the human being, created to connect with God. It is through the spirit that we receive **revelation, communion, and spiritual intuition**. It is through the spirit that humans worship and relate to the Creator.

### Functions of the spirit:

- Communion with God (John 4:24 – *“God is Spirit...”*).
- Spiritual intuition and discernment (Proverbs 20:27 – *“The spirit of man is the lamp of the Lord...”*).
- To receive eternal life and be regenerated by the Holy Spirit (John 3:6; Titus 3:5).

### Key verse:

*“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul, and body be kept blameless...”* (1 Thessalonians 5:23)



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## Symbolic Comparison

Part	Function	Related to...
Body	Physical world / action	Creation, people
Soul	Emotions, mind, and will	Self (identity)
Spirit	Communion with God	Spiritual realm

## DISHARMONY WITH GOD'S PLAN

When we are out of harmony with God's plan, it creates imbalances in all three dimensions of our being: body, soul, and spirit. The Bible shows us that **sin**, **disobedience**, and **disconnection from God** affect the whole person — with serious spiritual, emotional, and physical consequences.

Let's see how this disharmony affects each part:

### 1. Consequences on the Spirit – Separation and spiritual death

When the spirit is in disharmony:

- It **loses communion with God** (Ephesians 2:1 – “...*you were dead in your transgressions and sins...*”).
- Becomes **unable to spiritually discern** (1 Corinthians 2:14).
- Lacks **spiritual direction**, becoming vulnerable to deception, dead religion, and existential emptiness.

#### Effects:

- Lack of purpose and meaning in life.
- Idolatry or search for spiritual substitutes (mysticism, occultism, materialism).
- Rejection of the truth (Romans 1:21–23).

**Biblical example:** Adam and Eve — after sinning, they were spiritually separated from God (Genesis 3:8–24).



# Pastor Paul Rech

## 2. Consequences on the Soul – Emotional imbalance and inner confusion

When the soul is in disharmony:

- Emotions become unstable (Psalm 42:11 – “*Why are you cast down, O my soul?*”).
- The mind becomes confused and deceived.
- The will becomes vulnerable to carnal and destructive desires.

### Effects:

- Depression, anxiety, fear, guilt, bitterness, despair.
- Wrong decisions and self-sabotage.
- Inability to experience peace, even with external success.

**Biblical example:** Saul — although anointed, he turned away from God's will and fell into emotional and spiritual torment (1 Samuel 16:14).

## 3. Consequences on the Body – Illnesses, exhaustion, and addictions

When the body is in disharmony:

- It suffers the **consequences of sin** (Romans 6:23 – “...*the wages of sin is death...*”).
- Becomes vulnerable to **addictions, abuse, psychosomatic illnesses, and burnout**.
- Loses the sense of being the **temple of the Holy Spirit** (1 Corinthians 6:19–20).

### Effects:

- Constant fatigue, stress-related and poor nutrition-related illnesses.
- Addictions (alcohol, drugs, pornography, food, etc.).
- Social isolation and self-destruction.

**Biblical example:** The people of Israel in the desert — their bodies perished due to disobedience, despite witnessing miracles (Hebrews 3:17).



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## Summary of Consequences

Part	Disharmony generates...	Visible effects
Spirit	Separation from God, spiritual death	Emptiness, dead religion, idolatry, spiritual blindness
Soul	Emotional imbalance, mental confusion	Depression, anxiety, impulsive decisions, guilt
Body	Illness, exhaustion, slavery to addictions	Fatigue, addictions, physical pain, premature wear

## Conclusion: Healing comes from restoration in Christ

The good news is that **Christ came to restore the whole human being!**

- He **gives life to our spirit** (John 3:6; Ephesians 2:5).
- **Restores our soul** (Psalm 23:3; Matthew 11:29).
- And even **renews our body**, calling us to care for it as His temple (Romans 12:1–2).

## Final Conclusion

The human being was created in **three parts: body, soul, and spirit** — a triad that reflects the image of the Triune God. When any of these elements is out of order or disconnected from God, the person suffers imbalances. But when we are regenerated in Christ, the Holy Spirit **dwells in our spirit, renews our soul, and guides our body** to live in holiness.

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