

Let's continue on our journey through Ephesians. Today let's look at Ephesians 3:14-19:

For this reason I bow my knees before the Father, ¹⁵ from whom every family in heaven and on earth derives its name, ¹⁶ that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, ¹⁷ so that Christ may dwell in your hearts through faith; *and* that you, being rooted and grounded in love, ¹⁸ may be able to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹ and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

Today I want to focus on **verse 16**: *“that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man”*.

I want to talk about being strengthened through the Holy Spirit in our “inner man”.

Many people, when they think about their growth in Christ, they often think of it in a somewhat unidimensional way. The Father has wonderfully created us in a triune nature, like He has done with much of His creation.

Here's a diagram of the triune nature of mankind:

We are Body, Soul and Spirit.

1 Thessalonians 5:23 *Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.*

When the Father looks at us, He sees the totality of how He created us. He sees the beautifully complex triune nature of how he made us – Spirit, Soul, and Body.

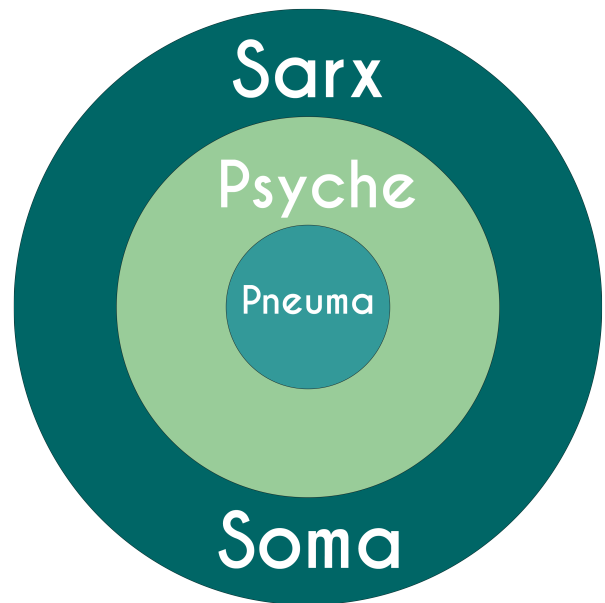
The threefold nature of man could be illustrated in several ways. Dr. Clarence gives some examples in his book, *Rightly Dividing The Word*. On page 86 he gives these observations:

...the 'Body' is shown as touching the Material world through the five senses of 'Sight,' 'Smell,' 'Hearing,' 'Taste' and 'Touch.'

The Gates to the 'Soul' are 'Imagination,' 'Conscience,' 'Memory,' 'Reason' and the 'Affections.'

The "Spirit" receives impressions of outward and material things through the soul. The spiritual faculties of the 'Spirit' are 'Faith,' 'Hope,' 'Reverence,' 'Prayer' and 'Worship.'

Jesus made the distinction in **Luke 10:25-28** *And a lawyer stood up and put Him to the test, saying, "Teacher, what shall I do to inherit eternal life?" ²⁶ And He said to him, "What is written*



in the Law? How does it read to you?”²⁷ And he answered, “You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.”²⁸ And He said to him, “You have answered correctly; do this and you will live.”

We will deal with issues concerning our Spirit and Body in future messages, today we want to focus on the Soul – our “inner man”. Our Soul/Psyche is our mind, will, intellect and emotions. It is like the control center of who we are as a person. It’s how we are identified by others; our personality and ultimately our character.

Though the Sarx/Soma is more easily delineated in the triune nature of man, the Psyche and Pneuma are a little more intertwined. Even though we may have a challenge delineating the difference, our Father knows and is prepared to work in all areas of our life:

Hebrews 4:12 *For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.*

Here’s a brief overview of the three aspects of our being:

Many in our culture give attention to the Body – after all, we are a body conscious culture. Paul says that there is some benefit to this attention:

1 Timothy 4:7,8 *But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; ⁸for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.*

Our Spirit is made alive in Christ the instant we become born-again; the true redemptive miracle of the Gospel:

Romans 8:10 *If Christ is in you, though the body (Soma) is dead because of sin, yet the spirit is alive because of righteousness.*

1 Peter 3:18 *For Christ also died for sins once for all, the just for the unjust, so that He might bring us to God, having been put to death in the flesh (Sax), but made alive in the spirit;*

It’s our Soul/Psyche that needs to be transformed and renewed by the power of the Gospel.

2 Corinthians 4:16 *Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day.*

John makes the connection to our overall well-being to the health of our Soul/Psyche

3 John 1:2 *Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.*

We must not get distracted by the “momentary, light afflictions” that weigh us down, we must be diligent to focus on more “important” issues concerning the renewing and transformation on a Soul/Psyche level.

2 Corinthians 4:16-18 *Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. ¹⁷ For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, ¹⁸ while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.*

Since our Soul/Psyche is our mind, will, intellect, and emotions – how do we focus on a biblical transformation in these areas?

This answer is extremely layered and complex, but let’s look at a few biblical principles that will point us in the right direction as we seek Him for specific guidance.

The first thing that we need to remember is that our Soul/Psyche is not some autonomous thing, out there just doing its own thing and running amuck. It is ultimately under subjection to our choices and decisions. If we choose to live for Christ and be subject to His principles, we can follow David’s lead and give direction to our Soul/Psyche (mind, will, intellect, and emotions):

Psalms 103:1,2 *Bless the Lord, O my soul, and all that is within me, bless His holy name. ² Bless the Lord, O my soul, and forget none of His benefits;*

Let’s look at the various components of our Soul/Psyche and see how we can align them to the principles of God’s word:

Mind:

2 Corinthians 10:3-5 *For though we walk in the flesh, (Sarx) we do not war according to the flesh, ⁴ for the weapons of our warfare are not of the flesh (Sarx), but divinely powerful for the destruction of fortresses. ⁵ We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ*

Will:

Matthew 26:39, Mark 14:36*, Luke 22:42, John 6:38 *And He was saying, “Abba! Father! All things are possible for You; remove this cup from Me; yet not what I will, but what You will.”*

Intellect:

Proverbs 3:5-7 *Trust in the Lord with all your heart
And do not lean on your own understanding.*

*⁶ In all your ways acknowledge Him,
And He will make your paths straight.*

*⁷ Do not be wise in your own eyes;
Fear the Lord and turn away from evil.*

Emotions:

Ephesians 4:26,27 *Be angry, and yet do not sin; do not let the sun go down on your anger, ²⁷ and do not give the devil an opportunity.*

As Paul prayed for the Church in Ephesus, I pray for you:

“that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man”.

Hale Pule Question:

How would you like the Father to strengthen you in the following areas of your Soul/Psyche through the Holy Spirit?

Mind

Will

Intellect

Emotions

As you consider these areas, share your prayer requests in each area with your Hale Pule Group or with some trusted friends who are Jesus Followers.