



## Balanced Christian Lifestyle

In life, many people fail to recognize the important role that keeping things in balance plays. For instance, when owning a car, if you made sure the car always had fuel, but failed to keep it maintained, eventually, the car would break down. Another example regards caring for your body. If you are diligent in making sure that all the food you eat is organic, but you fail to implement a lifelong exercise program, your body would start breaking down as you get older. If you think about it, I bet you could come up with more, great examples.

Balance plays a vital role in the Christian's lifestyle as well. If it is not in balance, it will eventually



break down. What does a balanced Christian lifestyle mean? *That means that all three parts of you, your body, your soul, and your spirit are kept in balance.* It means that these three parts are carefully considered and addressed, from God's Word, and are cared for in equal ways. Doing so will ensure you live a balanced Christian life.

Perhaps you are wondering how I came up with body, soul and spirit? That's easy to answer. The answer

comes from God's Word.

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. (1 Thessalonians 5:23)

These three aspects of a Christian are the only three, complete entities mentioned as core members of the Christian's body. Every Christian has a body, a soul and the gift of holy spirit (that's what "spirit" refers to). Let me discuss each part briefly.

The body is fairly easy to understand. Without a body, you couldn't move around. No one would be able to see you, and you certainly wouldn't be able to enjoy

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the five senses of life. The five senses are seeing, hearing, tasting, touching, and smelling. The body was originally formed out of the dust of the ground.

And the LORD God formed man of the dust of the ground, ... (Genesis 2:7)

Once God formed man out of the dust of the ground, He got man off to a good start, and, since then, man has perpetuated mankind. God then formed Eve (woman). Once done, He didn't have to form another human being. He didn't even have to form Jesus Christ. He created him in Mary by creating seed in her. But, he relied on what he had already formed to complete the process.

The soul is harder to understand, not because it is actually harder to understand, but because there is so much false information floating around concerning it. Every man,

Christian or non-Christian, has a soul. *The soul is the life within the body.*

And the LORD God ... breathed into his nostrils the breath of life; and man became a living soul. (Genesis 2:7)

Without a soul, the body would be dead. Among other things, your soul is your breath life. As long as a man is breathing, he has soul life. If he stops breathing, it is only a matter of a few minutes until his soul dies. *The soul part of man is not the Christian part of man.*

It is the life part of man. The soul is not eternal. The soul is not perfect. The soul does not have a mind of its own. The soul is spirit, but not holy spirit. As I said before, every man, woman, child, and now some things new, animal, mammal, fish, bird and moving beings have a soul. The soul in all of these is exactly the same. That's how God made

it and kept it all these last nearly 6000 years. Pretty cool! What happens to the soul when it dies? Nothing. It is dead and gone. It doesn't go to heaven just like the cow's soul doesn't go to heaven. When you take your last breath, the soul dies. The only way for the soul to continue on is through male progeny. If mommy and daddy didn't have a boy, then daddy's soul life ends when he dies.

The gift of holy spirit is the most mis-understood of these three aspects of a Christian. While it is called many things in many different teaching circles, it is purely a gift from God through Jesus Christ.

Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost [holy spirit]. (Acts 2:38)

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And it is given only to people who act upon one fantastic verse in the Bible.

*That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. (Romans 10:9)*

When a person confesses Jesus as Lord, and also believes that God raised Jesus from the dead, this person becomes born again and receives the gift of holy spirit. Notice that I don't capitalize the "h" and "s?" I do that on purpose. This gift is not God, nor is it intended to be. It is a gift from God, and it is a part of God, but it is not God Himself. This gift connects you with the righteous, spiritual realm and brings to you many of its powers and benefits. The gift of holy spirit is not your consciousness for it only does

what it is instructed to do. It is programmed to do very specific things, all in light of enabling you with godly spiritual abilities and benefits. No man has this gift unless he confesses Romans 10:9. This means that, perhaps, very few people are really Christians.

*Therefore [Jesus Christ] being by the right hand of God exalted, and having received of the Father the promise of the Holy Ghost [gift of holy spirit], he hath shed forth this, which ye now see and hear. (Acts 2:33)*

Jesus Christ sheds forth this gift from heaven. Muslims don't have this gift. Hindu's don't have this gift. Buddhists don't have this gift. Hari Krishna Hindus don't have this gift. Jews don't have this gift. Zoroastrians don't have this gift. Shintos don't have holy spirit. Confucians don't have holy spirit. Jains don't have holy spirit. Taoists don't have holy spirit. Sikhs

don't have holy spirit. Bahá'is don't have holy spirit. *And, even some Christians don't have holy spirit.* Looking at things like this: very few people in the world today have the wonderful and powerful gift of God.

When you become born again, you receive this gift in full. When you die, this gift goes back to the giver - God. Since it is only a gift and not God, it is not your consciousness, your thinking, or anything like that. It is the righteous part of you, allowing you to be part of God's family and allowing you to commune with God. Your dead Grandmother's gift of holy spirit isn't running around in heaven right now, watching your every move, and making intercession for you. It's not doing anything for your Grandma. It was simply a gift to her while she was alive. It wasn't her consciousness before she became born again,

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it doesn't become this when she receives it, and it didn't become her consciousness after she died. The Bible doesn't tell us what God does with this gift when someone dies, but It does tell us what the gift does for a person when he or she has it.

The goal is to keep your body, soul and holy spirit in balance in your lifestyle. How do you keep all of these in balance?

Taking one at a time, let's start with the body first. God dwells within you, and this is the reason you are to care for your body.

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? (1 Corinthians 3:16)

And ...

What? know ye not that your body is the temple of the

Holy Ghost [gift - holy spirit] which is in you, which ye have of God, and ye are not your own? (1 Corinthians 6:19)

You must take care of your body.

You eat good foods, and you exercise properly. You sleep at night, making sure you get enough sleep, and you keep yourself clean.

You take care of both aspects of the human body, the inside and the outside. If you properly care for these, your body will last a long time.

Your soul is a tender subject.

*Your soul is a spirit; it is not an eternal spirit.* It does not stand before

God's throne without the aid of the gift of holy spirit. It is always in need of care. It needs food. It needs rest. It needs love. It needs good things. It always responds to what you are doing, whether positive or negative. It responds to other souls. It is sometimes wild,

needing taming; it is sometimes quiet, needing encouragement. It is sometimes sad, needing laughter; it is sometimes stressed, needing comfort. The Word of God addresses the soul of man, providing it with the necessary instructions to live a Christian life.

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. (3 John 1:2)

The Word encourages, soothes, comforts, strengthens, develops, teaches, corrects, quiets, ignites, subdues, rules, and so many more.

The mind of man holds God's Word; the soul of man utilizes It. The mind of man considers God's Word; the soul of man thrives on It. The mind of man accepts God's Word; the soul of man absorbs It. The mind of man thinks on God's Word; the soul of man hungers after It. The mind of

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man has a physical role (storage, thinking, accepting or rejecting); the soul of man has a spiritual role (Desire to use, thriving, absorbing, hungering). Care for your soul by feeding it God's Word every day! Feed it good secular knowledge. Feed it good food. Then your soul will prosper and provide you with your necessary life for many years to come.

Your gift of holy spirit is a fantastic thing. It is an eternal gift, in part meaning that it represents the promise of eternal life. It seals your life with the seal of God, something that no man can mar or undo.

**And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. (Ephesians 4:30)**

Notice that it says, "grieve not the holy spirit of God." You grieve the holy spirit of God when you

don't walk in the spirit - according to God's Word and also the nine manifestations of holy spirit. Learn what the gift has brought to you and start using those wonderful things. What does it bring with it?

It brings with it many things including the nine manifestations of holy spirit. It opens the portals of heaven so that the blessings of God can pour directly into your body and soul. ***Without holy spirit, the windows of heaven are shut up tighter than a drum.*** This gift brings with it the righteousness, justification, sanctification, redemption and sonship of Romans, and all the spiritual manifestations of Corinthians. It brings all the freedom from the law in Galatians, and all the heavenly spiritual blessings of Ephesians. It brings all of your needs being met in Philippians, and the greatness of the riches of the glory of God in Colossians. It brings you the hope

of Thessalonians, allowing you to build your trust in God's eternal promises.

When you receive holy spirit, it is a tiny thing, much like a small baby. It needs to be nurtured and cared for just the same. You build it up by operating it, using it. You strive to operate it in the Christian church by using it according to its design. You reach out and help other Christians via word of knowledge and word of wisdom. You stop the work of satan with discerning of spirits. The gift of holy spirit allows God to give you the greatness of His believing. You also receive power to change the tides of history. As if all of these were not enough, it gives you the ability to heal others. It came to you complete. It just needs you to operate it. Get busy and allow God to work in your life via this gift.

**Therefore seeing we have this ministry, as we have received**

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mercy, we faint not; But have renounced the hidden things of dishonesty, not walking in craftiness, nor handling the word of God deceitfully; but by manifestation of the truth commending ourselves to every man's conscience in the sight of God. (2 Corinthians 4:1, 2)

*I know of no better way to manifest the truth of God's Word before every man than to manifest holy spirit!*

Hold the truth of God's Word in all of its greatness, before both God and man.

Keeping all three of these wonderful parts of you in balance takes you paying attention to them. Don't get so focused on one that you ignore the others. Don't ignore one and only pay attention to the others. Truly balanced Christians not only hold the Word of God mentally, they also operate their

gift of holy spirit. They not only operate holy spirit; but also study the Word. They not only make sure their bodies are clean and cared for; they care for others spiritually too. They eat right, sleep right, play right, receive knowledge from proper sources, associate with good people including other trustworthy Christians, study God's Word, pray, give of themselves in the Church as needed, operate holy spirit as often as they can, and look for ways to allow God to work within them to will and do of His good pleasure.

Take the time to look at your physical life. Take the time to look at your soul life. Take the time to look at your spiritual life. Spend equal amounts of time on all three, making sure that your efforts are balanced. This is how you live a balanced Christian Lifestyle. Consider your body, soul and spirit.

Much Love in Christ!

Jerry D. Brown