

Discover
YOURSELF

The purpose of this study is to help you:

“Discover yourself” as a person

How God made you as:

“Spirit, Soul a Body”

How He “Forgave” you and placed you
in a “Position” to live your “Potential”

So that you can be effective in your

“Ministry and Gifts”

This will bring fulfillment in you!

God made us to enjoy life.

King David once wrote these words in

Ps 139 verses 1 to 14

*“O, Lord, You have searched me and known me.
You know my sitting down and my rising up.*

(Verses 1,2)

*You have hedged me behind and before,
And laid Your hand upon me. (Verse 5)*

For You formed my inward parts;

You covered me in my mother’s womb. (Verse 13)

*I will praise You, for I am fearfully and wonderfully
made...”(Verse 14)*

THEREFORE ACCEPT YOURSELF!!

**Your birth may have surprised someone,
but not God.**

He knew you before you were born, and has a plan for your life.

The question is:

“Are you a happy person, or not?”
Did some bad things happen to you?

Only God can change a “minus” into a “plus”

In other words: It is only God that can take a negative thing and change it to something wonderful.

Thank God that all things work together for good to them that love God. Rom.8:28

Discover yourself as Spirit, Soul and Body.

This is something you must understand.
It will help you to get new direction in life.

**You are a spirit being, that has a soul and lives
in a body.**

The spirit of man.

A clear scripture in the Bible to show that man is spirit, soul and body is found in:

1 Thessalonians 5:23 “And may the God of peace Himself sanctify you through and through and may your spirit and soul and body be preserved sound and complete and found blameless at the coming of our Lord Jesus Christ.”

When God created man He made him out of a material part and a spiritual part.

The body is the “material part” and the spirit and soul is the “spiritual part”

GOD SAVED US IN OUR SPIRIT!
WE MUST WORK ON OUR SOUL!

This truth is found in Gen.2:7 “And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.”

What happens when a person dies?

What happens when a person is raised from
death?

Read 1 Kings 17:17-24 where Elijah the prophet
prayed for a young son who died.

The Soul of Man

The Bible tells us that there is a difference
between **Spirit** and **Soul**.

In Heb. 4:12 we read these words

“For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of *soul* and *spirit*, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.”

A good definition for our soul will be
our *intellect, emotions* and our *will*.
Prov. 23:7 “For as he (man) thinks in
his heart, so is he”

You and I are what we think.
Yes, the “battlefield” is our minds.
It is in our minds where the enemy
attacks us first.

We all have a “Philosophy”
“Philo” means love
and “sophy” means thoughts

Philosophy is “love for our thoughts”

Your thoughts made you what you are today!

Change the way you think and it will change
your whole life!

**That's why we must think things of above,
things that please God.**

Col.3:2 “Set your minds on things above, not on things on the earth.”

Rom.12:2 “And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

Also read Phil. 4:8

What we think has an effect on our bodies.

**Fill your mind with the good things of life and
your body will enjoy good health.**

In your soul you will experience emotions such
as love and hate; enthusiasm; disappointment,
joy and depression. **We have to work on these
emotions!**

What does the word “enthusiasm” mean?

It comes from the Greek word: “entheos”

And the word “entheos” is used for God.

**I believe the more enthusiasm a person has,
the more of God he has in himself.**

**If you have lost your enthusiasm in life, the Lord
can restore it. Allow Him to touch you and
enthuse you in your soul.**

What influences my Soul”?
(my: Intellect, Emotions and Will?)

What I SEE (Matt. 6: 22, 23)

Jesus said: “The lamp of the body is the eye.
If therefore your eye is good, your whole body will be
full of light. But if your eye is bad, your whole body
will be full of darkness.”

What I HEAR (Ps. 92:11)

Only listen to successful people!

What I SPEAK (Prov. 18:21)

“Death and Life are in the power of the tongue.”

Our Body

Our BODIES are important to God.

The Bible says in Rom. 12:1

“I beseech you therefore, brethren, by the mercies of God, that you present *your bodies* a living sacrifice, holy, acceptable to God, which is your reasonable service.”

Paul writes in 1 Cor. 6:19,20

“Or do you not know that *your body is the temple of the Holy Spirit* who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.”

We are the MASTERPIECE of God's creation!

We are so unique, and did you know, within us
God built in healing?

Thank God for what is written in Ps.139:14

***"I will praise You, for I am fearfully and
wonderfully made."***