

BIBLE STUDY SERIES:

TRUSTING THE FATHER

**TABERNACLE:
SOUL**

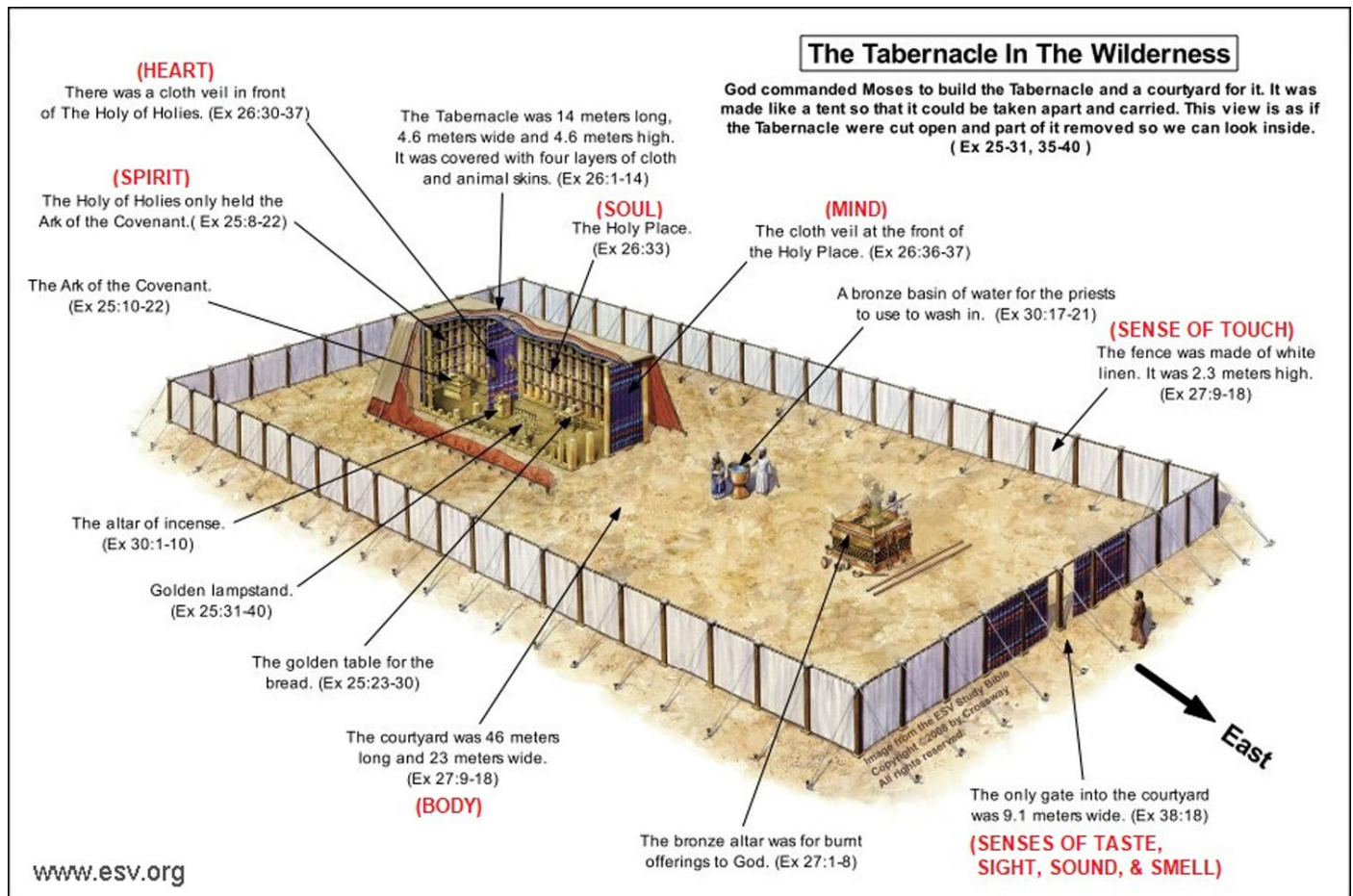
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TABERNACLE: SOUL

INTENTION:

Our soul is where the core of our emotions lie. Knowing that they derive from a specific location in our being helps us to understand the why's of them and address their needs; also seeing the affect these emotions can have on our decisions (will) in life. We can then embrace emotions as God-given (not fearing them); while also being able to evaluate the ability to overcome them or to choose with them.

I. TOPIC (PART 4 – SOUL):



In the continuation of our series “Tabernacle: Body, Mind, Soul, Heart, Spirit” we want to focus on Soul.

For me, as I used to understand it, the word ‘soul’ and the word ‘spirit’ were one-and-the-same. But when you study it out and look at the meanings in the Greek, they are clearly separate. This, to me, made a huge difference in reading scripture where a verse would use soul—I could now relate it to what my soul is, and not confuse it with my Spirit. Now when I look at what the soul is, I can see that it is the realm made up of our emotions and feelings.

When I reference the soul, I purposefully use two words here: emotions and feelings. These typically are words used interchangeably in their meanings. However, I like to treat them different based on what transpires in the soul.

- Refer also: Bible Study Lesson 042 – Soul (Emotions & Feelings).

Our Soul “room” is often the mixing place of the heart and mind. It is not that our heart and mind meet in the soul, but that what comes through the heart and comes through the mind that interact together—sometimes a dance (whether like a tango, or tap, or ballet, or break, or interpretive dance), other times a conflicting fight (maybe tense, heightened, or unresolvable), and perhaps a joyous play (like children playing free). The Yin Yang that are the matters of the heart and matters of the mind.

For the Matters of the Mind: we experience emotions related to what goes on about the world around us—from the external in; through our 5 senses, through the body, through the mind, and into our soul.

Similarly, for the Matters of the Heart: we experience emotions in relation to what transpires in and out from our Spirit through the heart, into the soul.

What follows then, is a feeling related to the emotions stirred from those matters of heart / mind—a “what are we feeling like doing” in response to the emotion. Examples:

- A loved-one that dies. I experience sadness / grief (emotion). From that, I then can: feel like crying; feel like isolating myself; feel like destroying something; feel like praising the Lord.
- I'm overloaded at work. I experience stress / anxiety (emotion). From that, I can: feel like quitting my job; feel like drinking; feel like I should seek help; feel like I can do all things.
- The Holy Spirit is showing His Love for someone through me. I experience that Love (emotion). From that, I can: feel like doing what the Holy Ghost tells me; feel like running away; feel like blocking that emotion.

We all react to emotions differently, each with a feeling of doing something based on that emotion. And sometimes, we get conflicting feelings based on the pressures from the world and the gentle guidance from the Holy Spirit in us.

With our soul being the realm of oft-conflict between the outside (world / flesh) and inside (Spirit), the turmoil we experience can shape our actions, reactions, and choices. And too, can feel as though we have a dual-personality in us: one more often at war versus peace.

Our soul processes our perceived two identities: that of the Spirit and that of the Flesh. We can be neck-deep in sin, and even continually choose sin in our bodies, and yet still be Born-Again, Spirit-filled, and saved. Yet, when in that dilemma of the incompatible "identities", our soul experiences that conflict. Sin will not affect your relationship with God in any way! But can affect your soul. This conflict of Spirit / Flesh will never fully subside—because there are always parts of us that require retraining and reprogramming. Yet, we can feel a peace when the flesh gives up (dies in a specific area) for the Spirit to manifest.

For me, in countless areas of my life, I feel an anxiety build up when I am facing an area I need healing in—whether a part of my people-pleasing, co-dependency, fawning response, perfectionism, procrastination, etc...

My soul experiences anxiety when I have work to do that is maybe new or uncomfortable doing. It seeks "rest" by avoiding the work through procrastination. Yet, instead of me rejecting the flesh (its learned behaviour to avoid discomfort), I get trapped into repeating the same anxiety-avoidance techniques again and again. The anxiety is so strong, it seeks the quickest way to eliminate it (to retreat)—hence the procrastination. But if I retrain myself in the Spirit, pushing through the anxiety, then I gain freedom on the other side of the anxiety (on the other side of what the anxiety is keeping me from). So instead of retreating from the anxiety each time, when I choose to "take the risk to be free", I eliminate that stronghold (chip-away at that sin) so as to not face that same area-specific anxiety again.

Likewise, if I am stressed, I go for a sweet snack. But if I just push through that anxiety 'driving' me to want to eat a snack, I can overcome it and eliminate it for good. "Resist the devil (opposition to God) and it will flee from you" ([James 4:7](#)).

Another is that through the abuse I suffered as a child, what was nurtured in me was an iniquity of anger—an anger / rage of injustice. So, it's not that the anger in me is wrong (or a sin), it is that this anger can come out in unhealthy ways. I find that this unhealthy anger can manifest in my relationships with others. I never asked for this kind of anger, but it is a result of my environment as a child. In essence, something negatively-nurtured in me from my dad. So, it is not 'my' sin, but that of my dad as an iniquity passed down ([Exodus 34:5-7](#)) which the Lord sees me though.

- Refer also: <http://cbadenhorst.blogspot.com/2017/05/misunderstanding-and-misinterpretation.html>

So much of our stress and anxiety in the soul results, not from some "big" or "church-named" sin, but of the subtle things that define our "identity of the flesh": handed-down iniquities from our parents, a personality type, a birth defect, a sickness / disease, an injury, a traumatic event, programmed survival techniques, etc. We would not immediately call these a sin, but is in the context that it is opposed to the Lord and His Truth—and our "Identity as Jesus Christ" ([1 John 4:17](#)).

And as we learned in the previous lesson on renewing the mind; I can achieve this change (HEALING) through my relationship with the Lord, medication, deliverance, psychedelics, Psychiatrists, Psychologists, and more—removing that which doesn't belong in us to set us free.

II. **READING:** [1 Peter 2:1-11](#) (TLB)

So get rid of your feelings of hatred. Don't just pretend to be good! Be done with dishonesty and jealousy and talking about others behind their backs. 2-3 Now that you realize how kind the Lord has been to you, put away all evil, deception, envy, and fraud. Long to grow up into the fullness of your salvation; cry for this as a baby cries for his milk.

4 Come to Christ, who is the living Foundation of Rock upon which God builds; though men have spurned him, he is very precious to God who has chosen him above all others.

5 And now you have become living building-stones for God's use in building his house. What's more, you are his holy priests; so come to him—you who are acceptable to him because of Jesus Christ—and offer to God those things that please him. 6 As the Scriptures express it, "See, I am sending Christ to be the carefully chosen, precious Cornerstone of my church, and I will never disappoint those who trust in him."

7 Yes, he is very precious to you who believe; and to those who reject him, well—"The same Stone that was rejected by the builders has become the Cornerstone, the most honoured and important part of the building." 8 And the Scriptures also say, "He is the Stone that some will stumble over, and the Rock that will make them fall." They will stumble because they will not listen to God's Word nor obey it, and so this punishment must follow—that they will fall.

9 But you are not like that, for you have been chosen by God himself—you are priests of the King, you are holy and pure, you are God's very own—all this so that you may show to others how God called you out of the darkness into his wonderful light. 10 Once you were less than nothing; now you are God's own. Once you knew very little of God's kindness; now your very lives have been changed by it.

11 Dear brothers, you are only visitors here. Since your real home is in heaven, I beg you to keep away from the evil pleasures of this world; they are not for you, for they fight against your very souls.

III. **RELATED VERSES AND QUESTIONS:**

A. [Matthew 11:28-30](#) (TLB)

"Come to me and I will give you rest—all of you who work so hard beneath a heavy yoke. Wear my yoke—for it fits perfectly—and let me teach you; for I am gentle and humble, and you shall find rest for your souls; for I give you only light burdens."

Question: What are ways we burden our soul with heavy loads?

Response:

B. [Mark 8:34-37](#) (TLB)

Then he called his disciples and the crowds to come over and listen. "If any of you wants to be my follower," he told them, "you must put aside your own pleasures and shoulder your cross, and follow me closely. 35 If you insist on saving your life, you will lose it. Only those who throw away their lives for my sake and for the sake of the Good News will ever know what it means to really live. 36 "And how does a man benefit if he gains the whole world and loses his soul in the process? 37 For is anything worth more than his soul?"

Question: As this is not about "losing your life" (dying), but losing your soul; what are things that causes someone to "lose (damage) your soul"?

Response:

C. [3 John 1:2](#) (TLB)

Dear friend, I am praying that all is well with you and that your body is as healthy as I know your soul is.

Question: Do you find that your physical health is affected if you have unrest in your soul?

- Refer also: <https://www.besselvanderkolk.com/resources/the-body-keeps-the-score>

Response:

D. Tormented soul:

[2 Peter 2:7-8](#) (TLB) {PoG}

But at the same time the Lord rescued Lot out of Sodom because he was a good man, sick of the terrible wickedness he saw everywhere around him day after day {that tormented his righteous soul}.

[James 1:21](#) (TLB)

So get rid of all that is wrong in your life, both inside and outside, and humbly be glad for the wonderful message we have received, for it is able to save our souls as it takes hold of our hearts.

[James 5:19-20](#) (TLB)

Dear brothers, if anyone has slipped away from God and no longer trusts the Lord and someone helps him understand the Truth again, 20 that person who brings him back to God will have saved a wandering soul from death, bringing about the forgiveness of his many sins.

Question: Do “unrighteous” people and behaviours around you trouble your own soul?

Response:

E. Jesus and Paul felt and suffered Depression:

[Mark 14:32-36](#) (TLB) {PoG}

And now they came to an olive grove called the Garden of Gethsemane, and he instructed his disciples, “Sit here, while I go and pray.” 33 He took Peter, James, and John with him and began to be filled with horror and deepest

distress {the strongest form of depression: [G85](#)}. 34 And he said to them, “My soul is crushed by sorrow to the point of death; stay here and watch with me.” 35 He went on a little farther and fell to the ground and prayed that if it were possible the awful hour awaiting him might never come. 36 “Father, Father,” he said, “everything is possible for you. Take away this cup from me. Yet I want your will, not mine.”

[2 Corinthians 1:8-11](#) (TLB) {PoG}

I think you ought to know, dear brothers, about the hard time we went through in Asia. We were really crushed {depressed: [G916](#)} and overwhelmed, and feared we would never live through it. 9 We felt we were doomed to die and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us, for he can even raise the dead. 10 And he did help us and saved us from a terrible death; yes, and we expect him to do it again and again. 11 But you must help us too by praying for us. For much thanks and praise will go to God from you who see his wonderful answers to your prayers for our safety!

Question: Have you ever been to a point of despair in your soul? Can Jesus relate to what you are going through?

Response:

- F. The Lampstand in our Soul is a source of light. The presence of the Lord in us ([John 8:12](#)) lights our soul.

[Matthew 5:14-16](#) (TLB)

You are the world’s light—a city on a hill, glowing in the night for all to see. 15-16 Don’t hide your light! Let it shine for all; let your good deeds glow for all to see, so that they will praise your heavenly Father.

Question: What “good deeds” draw people to you and your soul—often like a “moth to a flame”—for healing?

Response:

- G. The Bread in our Soul is a source of nutrition and sustenance. For Jesus, what kept Him going (the meat that sustained Him) was doing the will of the Lord.

[John 4:34](#) (TLB)

Then Jesus explained: “My nourishment comes from doing the will of God who sent me, and from finishing his work.

Question: Do you sometimes feel less drained while doing something of the Lord—as it becomes “Him in you” that gives you the strength and ability to emotionally carry through something?

Response:

- H. The Incense at the Heart doorway between the Soul and Spirit ([Exodus 30:1-8](#) and [Hebrews 9:1-5](#)) are offerings / prayers and purging (remove: [H5493](#) and fumigating: [G2369](#)).

[Revelation 5:8](#) (TLB)

And as he took the scroll, the twenty-four Elders fell down before the Lamb, each with a harp and golden vials filled with incense—the prayers of God’s people!

[Isaiah 6:1-7](#) (TLB) {PoG}

The year King Uzziah died I saw the Lord! He was sitting on a lofty throne, and the Temple was filled with his glory. 2 Hovering about him were mighty, six-winged angels of fire. With two of their wings they covered their faces, with two others they covered their feet, and with two they flew. 3 In a great antiphonal chorus they sang, “Holy, holy, holy is the Lord Almighty; the whole earth is filled with his glory.” 4 Such singing it was! It shook the Temple to its foundations, and suddenly the entire sanctuary was filled with smoke.

5 Then I said, “My doom is sealed, for I am a foul-mouthed sinner, a member of a sinful, foul-mouthed race; and I have looked upon the King, the Lord of heaven’s armies.”

6 Then one of the mighty angels flew over to the altar and with a pair of tongs picked out a burning coal. 7 He touched my lips with it and said, “{Behold, this has touched your mouth—your iniquity is removed (abolished); your sins atoned for (purged)}.”

Question: Do you cry out to the Lord from the “depth of your soul and heart”? Do you ever feel “unclean” in your soul or heart?

Response:

IV. FURTHER THOUGHT:

- A. The Lord looks out for our soul:

[1 Thessalonians 5:23](#) (TLB)

May the God of peace himself make you entirely pure and devoted to God; and may your spirit and soul and body be kept strong and blameless until that day when our Lord Jesus Christ comes back again.

[John 14:15-18](#) (TLB)

“If you love me, obey me; and I will ask the Father and he will give you another Comforter, and he will never leave you. 17 He is the Holy Spirit, the Spirit who leads into all truth. The world at large cannot receive him, for it isn’t looking for him and doesn’t recognize him. But you do, for he lives with you now and someday shall be in you. 18 No, I will not abandon you or leave you as orphans in the storm—I will come to you.

Thoughts: It is impossible in this world to avoid conflict in life. Jesus even said we would be persecuted for being His follower ([2 Timothy 3:12](#)). But we have the ability to bring peace and healing into our soul through the Holy Spirit—He is our sent Comforter. So, though trouble may come, we can focus, not on the trouble, but on the source of peace for our soul. And we can reign from Him in the Spirit, in the soul, and in the body.

TABERNACLE: SOUL

Bible Study: Lesson 015 (Tabernacle, Part 4)



- B. Also, we must not fear emotions, as they are genuinely created by the Lord. It's not a sin to have emotions! We can be sad, happy, angry, etc.—this is something Jesus showed us. When you read through the book of John, take note of His emotional state when speaking to the Pharisees or His disciples. It is often that we see Jesus's frustration come out, accusing them of not believing or having little faith.

My favourite chapter in John is one we read in a previous lesson—so feel free to read it again: [John 8](#).

V. CONCLUDING REMARKS / NOTES (LESSON 015):

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