

Resurrection Life of Jesus Church

THE POWER OF FORGIVENESS

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PART 2: BODY, SOUL & SPIRIT

THE POWER OF ADRENALINE

The adrenal glands which sit atop of each kidney can keep us healthy or make us sick. The glands produce a hormone called "adrenaline" which acts like a booster in the body. These glands do not produce a lot of adrenalin under normal conditions.

However, when a person is stressed by work, car accident, or threatened by someone, the adrenal glands will immediately begin to secrete, rapidly increasing the heart rate, which dramatically increases the speed by which adrenaline is spread throughout the body. The body is now in "fight or flight" mode where the muscles are primed for action and the nervous system is on high alert. Adrenaline is liquid energy and it is designed to give muscles extra strength to deal with a perceived threat.

1. Imagine that you are driving and someone in the lane next to you suddenly moves into your lane. In order to avoid a collision, you brake hard and swerve away, narrowly avoiding the impact. A moment later you find yourself breathing hard with an elevated heart rate and trembling slightly. Your brain realizes there is a lot of adrenaline in the bloodstream that must be used quickly in order to prevent damage to the body; therefore, the brain signals the muscles to shake violently in order to burn up the energy.
2. Imagine that a husband and wife are trying to work through something contentious and the conflict remains unresolved. The conversation continues to no avail and voices are raised, causing anger to rise in both spouses.
 - a. The husband eventually takes off in his car and drives like a maniac because he is so angry. He is trying to get relief from the frustration and anger he is feeling and the excess adrenaline in the body.
 - b. The wife sits in the house and cries. Adrenaline is racing through her body, trying to find an outlet because energy is indestructible. If she doesn't engage in some kind of physical activity, the pent-up energy will hurt different organs of the body.

In both cases, the adrenaline rushes into the different organs of their bodies, including the glands, and suddenly their bodies are no longer in harmony. If this continues on a regular basis, it will eventually lead to sickness in the body.

Overwork leading to fatigue, fear, hate, hurry, tension, etc. will cause arthritis, mental disease, vascular disease and gastrointestinal disease.

THE SOUL BRAIN

The physical brain is a living computer consisting of protein, water and minerals. It has no emotions and is in the same class as a desktop computer, just fulfilling the wishes of its operator.



When God created the human body, He wanted to make it nice and easy to use. Many of the bodily functions like breathing, heart rate, blood pressure, blood sugar, digestion, and elimination organs like kidneys and liver are automatically controlled.

When the soul is happy and content, the harmony of the soul is transferred to the physical body and its brain. All bodily functions run smoothly and the physical body is healthy.

But when the soul is unhappy, angry, hateful, disgusted, envious, etc. it creates negative emotions in the soul brain.

The soul brain creates negative emotions which are transferred to the physical brain, which in turn converts them to electric currents that race throughout the nervous system.

The automatic functionality of the body is fine-tuned, causing the calibration to become skewed and the physical brain will send too much or not enough electricity through the nervous system, which in turn will negatively affect all organs in the body.

It is a well-known fact that if you are eating and the phone rings with bad news, you can lose your appetite afterwards; the stomach gets tense and does not process the food you have eaten.

If unhappiness continues year after year, it will damage the body and suddenly the person is diagnosed with cancer, diabetes, high blood pressure, glaucoma, arthritis, etc.

The cure for sickness begins in the soul.

All negative emotions can be traced back to the root of unforgiveness!

THE SOUL AND THE SPIRIT

Every human being is born with a physical body, soul, and a dead spirit. **Ephesians 2:1-3**

At the moment of salvation, the dead spirit is made alive and able to communicate with God. **verses 4-9**

The physical body and its brain will eventually die. A body that is in the grave will decay and in due course the elements of the body will turn to dust. **Genesis 3:19**

The soul and spirit are attached to each other. The soul of a man has the same characteristics as the physical body. This means that your physical body is simply a replica of the soul body. When a person dies, they will go to heaven or hell and their soul body will be just as solid as their physical body was on earth. **Revelation 6:9-11; 7:9-17; Luke 16:20-31**

The soul brain is connected to the born again spirit and consists of two components:

1. The soul brain contains the personality of the human being. When God designs a person, He determines the intelligence, memory capacity, talents and skills, emotions, and the capacity to call out to God for salvation. **Exodus 31:1-5; 36:1-2; 38:22-23**

2. The spirit is the only part of the soul brain that has the capacity to communicate with God. The spirit is sinless since it has been made alive by the Holy Spirit. The spirit can be likened to a parallel brain, which has a greater capacity than the soul brain, possessing more intelligence, skills and talents than the soul brain.
1 Corinthians 2:9-16

An unsaved person is spiritually dead but he can still live, think, work, and do all sorts of things in the physical world.

A born again person should use his spirit to rule his life and not allow the soul with the sinful nature to rule in absentia. **Galatians 5:16-26**

GOD'S SPIRITUAL LAWS

Mankind is not allowed to operate on the earth apart from his physical body. Thus the soul brain and the spirit are limited to working through the physical brain which can be likened to a computer. This computer is designed to control the physical body and its functions. If the physical brain is damaged, it will hinder the soul brain from fully expressing itself. **Deuteronomy 18:9-14**

- ❖ One example of spiritual to physical hindrance would be a person in a coma. The physical body is very limited in its ability to function. The soul can hear and at times expresses itself through blinking of the eyes or the squeezing of a hand.
- ❖ Another example of spiritual to physical hindrance would be a person with Alzheimer's or dementia. They can be likened to a computer keyboard which has a number of dead keys. Anyone using this keyboard is limited to the remaining keys that still function. If all the keys go bad, the computer user will have severe reduced functionality, making it nearly impossible to access the computer with just a mouse.

LAW OF FORGIVENESS

God forgives us when we repent. You may be dealing with an unconfessed sin or finding it impossible to forgive someone who has hurt you. Unforgiveness is a sin. Refusing to deal with it will lead to an early grave.

Jesus demanded that we have to forgive people for what they have done. God won't grant you mercy and grace if you refuse to extend forgiveness to others. **Matthew 6:9-15**

In order to make sure that the disciples understood the law of forgiveness, Jesus taught the concept in a parable. **Matthew 18:21-35**

Wellness begins with forgiveness!

Remember, it's not so important how you begin your life after salvation, but how you finish it!

Do you have an ear to hear with?