



TIME TO CHECK YOUR SPIRIT

HOW'S YOUR SPIRITUAL HEALTH?

The Puritans had a special greeting during the 16th and 17th centuries

How's your soul?

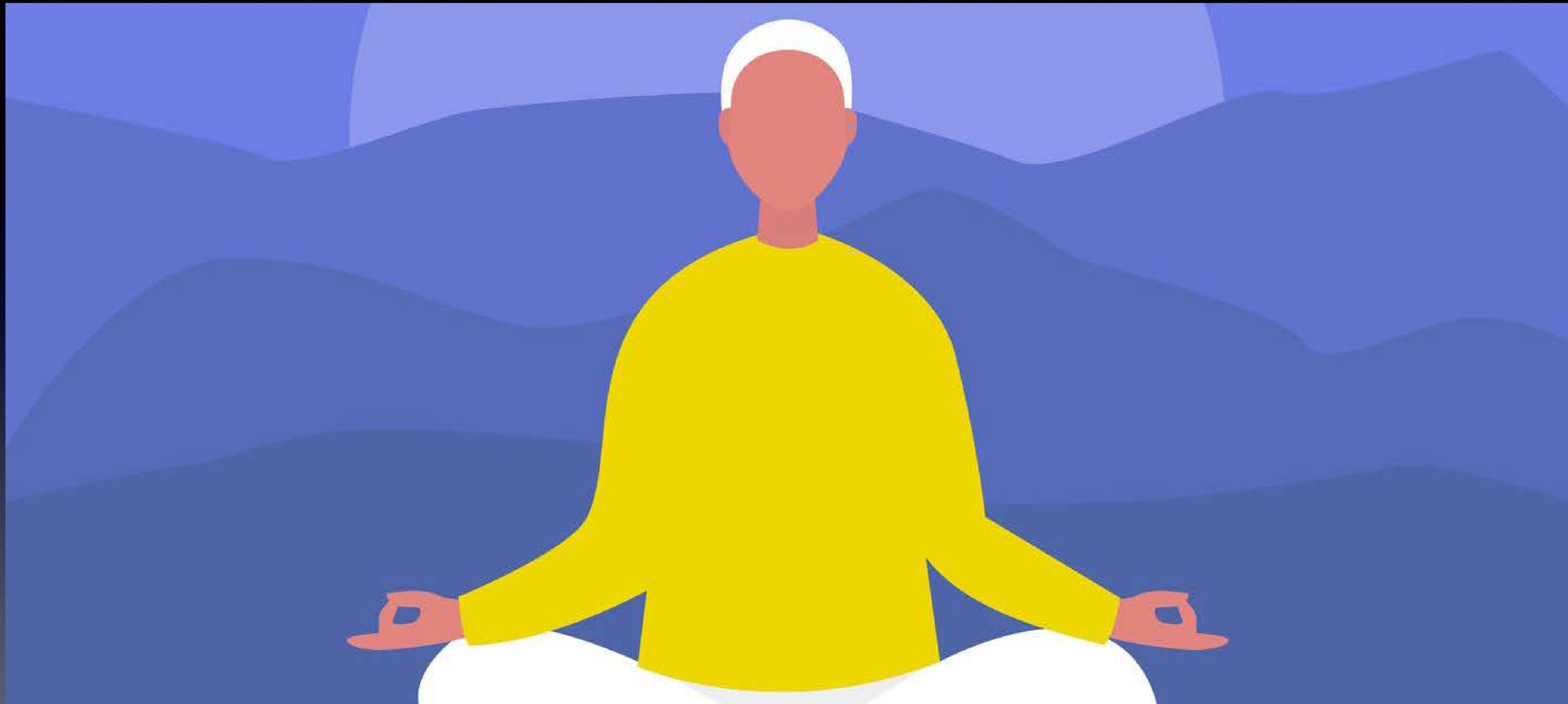
The typical answer is much like we answer today;

I am well,

John Wesley would also ask,

How is it with your soul?

A much more 'invasive' question than "how are you?"



This is what many people think of when we talk about spiritual health

Why do Christians and many Jews think that the  
concept of  
MIND  
BODY  
SPIRIT  
is far Eastern metaphysical  
hocus-pocus?

- Genesis 2; 7 (Wycliffe Bible) Therefore the Lord God formed man of the slime of [the] earth, and breathed into his face the breathing of life; and man was made into a living soul. (And so the Lord God formed man out of the slime of the earth, and breathed into his face the breathe of life; and then the man was made into a living soul.)

- וַיִּפַּח, הָאָדָמָה-עֶפְרָר מִן, הָאָדָם-וַיִּיצֶר; הוֹה אֱלֹהִים אֶת  
 לְנַפְשׁ חַיָּה, וַיְהִי הָאָדָם; נִשְׁמַת חַיִּים, בְּאַפִּיו.

- Soul, slime, breath - Mind , body, spirit,

In the world today, not only is our understanding much different than in the past, we define words differently as well. the word Spirit As Webster defined it in 1828;

Primarily, wind; air in motion; hence, breath.  
All bodies have spirits and pneumatical parts within them.  
[This sense is now unusual.]

Even in Webster's time he realized the language was evolving.

Today, we think of spirit much the same way we think of emotion.

If your spirit is well you must be happy, right?

Not necessarily.

Emotion comes from the mind, staying with Webster's 1828, Literally, a moving of the mind or soul; hence, any agitation of mind or excitement of sensibility.

We could also say - emotion is a manifestation of the spirit.

Paul writes in Galatians 5; 22-23, But the Spirit gives love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. There is no law that says these things are wrong.

The Shema -Shema Israel, ADONAI Eloheinu, ADONAI Echad -  
Hear O Israel, the Lord our God, the Lord is one. Love *Adonai* your  
God with all your heart and with all your soul and with all your  
**strength.**

**מֵאֵדָרְךָ-וּבְכָל, נִפְשְׁךָ-לְבַבְךָ וּבְכָל-בְּכָל, אֵת יְהוָה אֱלֹהֶיךָ, וְאָהַבְתָּ.**

- אֲדָמָה Adama - earth -
- נְשָׁמָה Neshama - breath
- נֶפֶשׁ Nephesh - soul
- נְשָׁמָה חַיִּים Neshama - chai-eem - - breath of life
- There is an important word missing from Genesis 2:7 - spirit, רוּחַ ruach - why?

The breath of our Creator is spirit - Genesis 1; 2, God spoke and created, His spirit was above the waters and then He said let there be light. He had already spoken which is why His spirit - His breath was over the waters.

As our Creator speaks, His spirit is breathed out into His creation. This is what was breathed into Adam, no other animal in all of creation receives this breath of God.

There are subtle differences between ruach, which is typically translated as spirit and neshama normally translated as breathe. Sometimes, they are translated interchangeably.

- Hopefully, we understand that asking about ones spirit is not asking about their emotions.
- Inquiring about someone's spirit is literally asking them about the health of their relationship to their Creator.
- When God breathed into Adam that breath of life - He establishes a blueprint for all of humanity.

Of course I'm using the oldest English definitions to describe an even older Hebrew thought process.

Today, we have confused the language to such an extent this connection of mind, body and spirit may not be able to be explained Biblically using modern definitions.

The church is primarily responsible for the loss of these basic Biblical concepts by failing to guard what was handed down to it.

Luke 23: 46 And *Yeshua*, crying out with a loud voice, said,  
“Father, ‘into Your hands I entrust My spirit.’”

When He had said this, He breathed His last

What *Yeshua* is trusting the Father with is not his soul or his heart.

He is trusting the father with everything that has been brought  
together to make him - him.

Without spirit the soul and body can not be complete.

We should think of that as –  
without a healthy relationship with the Father, we are not complete.

- The concept of clean and unclean is also connected to this.
- When we follow the Creator's instructions we maintain a clean lifestyle, we experience a condition of completeness.
- The times we find ourselves unclean even by no fault of our own but simply by being human, we are disconnected and not experiencing the wholeness we are designed to have.

The Creator's blueprint for human beings is the most complex of all creation. The physical and the emotional can not function without the spiritual. Animals, can and do function without the spiritual, they have a soul and they have a body. Everything else is designed by our Creator in such a way that animals do not need to be taught to survive once they achieve a certain stage of maturity.

A hummingbird will not need to be taught to build a hummingbird nest, nor will it build the nest of an eagle. By design, each animal will live according to the Creator's blueprint for that animal.

Humans are the only part of creating to receive the breath of life.

How is your spiritual well being?

How is your relationship to your Creator?

In today's world there is extreme stress  
on our spiritual health

- secular teaching, science vs. religion
- tradition and doctrine being taught as scripture
- pagan worship infiltrating church services
- people using entertainment as their source of religion
- false prophets and false teachers

A strained relationship can be seen by

- lack of communication (no prayer time)
- not living a righteous life
- following false teachers and prophets
- emotions distress
- physical distress

No one is exempt

We all suffer from time to time

We must continuously and carefully be mindful of  
our relationship with our Creator

# How to improve your spiritual health

- proper communication = prayer
- live a righteous life = ?
- do not follow false prophets or teachers = ?
- maintain healthy emotions = ?
- live a healthy physical lifestyle = ?

We should be able to depend on each other to help us keep good spiritual health. So when someone asks “how are you?” be honest, are you well, or could you use some help, prayer, a kind word, a hug?  
Got the idea?

Deuteronomy 4: 40 Obey his laws and commands, which I am giving you today. Obey them so that things will go well for you and your children. Then you will live a long time in this land. The Lord your God is giving it to you forever.

Proverbs 3; 1 - 2 My child, do not forget my teaching. Keep my commands in mind. Then you will live a long time. And your life will be successful.