



# HEALTH OF THE SOUL

DISCIPLESHIP LEVEL 1

LUZ A LAS NACIONES CHRISTIAN CHURCH



# VISION

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## THE INNER BATTLE

BASIC TEXT: galatians 5:17

**INTRODUCTION:** There exists a conflict set loose inside all those who have been born again and lasting as long as we are on earth. This is the fight between the FLESH AND THE SPIRIT, a battle from which we must emerge victorious.

### THE FLESH

#### Its Nature

The flesh is the weakest element of human nature. Matthew 26:41

The flesh longs to satisfy deceitful desires. Ephesians 4:22

The flesh may not please God. Romans 8:7

The fruit of the flesh is death. Romans 7:5, Galatians 5:19-21

We were so accustomed to the old way of life that we may even behave carnally in the eyes of the Lord. Philippians 3:3-7

### WALKING IN THE SPIRIT

The Lord Jesus Christ, before going to the cross, surrendered; by equal measure, we must decide to surrender our own will, without yielding to works of the flesh. The flesh yearns to be satisfied, but we must not consider it or continue feeding it. Only in this way shall we make it die.

The faithful must walk in the Spirit. Galatians 5:16

The faithful and the fruit of the Spirit. Galatians 5:22-23

The faithful must crucify the flesh with its passions. Galatians 5:24

The faithful must be clothed with the Lord Jesus Christ. Romans 13:11-14

The suppression of the flesh is not gained through an agreement. We have to obliterate it through the spirit. It is therefore our decision to live a life tethered and spent, or to live a free and abundant life.

### THE HOLY SPIRIT AND ITS POWER

Our Lord entrusted the Holy Spirit with helping us in our weakness (Romans 8:26) to suppress the desires of the flesh.

It shall be our submission to the Holy Spirit that gives us victory in this battle. (Romans 8:13)

### CONCLUSIONS

Walking in the flesh was a practice of the PAST way of life.

Every person of faith experiences a conflict inside (the confrontation between the spirit and the flesh).

Spiritual victory is found in submission to the Holy Spirit. Only in this way shall we not fulfill the desires of the flesh.

## THE HEALING OF THE SOUL

BELOVED, I PRAY THAT YOU MAY PROSPER IN ALL THINGS AND BE IN HEALTH, JUST AS YOUR SOUL PROSPERS. 3 JOHN 1:2

**Introduction:** All of us without exception have suffered some injury, pain or bad memories within our soul. We need an inner restoration, and Christ as divine physician offers health. (Luke 4:18)

The passage from 3 John shows us that physical and material well-being is related to that of the soul. The root of many evils is found within the soul, so they must be uprooted.

### CAUSES OF SICKNESS

#### CHILDHOOD MISTREATMENTS

There are those who were the object of mistreatments (insults, curses, blows, even physical abuse) causing injuries within the soul that are brought into adulthood, affecting their relationships with others. There are those who live in fear all their lives due to the words that they received in childhood declaring their inadequacy.

The example of Jephthah. Judges 11:1-7

#### Characteristics

He was an earnest man, but with a painful past.

He was the son of a Prostitute. (His cradle was already a misfortune.)

His family spurned and exiled him.

He joined together with idle, purposeless people.

Jephthah had a bitter and resentful heart.

Jephthah was healed upon being utilized by the Lord (Judge of Israel).

#### **A LIFE LED ASTRAY. Psalm 41:4**

In our past life, by not having the Lordship of Christ we were slaves to sin. (Ephesians 2:1-5)

We were spiritually dead because of sin.

We were children of disobedience.

Our lives were ruled by the desires of our flesh.

But God rescued us through his mercy and his love.

#### **HOW DO WE RECEIVE THE HEALTH OF THE SOUL?**

We must understand that the health of the soul is a process and is obtained by bringing ourselves closer in faith to our Lord Jesus Christ (Our Healer). Psalm 103:3

The Lord Jesus Christ offers us true rest. Matthew 11:28-29

The Lord created men in order to assist us in health. Ephesians 4:12

### THE HEALING POWER

The healing power for the injured soul comes from God. Let us remember that the anointing of the Holy Spirit makes the difference between good counsel and the supernal health from God that breaks all yokes. (Isaiah 10:27)

Confession and prayer may bring freedom to the sick and afflicted (James 5:13-16).

## THE FREEING OF THE SOUL

**INTRODUCTION:** The healing of the soul is a process of faith. Every person of faith must open his or her heart in order to be healed (from traumas, sad memories, fears, anguish). Now the work of the Holy Spirit is to free us from the works of our flesh. 2 Corinthians 3:17

### **A PLEASING LIFE Colossians 1:10**

Leading a life pleasing to God depends on us. Our faithfulness and saintliness are necessary.

We should please him in EVERYTHING (Personal life, family, work, etc.).

Our Lord Jesus Christ led a pleasing life. Mt. 12:18

### **OUR RESPONSIBILITY**

We are all responsible as people of faith before the Lord so that our souls may be healthy. A healthy soul represents Christian responsibility. The Israelites are a clear example.

### **THE ISRAELITES WERE RESPONSIBLE FOR FREEING AND BLESSING THEMSELVES Hebrews 3:7**

The Israelites hardened their hearts because they did not believe in the works and promises of the Lord to bring them to the promised land.

The Israelites' hearts were led astray. Heb. 3:10 (The bondage of their souls led them to live in the desert for 40 years.)

God had sworn that they would not enter his rest. Heb. 3:11 (Only youths aged 20 and below would enter.)

Let us care for our hearts so that we may not live in slavery. Heb. 3:12-15 (Let us not harden our hearts.)

### **THE HOLY SPIRIT AND ITS FREEING 2 Corinthians 3:16-18**

Our hearts must return to the Lord in order to be healed. 2 Cor. 3:16

We are the temple of the Holy Spirit, and it is he who shall minister to us so that we may be free. 2 Cor. 3:17

The Holy Spirit makes us free to be transformed into the image of our Lord Jesus Christ.

## LET US CLEANSE OURSELVES OF ALL FILTHINESS

SCRIPTURAL BASIS: 2 Corinthians 7:1

**Introduction:** The Apostle Paul wrote this letter to the church of God that was in Corinth. This shows us that the Christian may be poisoned, but in his mercy the Lord has left us the medicine.

### WHAT DOES "FILTHINESS" MEAN? Proverbs 30:12

The Old Testament compared filthiness to animals that were called "impure" and to diseases such as leprosy. All human beings who contracted it would have their disease made known by being called "impure" (animals, things, diseases and attitudes that offended God).

### DEMONS WEIGH US DOWN TOWARDS FILTHINESS

In the New Testament, it was compared not only to things but also to "demon" spirits, which were also called "filthy." These influence the person of faith to live in filthiness. (Matthew 12:43-45, Peter in Mt. 16:23, James and John in Luke 9:51-56)

### LET US CLEANSE OURSELVES OF ALL FILTHINESS Mark 7:14-23

The Lord Jesus Christ explains to us that filthiness (evil thoughts, evil desires, resentment, envy, pride, wrath, anger, evil words) is found within the heart of man.

It is not through eating something that we poison our hearts.

From our hearts arises filthiness.

### PERFECTED IN HEALTH. Isaiah 1:16

Cleansing ourselves of all poison is part of the consecration that it falls upon us to perform: separating ourselves for God, so that the Lord Jesus Christ may perform the sanctification.

God wants us to hate evil. Proverbs 8:13

We must deny ourselves. John 3:30

We must submit to his will. 1 Thessalonians 4:3-7

Daniel, for example, resolved in his heart not to become poisoned in Babylon. It has to do with surrendering, about touching upon sin no longer.

### THE CLEANSING OF THE HOLY SPIRIT John 15:2

This happens through the renewal of our understanding and submission to the ministration of the Holy Spirit.

The Blood of Christ. 1 John 1:7-9

Through the true word. Psalm 119:9-11, Ezekiel 36:25, John 17:17 (The ministration brings us understanding; the truth of its word makes us free.) John 8:32

Through the power of God. 2 Corinthians 12:9

Through a life of worship. Psalm 63:1-9



## THE PROMISE OF GOD

Matthew 5:8: "Blessed are the pure in heart, for they will see God."

**Conclusion: 2 Timothy 2:21** "Those who cleanse themselves from the latter will be instruments for special purposes, made holy, useful to the Master and prepared to do any good work."

## THE CIRCUMCISION OF THE HEART

**INTRODUCTION:** Genesis 17:10-13 An uncircumcised **heart** is one that is closed off to God, one that has not committed its loyalty to the Lord. After removing whatever distances it from God, the heart shall then let itself be guided by the divine word. Without the circumcision of the heart, there can be no true love or reverence for God.

### **THE CIRCUMCISION OF THE BODY. Genesis 17:10-12**

Circumcision consists of an operation in which the male foreskin is cut, signifying the consecration of a people to God, and its separation from the world. It is physical sign that proves the pact between man and God.

### **THE CIRCUMCISION OF THE HEART Dt. 10:16**

Moses declared that that the most important thing to God is that we circumcise our hearts because a circumcised heart is an obedient one. Dt. 10:16.

## **DIFFERENT AREAS WHERE WE MUST BE CIRCUMCISED**

### **The circumcision of the nape of the neck (love for oneself) Dt. 10: 12-13, 16**

This circumcision speaks to us about cutting ties with all that may prevent us from loving the Lord, and of being docile and not arrogant. After pride is cut off, humility shall manifest itself in our lives.

Isaiah 57:15: "For this is what the high and exalted One says — he who lives forever, whose name is holy: 'I live in a high and holy place, but also with the one who is contrite and lowly in spirit, to revive the spirit of the lowly, and to revive the heart of the contrite.'"

Living in humility is living in separation from pride and arrogance towards others.

### **The circumcision of love for the world (love towards other things) Dt. 30:6**

The problem is not prosperity, but rather the love and the trust that we place in things. Luke 12:13-21 Life is much more than property. Advertisers invest millions of dollars in making us believe that "happiness and well-being" are obtained by having more and more.

Some characteristics of love for possessions.

1. When we trust in the property that we own.
2. Believing that the things we possess are OURS.
3. Loving things more than God.

Possessions do not give life (happiness, love, peace, patience, joy).

Possessions have their importance – secondarily.

Love and trust in possessions only make us foolish. Luke 12:21

## **CHRIST CIRCUMCISES OUR HEARTS.**

### **Colossians 2:11-15**

The circumcision of the heart is accomplished through Christ. Col. 2:11

He resuscitated our spirits when we were dead in trespasses. Col. 2:12

He forgave us all of our sins, with his blood. Col. 2:13, Galatians 3:13

He cancelled the curse of death on the cross. Col. 2:14

He has given us victory over the sin of the flesh and Satan. Col. 2:14-15

## THE CONFESSION THAT SETS FREE

SCRIPTURAL BASIS: "If we confess our sins, he is faithful and just and will purify us from all unrighteousness." 1 John 1:9

**INTRODUCTION:** The act of confession was established by the Lord (Leviticus 26:40) so that man could have freedom, an abundant life, spiritual cleansing (of all sin). We shall study some applications of confession that set free the person of faith.

### WHAT IS CONFESSING?

Confessing is manifesting one's doings, ideas and feelings.

The biblical concept is:

Opening one's heart before God. (Psalm 32:5-6)

Acknowledging that we cannot hide ourselves away from God. (Psalm 139:7-12, Hebrews 13:4)

### THE IMPORTANCE OF CONFESSING

We know that our confession of repentance and forgiveness should be made above all to God, but we must remember that if we have offended our brothers, we must also confess our sins to them as well, asking that they pray for us, just men (ministers), as their well-conveyed plea shall be effective. (James 5:16)

### CONSEQUENCES OF NOT CONFESSING

David is a clear example of failing to confess. When he concealed his sins of adultery and murder, he experienced the following consequences.

The Christian remains burdened. (Psalm 38:4)

He may live in sickness and disease. (Psalm 38:3)

He has no joy and goes about in mourning. (Psalm 38:6)

He weakens "physically and spiritually." (Psalm 38:7-12)

The oppression and intentions of the enemy become worse. (Psalm 38:12)

He cannot and does not want to praise or worship. (Psalm 38:13)

He saddens the Holy Spirit. (Ephesians 4:30)

### BENEFITS OF CONFESSION (Psalm 38:18)

Confessing requires a change in attitude because one must turn away from what had brought about sin and bitterness. The following are some benefits of a sincere and heartfelt confession.

God cleanses us of all evil. (Psalm 32:5-7)

Revelation and direction are received from God. (Psalm 32:8, Isaiah 58:11)

Mercy is found. (Proverbs 28:13)

There shall be restoration. (Isaiah 58:8)

### **WHY IS CONFESSION NOT PRACTICED?**

Pride: Never admitting one's mistakes, always believing that one is right, sometimes turning to a false spirituality.

Hardness of heart: One does not hear the voice of the Spirit, feeling fine in one's unfortunate condition of being removed from God. What is even worse is giving oneself over to practicing all manner of impurities (Ephesians 4:17-19).

Distrust: Many, out of a lack of faith, ask themselves: Will God forgive me? Scripture says: "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." Hebrews 4:16

Not praying for each other: Scripture says: "Therefore confess your sins to each other and pray for each other so that you may be healed...." James 5:16

**CONCLUSION:** The confession that sets free is the one made in the belief that God forgives and restores. Whoever turns away and does not confess sins shall not prosper.

## FEAR

**Introduction:** Fear is an element that is poisonous to our souls and causes negative effects in our lives. Next, we shall study some of the effects of fear.

**Key Scripture:** *1 John 4:18*

"There is no fear in love. But perfect love drives out fear, BECAUSE FEAR HAS TO DO WITH PUNISHMENT. The one who fears is not made perfect in love."

### EFFECTS OF FEAR

#### 1. A DISTORTED IMAGE OF GOD

Matthew 25:24-25

"Then the man who had received one bag of gold came. 'Master,' he said, 'I knew that you are a hard man, harvesting where you have not sown and gathering where you have not scattered seed. So I was afraid and went out and hide your gold in the ground. See, here is what belongs to you.'"

Here we see the servant with one bag of gold saying: I KNEW THAT YOU ARE A HARD MAN. We see in his words that he does not really know him. Fear distorts our relationships with:

- Civilian authorities (government and society)
- Spiritual authorities (pastors and flock)
- Parents and children

#### 2. FEAR NEUTRALIZES OUR TALENTS AND ABILITIES.

Matthew 25:25:

"So I was afraid and went out and hid your gold in the ground."

This servant's fear neutralized his capacity to multiply his talents and abilities.

One who fears: is repressed, does not take risks, does not commit, is not promoted to higher positions. And not because of not being able but because of having fear.

#### 3. FEAR MAKES US MISS OUT ON OUR OPPORTUNITIES.

Matthew 25:28:

"So take the bag of gold from him and give it to the one who has ten bags."

One who lives in fear shall miss out on the opportunities to triumph and have its trophy taken by another.

- Blessings are taken by another.
- Achievements are taken by another.
- Our opportunities are taken by another.

#### 4. FEAR BRINGS ABOUT NEGATIVE EMOTIONS AND STATES OF MIND

Job 1:1-3: "In the land of Uz there lived a man whose name was Job. This man was blameless and upright; he feared God and shunned evil. He had seven sons and three daughters, and he owned seven thousand sheep, three thousand camels, five hundred yoke of oxen and five hundred donkeys, and had a large number of servants. He was the greatest man among all the people of the East."

Job had it all, but in spite of everything he had fearful thoughts.

Job 3:25: "What I feared has come upon me; what I dreaded has happened to me."

In spite of all that he possessed, he was not at peace; fear is a passive occupant that causes destruction and brings about the conditions for failure.

#### FEAR MAKES US EVASIVE AND ESCAPIST

Genesis 3:9-10:

"But the Lord God called to the man, 'Where are you?'

He answered, 'I heard you in the garden, and I was afraid because I was naked; so I hid.'"

Adam's sin brought about the fear of facing up to his disobedience. Sin makes us evasive in the face of our reality.

**Conclusion:** Today we may break with all recurring, cyclical or irrational fear. We must purge ourselves of these elements that destroy our lives, through the Spirit of the Lord.

## FORGIVENESS

SCRIPTURAL BASIS: "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven." Luke 6:37

**INTRODUCTION:** Forgiveness is one of the balms for the soul, because forgiveness brings about freedom for the wounded soul. There are those who turn to prayer in order to be free; this must be followed by the act of forgiving those who have offended us or whom we have offended.

### FORGIVING AS GOD WANTS

Ephesians 4:31-32 shows that we must forgive just as God forgave. Let us remember that in another time we were removed from God due to sin. God, who is rich in mercy, sent his son so that through his sacrifice we would obtain forgiveness. God wants us to forgive, just as we have been forgiven. (Col 1:14, 1 John 1:9)

### FORGIVENESS BRINGS ABOUT

Forgiveness brings about freeing of the soul. Matthew 18:27

Forgiveness brings about healing. James 5:16

Forgiveness brings about prayers that are heard. Mark 11:25, Luke 6:37

### LACK OF FORGIVENESS

Lack of forgiveness brings about demonic oppression. Matthew 18:32-34

### CONCLUSION:

Only forgiveness may unbind us from the past and break any right of the enemy to oppress us.