

The BODY & SPIRIT Connection

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In the beginning God created the human body (the climax of His creation) – making one male and one female (Adam & Eve). He gave their bodies the ability to make more humans. God created in their genetic code all the genes necessary to produce all the different physical characteristics found in all the people who have ever lived – through gene reshuffling. (In like manner, God made all living things with the ability to reproduce after their own kind with all the genetic information to create all the different species of each kind.) So what we look like depends on this genetic reshuffling of our parents' genes. Men and women have been making more human bodies ever since Adam and Eve. But we humans are not only a body; we are also a spirit (and soul). The *soul* makes us aware of our surroundings through our senses. It thinks, feels and makes the body act (animals have a soul, but not plants) and the *spirit* is man's moral, emotional and religious nature (man's connection with God). Only humans have spirits. At salvation, the spirit is changed immediately, but the soul is transformed throughout our life. The human spirit is not created by the genetic code, it is created by God (in God's own image) and put into each person's body before they are born. This article will use the word *spirit* to mean both spirit and soul in humans.

The body gives us our physical appearance and internal physical make-up and allows us to do physical activities, but the spirit actually makes us who we are. Our spirit gives us our unique personality – what makes each of us different from all other people. The human spirit includes our intellect, emotions, fears, passions, attitude and creativity. (Learn more about the human spirit by searching for and reading the article "Life Soon After Death" at www.BiblicalReliability.com).

We are often attracted to someone else initially by their physical appearance (their body), but we ultimately fall in love with their personality (their spirit). As we age, our body slowly deteriorates causing our physical attractiveness to fade. Also as we age, our spirit continues to mature, and while it too can deteriorate in its attractiveness, it can also become very attractive to others. Some people's spirits become bitter, hateful and evil, while others develop peaceful, loving and caring attitudes.

Spirits are normally invisible to the human eye and take up no space, so more than one spirit could occupy the same human body. The Bible talks about multiple demon spirits being removed from a man (see the casting out of demons at Matthew 8:28-34). The Bible also mentions that when someone accepts Jesus Christ as their Lord & Savior, that person is indwelt by the Holy Spirit to live inside them and reside alongside their spirit to guide, comfort and protect them (God gave animals instinct to guide them).

It is said that Jesus Christ was fully human & fully God. This is because Jesus was human in bodily form and He was God in Spirit. His personal spirit is the Spirit of God (God the Son). The Bible states that the Holy Spirit descended upon Jesus at His baptism, therefore I believe that He also had the Holy Spirit residing in Him during His ministry until His physical body died. When He was resurrected, He returned in a perfect, defect-free, glorified body able to eat and be touched but also able to disappear and reappear at will.

We are body and spirit, but the spirit is not permanently attached to the body. Just as our earth and universe are temporary, to be perfectly remade in the future, our physical body is only a temporary residence for our spirit. Our physical body will eventually die, but our spiritual body will live throughout eternity. Our spirit and the Holy Spirit will reside in our physical body until our body stops living. When our body dies, our spirit will leave our body and will eventually live forever in a resurrected body similar to that of Jesus Christ. For a Christian, their spirit immediately goes to be with Lord Jesus to reside in His heavenly kingdom. For a non-Christian, their eternal existence will be absent from God.

So what amazes me is God's plan. He has promised an everlasting, perfect, new heaven and earth where we, His children, will live forever with Him. To develop His family of believers, He created our spirit and put it in a temporary physical body in a temporary world so we could learn to develop relationships, full of love and respect, with God and other people. Life is about relationships. Although these relationships are made while in our physical bodies, they will last throughout eternity in God's promised, spectacular, heavenly kingdom where even many more relationships will be made. Awesome, isn't it?