Alive in Christ

The dynamic of the Christian life

Ephesians 2:5

Notes: northparkonline.com/media/downloadable-documents

The foundational truth of the Christian life

Ephesians 2:1, 5 (NASB95)

> And **you were dead** in your trespasses and sins,
>
> …even when we were dead in our transgressions, **made us alive** together with Christ (by grace you have been saved),

Born-again believers are **alive** to God.

The foundational truth of the Christian life

Some questions:

- What does this mean?
- How is it supposed to impact our Christian life?

To answer these questions, we need to first understand our make-up as born-again believers.

Understanding our make-up

1 Thessalonians 5:23 (NASB95)

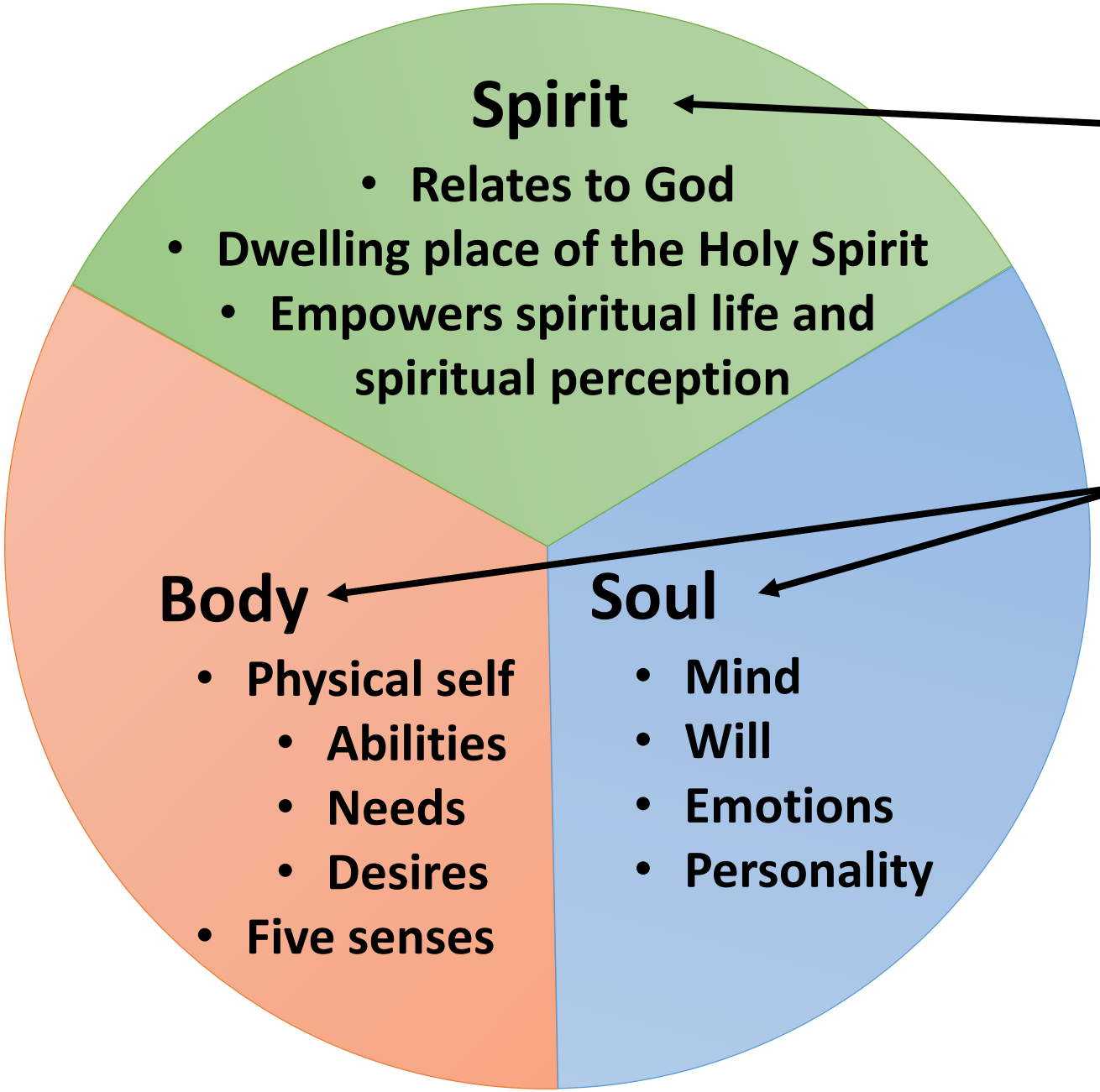
> Now may the God of peace Himself sanctify you entirely; and may your **spirit** and **soul** and **body** be preserved complete, without blame at the coming of our Lord Jesus Christ.

We are made up of a **body**, **soul**, and **spirit**.

Let’s illustrate this:

The Christian

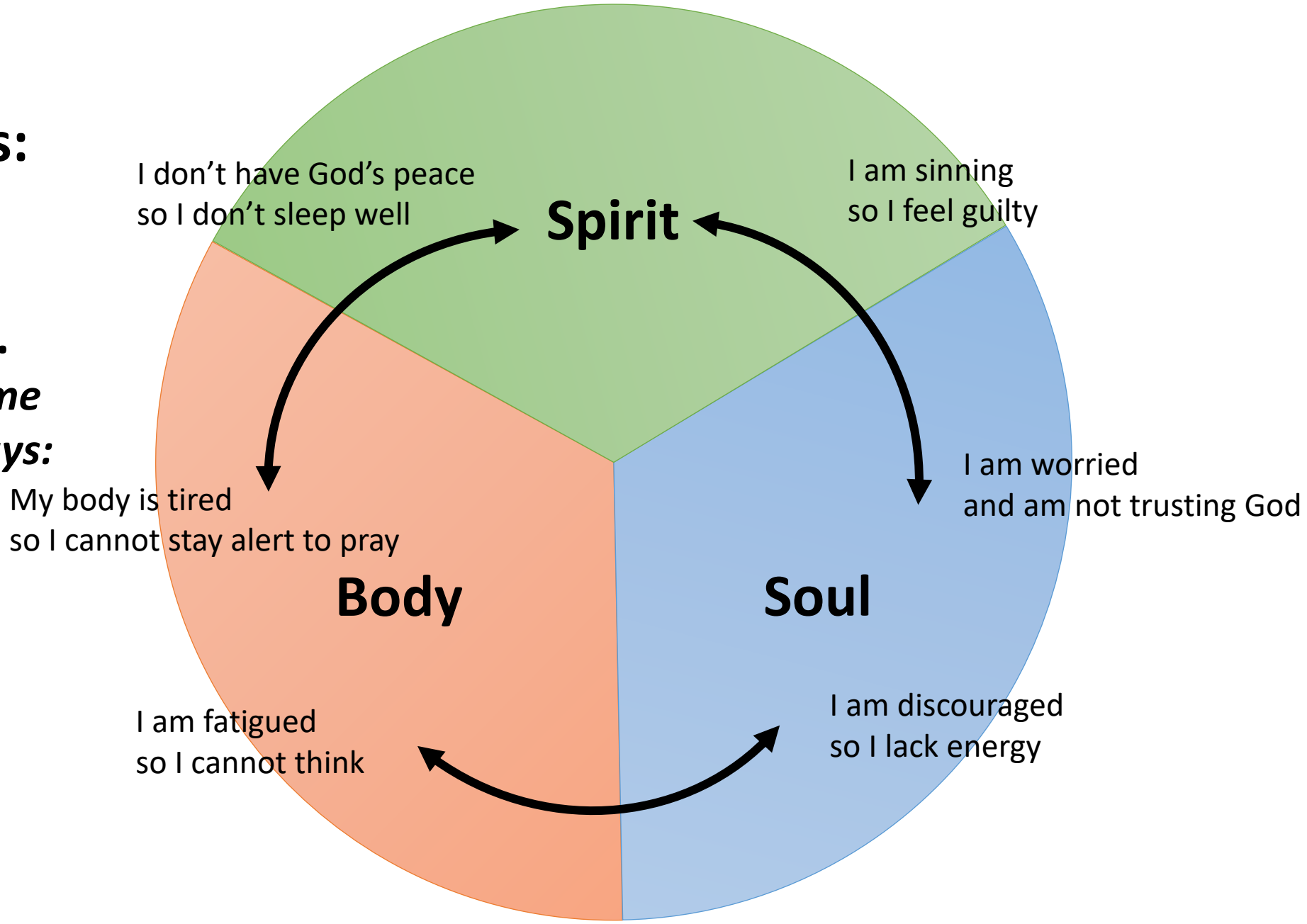
1 Thessalonians 5:23



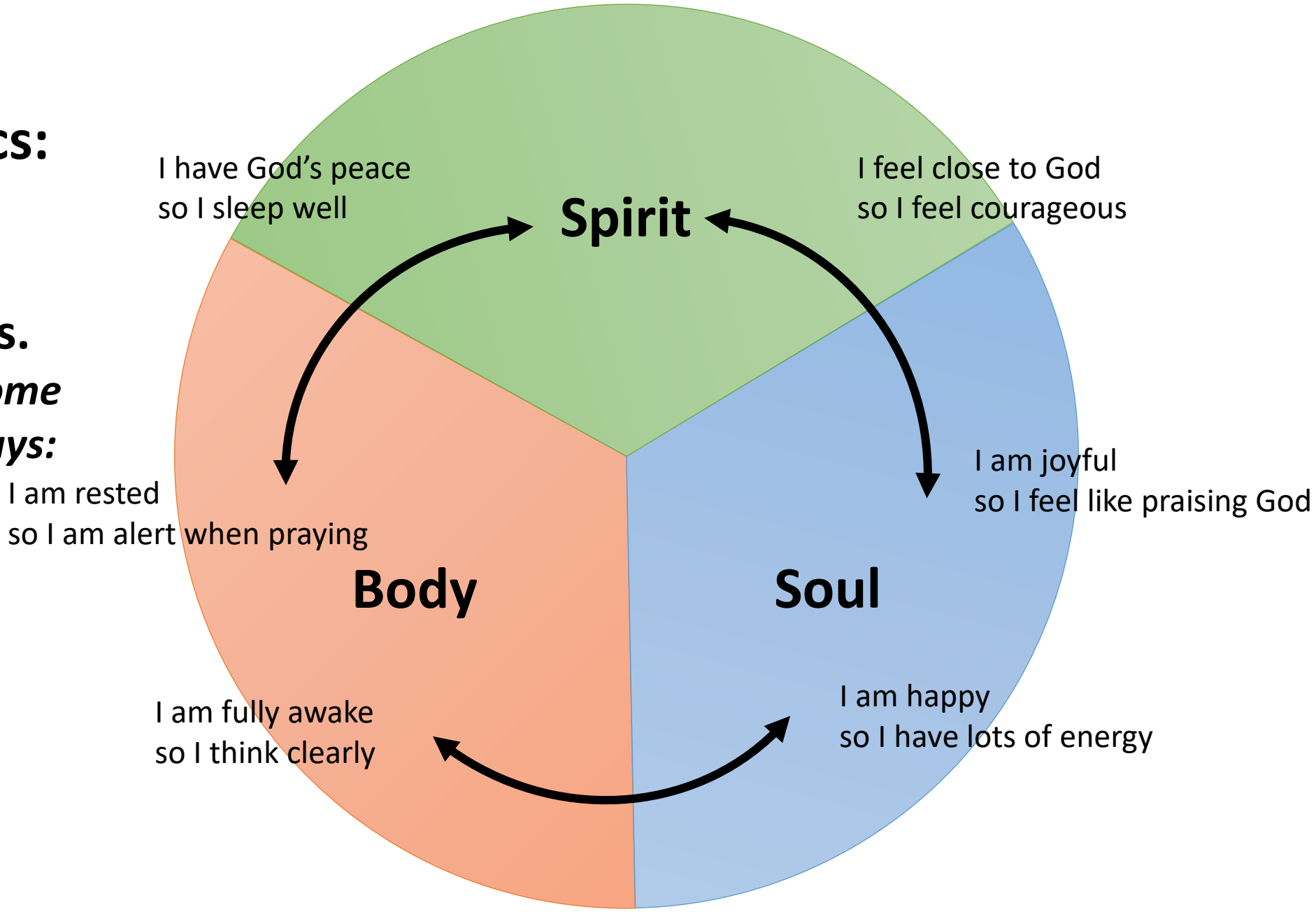
What we have as a Christian

What we have as a human being

Dynamics:
Each can influence the others.
Here are some negative ways:



Dynamics:
Each can influence the others.
Here are some positive ways:

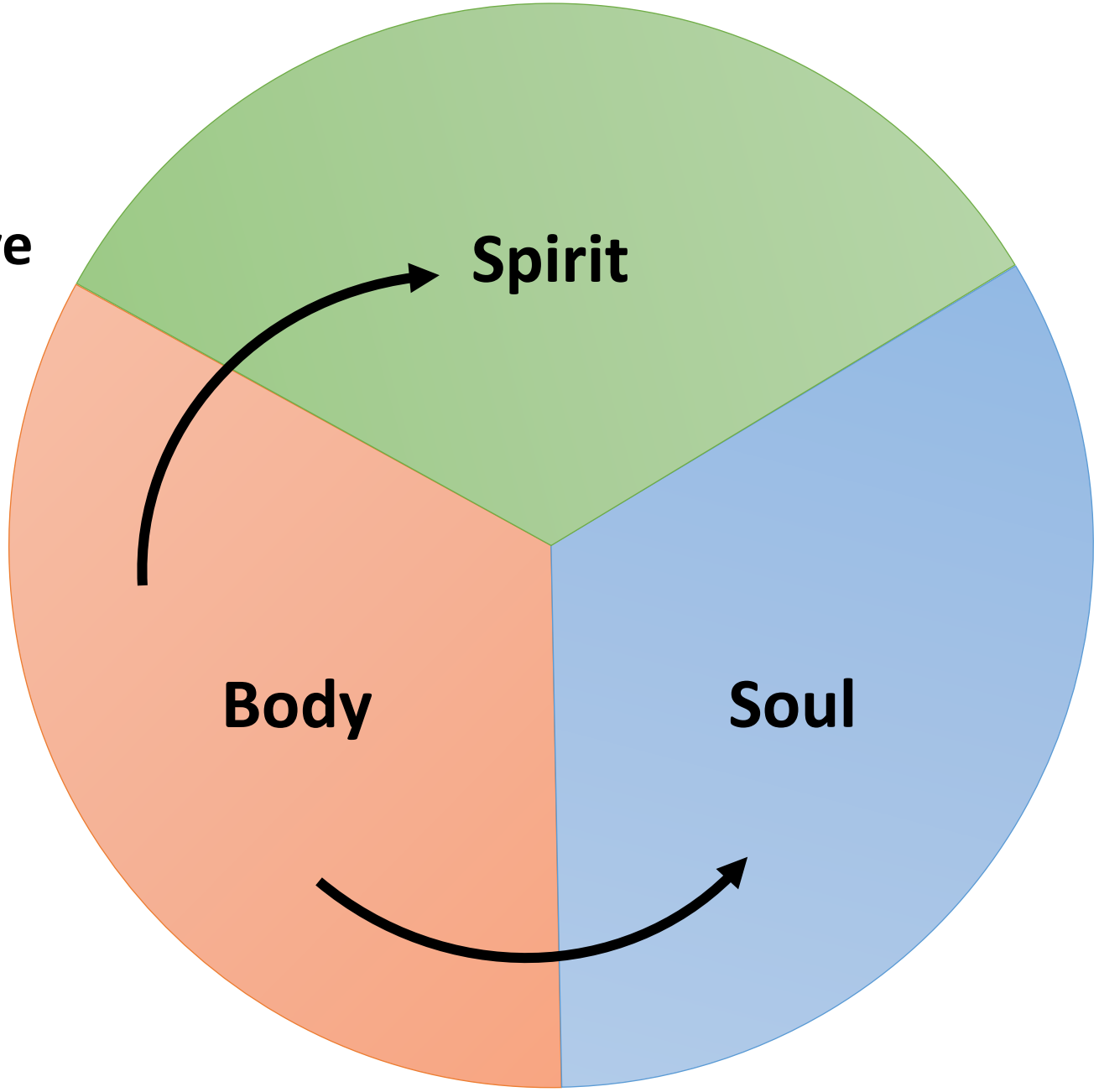


Dynamics:

One part can drive both the others

For example:
a person can be driven by their **body**

- Addictions
- Poor health
- Neglect
- Sex drive
- Appetite

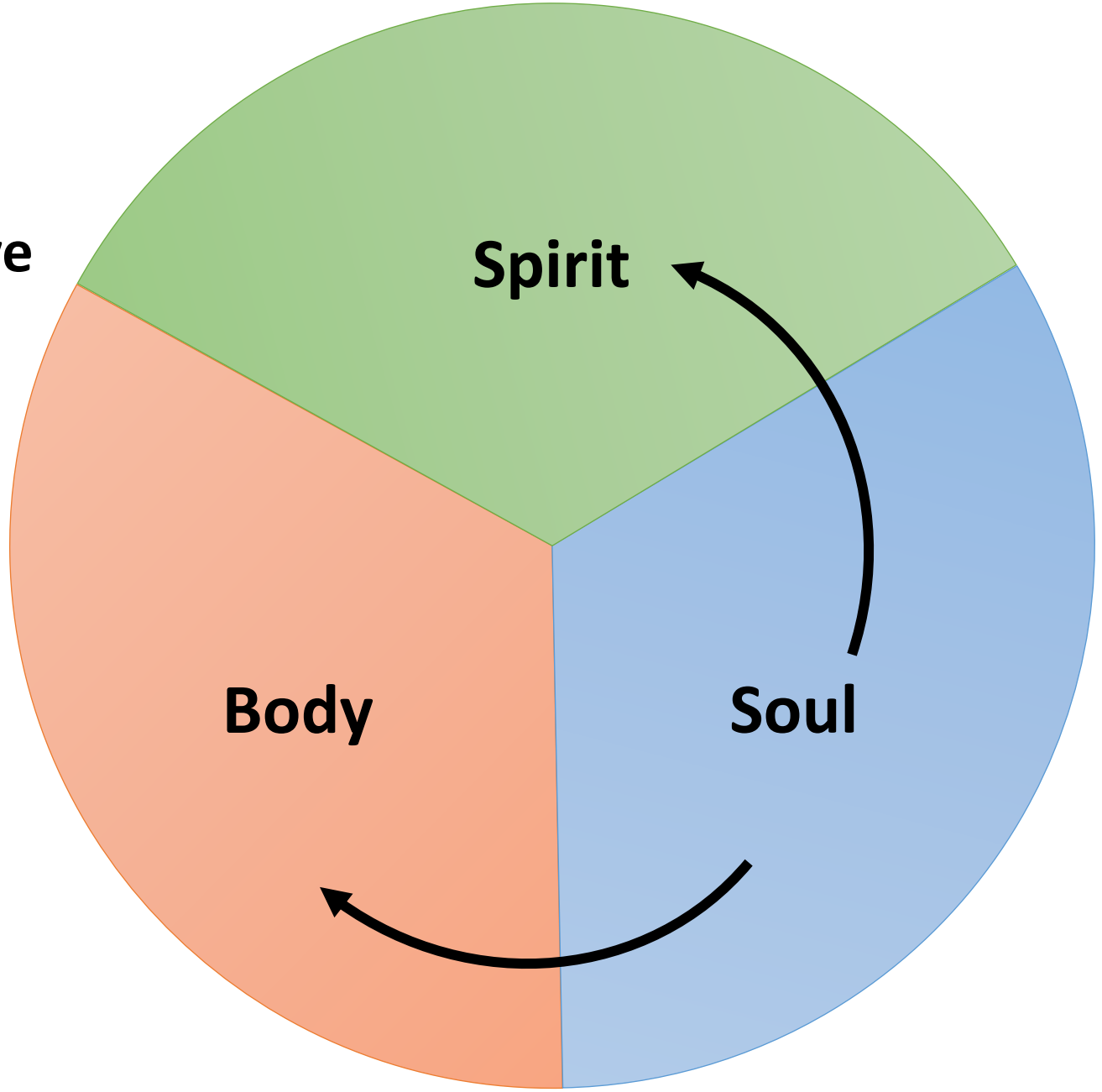


Dynamics:

One part can drive both the others

A person can be driven by their **soul**

- Anxiety
- Depression
- Fear
- Negative thinking
- Anger

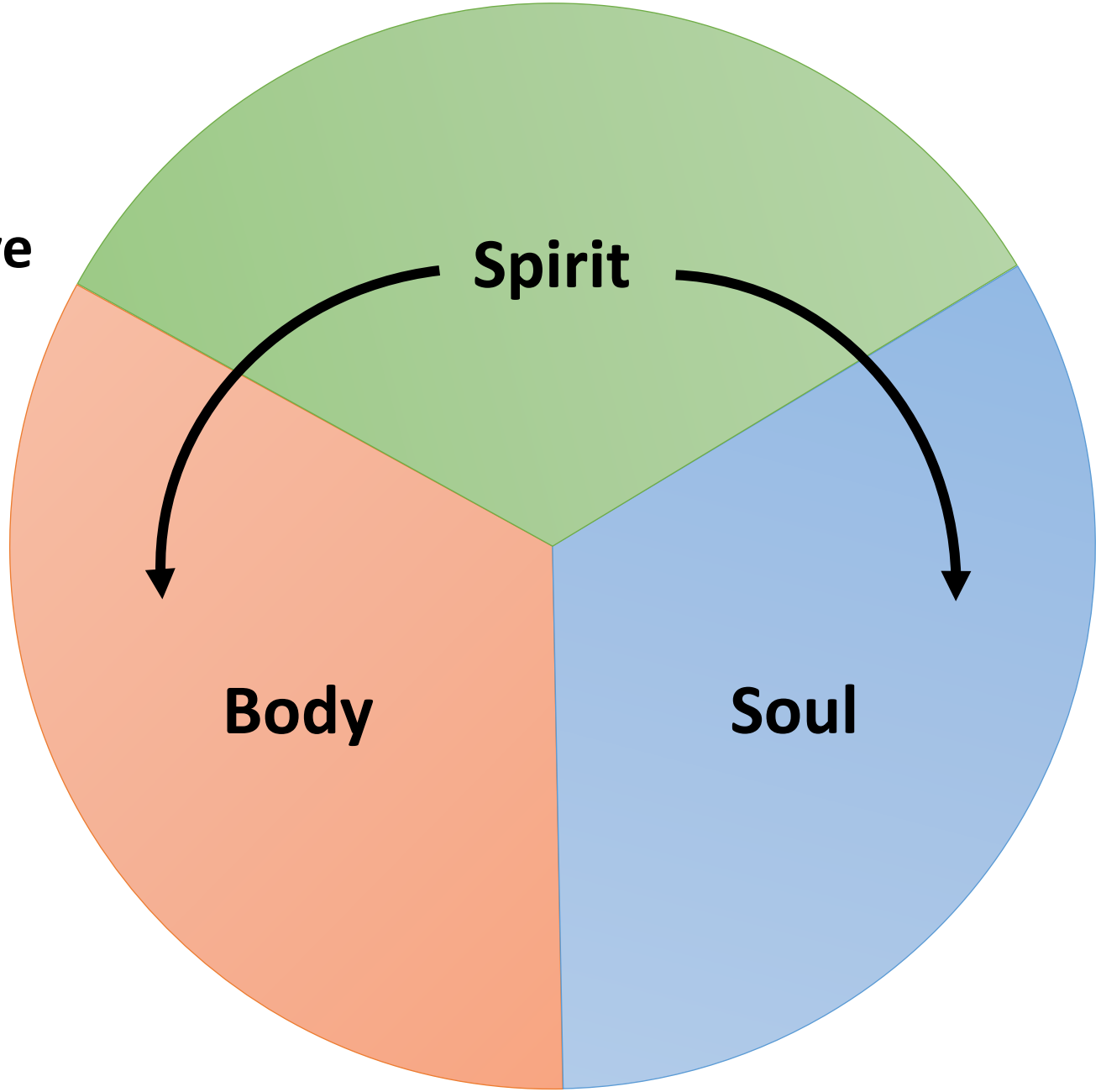


Dynamics:

One part can drive both the others

A person can be driven by their **spirit**

- Conviction
- Spiritual peace
- Spiritual energy
- Spiritual joy
- Spiritual hope
- Spiritual insight



Three types of people

The Bible describes three types of people:

- natural
- fleshly (carnal)
- spiritual

Let’s see how our human make-up is reflected in each one of these people. First, the Bible references:

Three types of people

1 Corinthians 2:14–15 (NASB95)

But a **natural man** does not accept the things of the Spirit of God, for they are foolishness to him; and he cannot understand them, because they are spiritually appraised.

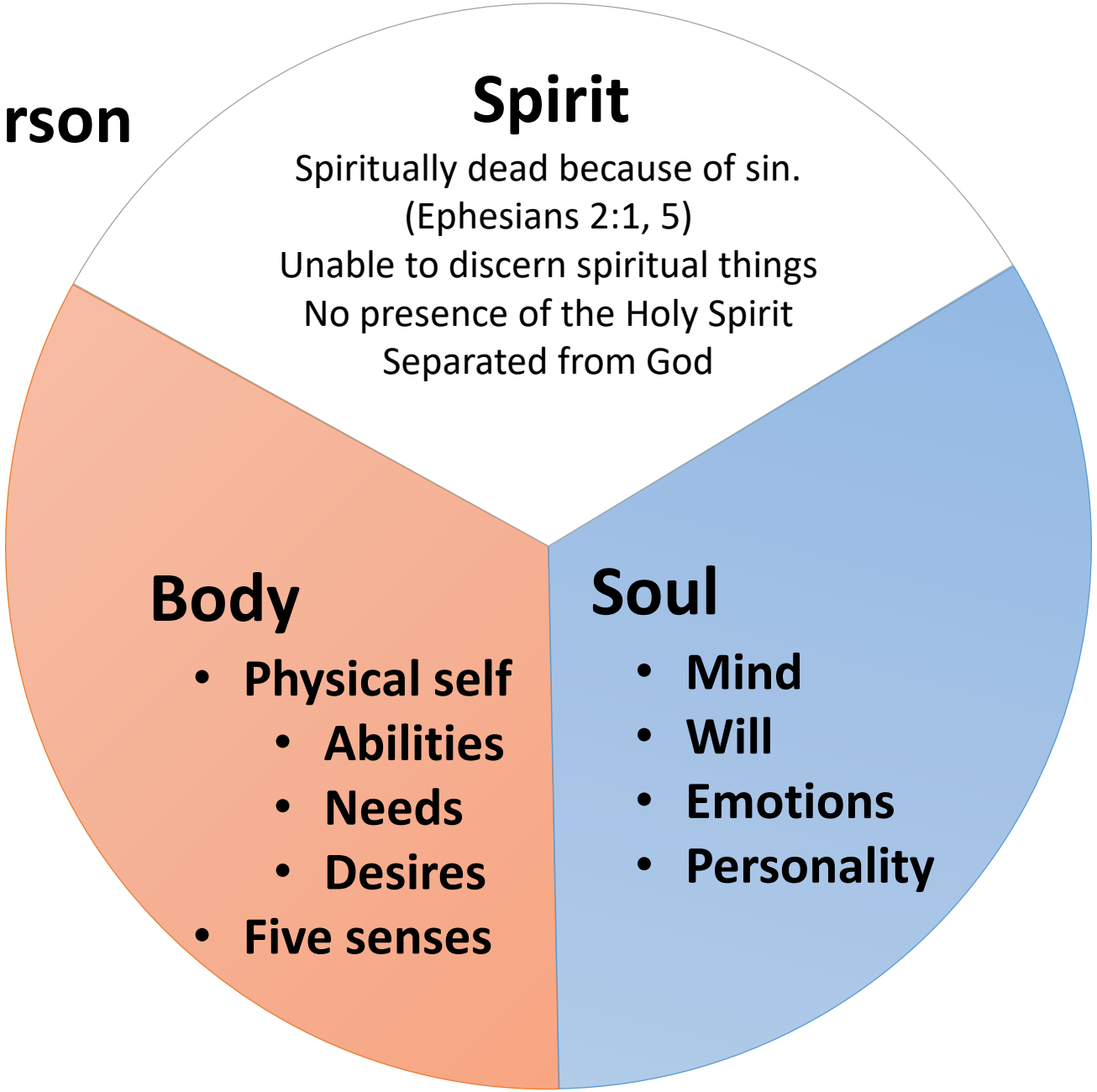
But he who is **spiritual** appraises all things, yet he himself is appraised by no one.

1 Corinthians 3:1–2 (NASB95)

And I, brethren, could not speak to you as to **spiritual** men, but as to **men of flesh (carnal),** as to infants in Christ.

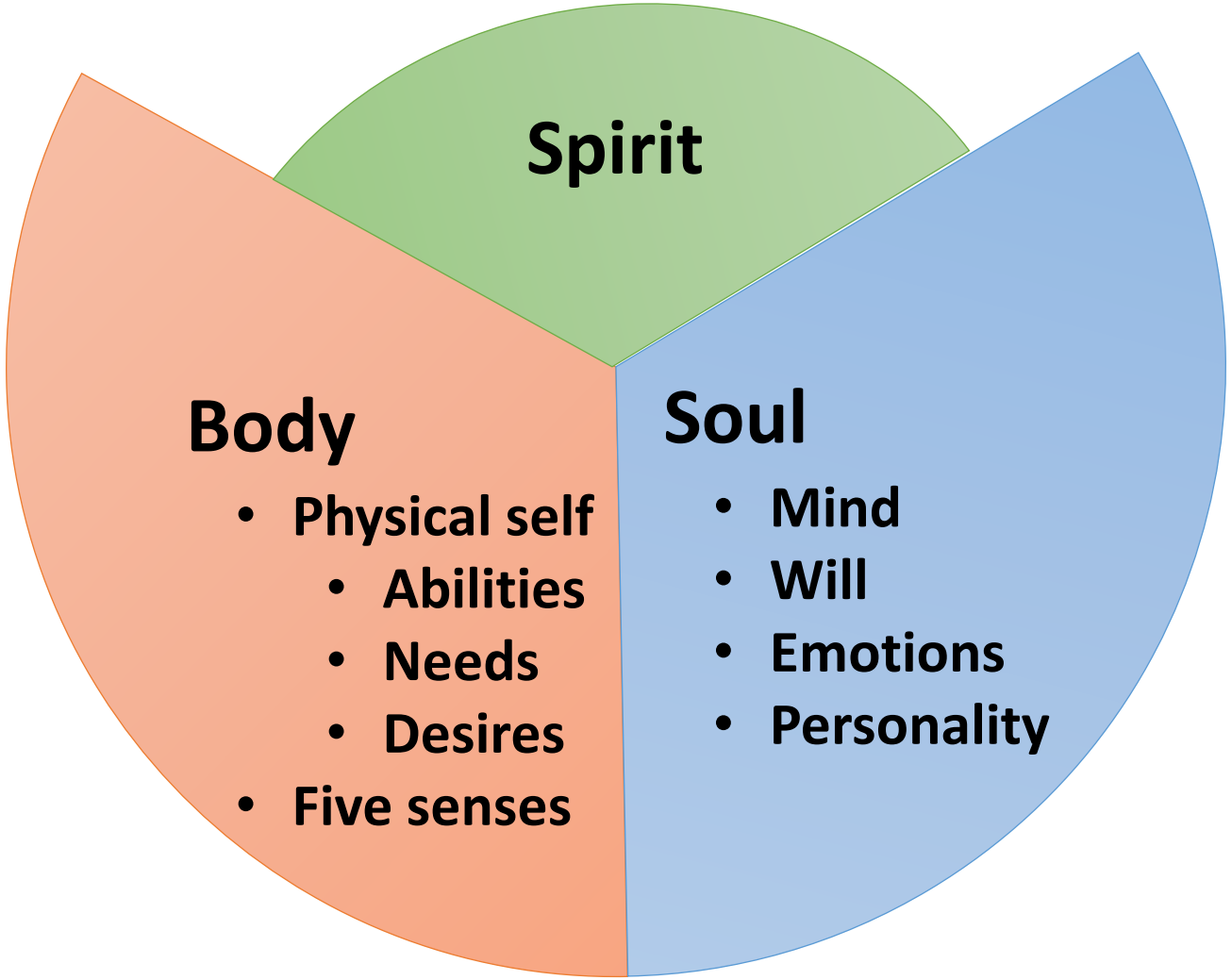
I gave you milk to drink, not solid food; for you were not yet able to receive it. Indeed, even now you are not yet able,

The Natural Person



The Carnal (Fleshly) Person

Spiritually alive (Eph 2:5)
Holy Spirit present
Living as if they were not spiritually alive



The Spiritual Person

Three types of people

Which of these three people best describes what a Christian is supposed to be?

Natural, Carnal, or Spiritual?

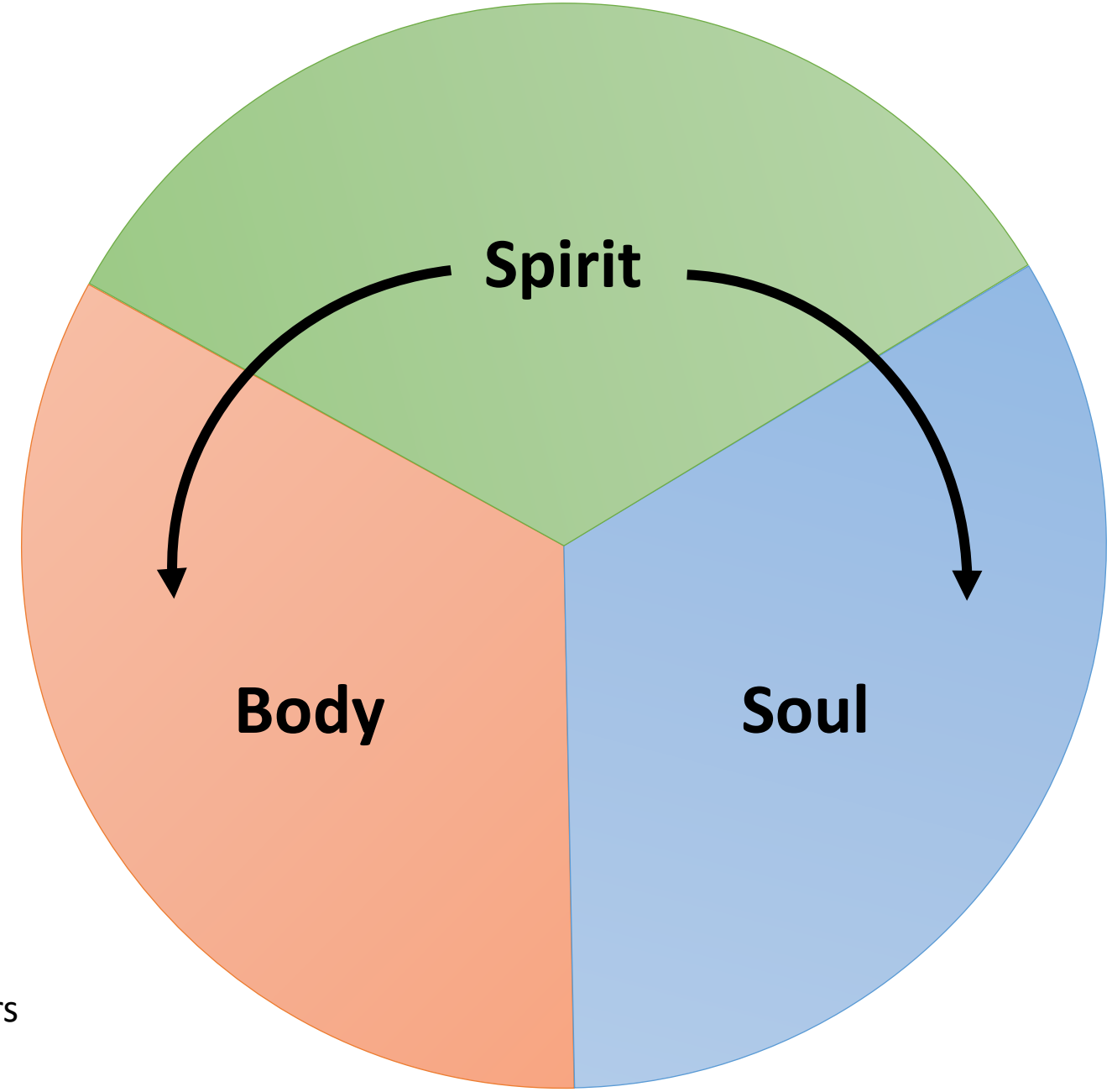
Answer: Spiritual

The spiritual Christian is a Christian whose spirit is in control of the rest of his/her life. He/She is dominated by his/her spirit.

The Spirit-Controlled Christian

Evidence of being controlled by the spirit:

- The fruit of the Spirit
- Walking in the Spirit
- Freedom from sin
- Growing maturity
- Christ-like attitudes and behaviors
- Emotionally balanced
- Healthy relationships
- Love for God and others
- Using spiritual gifts
- Un-self-centered



The dynamic of the Christian life

- We are alive to God: our spirit is alive
- We are indwelt by the Holy Spirit
- God's intention is that our spirit exert control over our body and soul, not visa versa
- Living the Christian life means letting God's Spirit control our soul and body through our spirit
- Every Christian has the potential to live under the control of the Spirit (to be spiritual) but they can remain under the control of their body and soul (to be fleshly or carnal)

Which best describes who you are?

The Natural (unsaved) Person

But a **natural man** does not accept the things of the Spirit of God, for they are foolishness to him; and he cannot understand them, because they are spiritually appraised. (1 Corinthians 2:14)

The Fleshly (carnal) Christian

And I, brethren, could not speak to you as to spiritual men, but as to **men of flesh (carnal),** as to infants in Christ. (1 Corinthians 3:1)

The Spiritual Christian

But he who is **spiritual** appraises all things, yet he himself is appraised by no one. (1 Corinthians 2:15)

Which part of your make-up is most in control of you?

My Body

- My physical needs, desires, and abilities
- My physical senses

My Soul

- My mind
- My will
- My emotions
- My personality

My Spirit

- My relationship with God
- The Holy Spirit within me
- The spiritual power and perception I get from being alive in Christ

Are you truly alive in Christ?

- ❑ Yes
- ❑ No
- ❑ I’m not sure