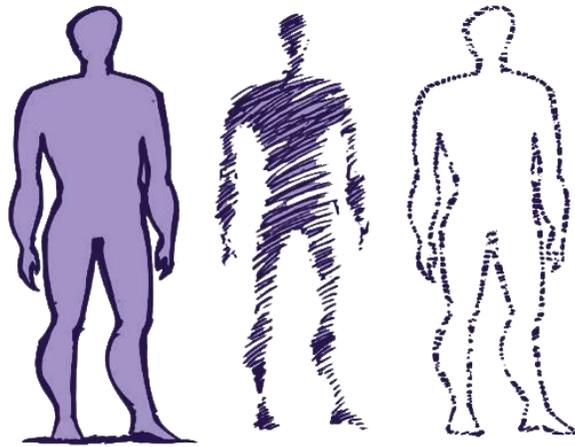


MADE TO ENDURE

SPIRIT. SOUL BODY.

FUEL ALL THREE YOU ARE MADE UP OF THESE



1 THESSALONIANS 5:23

"May the G-d of peace make you completely holy - may your entire spirit, soul and body be kept blameless for the coming of our Lord Yeshua the Messiah."

By Paulette Lainez, Owner of Made to Endure Fitness



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SPIRIT. SOUL BODY.

G-d's desire for us is that we human beings with all three parts would be vessels to contain and express Him. As we saw, G-d's purpose is to come into our spirit to fill it with Himself. When we believe in Yeshua (Jesus Christ), He comes to live in us as our new life. He is in our spirit as the new Person in us so that He would be expressed through our entire being: spirit, soul, and body. This all begins when we receive Him into our spirit and are regenerated, or born again.

Formerly, before Christ came into us as the new life in our spirit, our soul was our leading part. We pretty much did everything by the thoughts and desires of our soul. We made decisions with our soul based on our own thoughts and considerations, our own feelings, and our own discernment. Whether we lived a good life or a bad life, a moral life or an immoral life, we lived a life in the soul.

But G-d's desire is that once we're saved, with a new life and with Yeshua (Jesus Christ), as our new person living in us, our spirit would become the leading part of our being, not our soul. When we live by our spirit, our soul begins to express G-d's life instead of our own.

Every day, even every moment, we have a choice. We can live by the old, independent life of our soul, or we can live by Yeshua the messiah (Jesus Christ), as the new life and Person in our spirit. We can choose to allow our spirit to be our leading part, using our will to turn our mind to our spirit and to take in G-d's living Word, allowing our emotions to be awakened and stirred to love G-d, and presenting our body to live a proper human life.

G-d's intention in giving us three parts—a spirit, soul, and body—was that we would be vessels to contain Him and express Him. By choosing to live by our spirit, our third part, our soul and even our body will function together to fulfill G-d's purpose.

Spirit, Soul and Body – How G-d Designed Us

One way to view our nature is that we have a material part, our body, and an immaterial nature consisting of two distinctly different parts – a soul and a spirit. This is known as a tripartite view.

We tend to lean towards those who hold a tripartite view and the following is my understanding of our design and how the spirit, soul and body are interconnected. Indeed, we are very, very complex beings and only a living G-d could have created us as we are.



SPIRIT

G-d consciousness
Spiritual: Relates to G-d

Awareness
Sensitivity
Understanding
Motivation

Even more than just a body with a soul within, we have a part that's deeper than our soul—our spirit, which is the deepest and most hidden part of our being. By our spirit we can contact the spiritual realm. No other creature was created with this third part, the spirit, within. By our spirit G-d is real to us and we can contact Him, receive Him, contain Him, and fellowship with Him.

Why we have a spirit

G-d created us with a spirit because He wants to know us, have a relationship with us, and even live in us.

Not only was our spirit made for G-d, but our spirit also has the ability to contact, receive, and worship G-d. As John 4:24 says,

“G-d is Spirit, and those who worship Him must worship in spirit and truthfulness.”

John 3:6 tells us that we are born of the Spirit in our spirit. After we are born of G-d, we continue to contact and worship Him by our spirit.

It's in our spirit that we have meaning and purpose in life. At the deepest level our spirit gives us meaning and purpose and our spirit enables us to love one another, our self and G-d. It's through our spirit that we have communion and fellowship with G-d. Our spirit gives us intuition between right and wrong.

Our spiritual health will have a significant impact on our emotional health which will have a major influence on our physical health. The inter-connection between the spirit, the soul and the body is certainly a complex connection, nevertheless, the connection is very real. The apostle John was inspired by G-d to write in 3 John 1:2, “*Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*” This is an indication of the importance of attending to matters of the soul as it relates to being healthy.



SOUL

Self-Consciousness
Psychological: Relates to others

Mind
Will
Emotions

Our soul is what gives us our personality and it's through our soul that we live out our relationship with G-d, with other people and with our self. Our soul likely has three major components – our mind, will and emotions. Our mind has a conscious part and a subconscious part. The conscious mind is where we do our thinking and reasoning. The sub-conscious mind is where we hold our deep beliefs and our attitudes. It's also where we have our feeling, our emotions and retain our memories. Our will is what gives us the ability to make choices. Through a very complex way, our mind, our will and our emotions are connected to the body through our endocrine, nervous and immune systems.

"The mind and body communicate constantly. What the mind thinks, perceives, and experiences is sent from our brain to the rest of the body." Herbert Benson, M.D., The Benson – Henson Institute for Mind Body Medicine

Our soul, though unseen, is just as real as our body. By our soul, we experience things in the psychological realm. In fact, the Greek word for *soul* in the Bible is *psuche*, which is also the root word of *psychology*. Our soul is composed of our mind, which enables us to do things like think, reason, consider, remember, and wonder; our emotions, which enable us to have feelings like happiness, sorrow, anger, relief, and compassion; and our will, which enables us to choose and make decisions. Our mind, emotion, and will make up our soul, which is our personality, who we are within.

In Hebrews 6:19 we find the fascinating fuel for our souls. "Hope anchors the Soul." Hope is what we need to be revived in our souls. The Gospel of Yeshua (Jesus Christ), is the first and foremost Hope for all mankind. Without knowing the gospel, you are missing the greatest and most important source of Hope. (Please refer to "The Good News" section to read about the Gospel message.

MADETOENDUJ

BODY

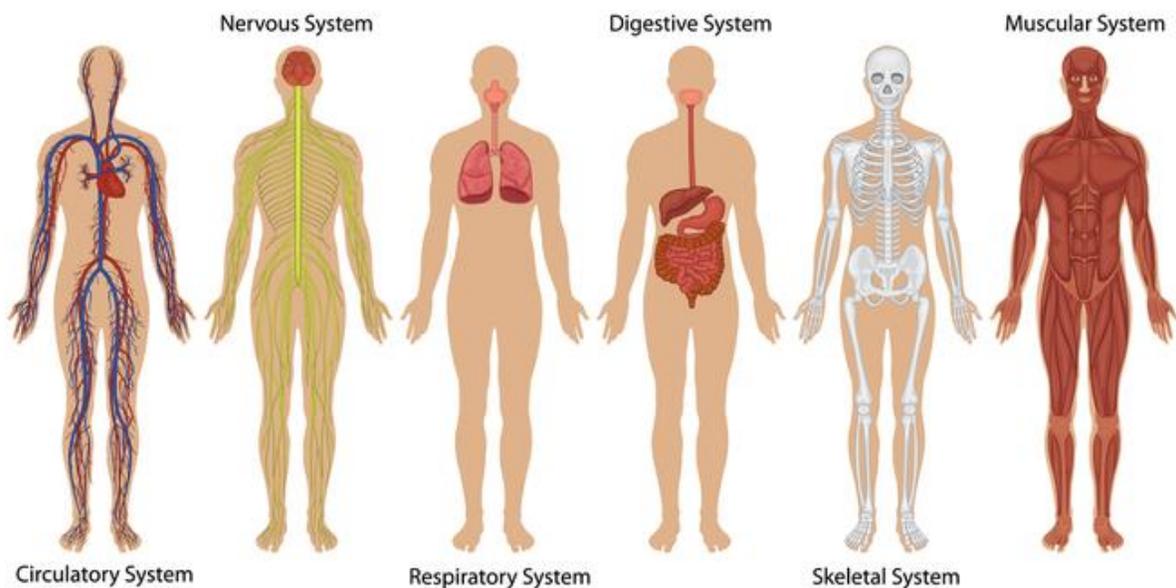
World-Consciousness
Physiological: Relates to Environment

Sight
Hearing
Taste
Touch
Smell

It is by our body that we function physically. It's comprised of organs and cells which consists of protein carbohydrates and fats. Our body contains our nervous system with nerves and the brain. It's through our bodies that we connect to the physical world with our five senses.

Psalm 139:14 says that "you are fearfully and wonderfully made." Our body through its five senses contacts the visible, touchable, tangible things of the material world. It's the most outward and visible part of our being, and by it we exist and experience the things in the physical realm. But of course, we're more than just a physical body.

The Body Systems



The Bodily System Functions

Skeletal System – *bones, cartilage, tendons, ligaments, joints*

- Body support and internal organ protection
- Bones provide storage for minerals
- Bones act as levers for muscular action

Muscular System – *muscles attached to bones*

- Muscles contract and shorten to allow motion (running, walking, etc.)
- Muscles control facial expression
- Muscles allow manipulation and interaction with the environment

Integumentary System – *skin, hair, nails*

- Protects organs from drying out, getting an infection, or receiving an injury
- Excretes salts and urea from body
- Helps in body temperature regulation (sweating)

Lymphatic System – *lymphatic vessels, lymph nodes, spleen, thymus*

- Cleanses blood of pathogens and other debris
- Houses lymphocytes – cells that act in immune responses to protect the body from foreign substances

Endocrine System – *pituitary, thymus, thyroid, parathyroid, adrenal glands, pineal glands, ovaries, testes, pancreas*

- Maintains internal balance (homeostasis), promotes growth and development, hormone production

Understanding your health starts with an understanding of your body and the systems that make it up.

Nervous System – *brain, spinal cord, nerves, sensory receptors*

- Allows detection of external and internal changes to create a response by the muscles or glands
- Helps maintain internal balance (homeostasis) by rapid transmission of electrical signals

Reproductive Systems – *males: testes, prostate gland, scrotum, penis, duct system; females: ovaries, uterine tubes, uterus, mammary glands, vagina*

- Both produce sex cells, called gametes, that aid in reproduction
 - Men produce sperm
 - Women produce eggs
- Female anatomy provides housing for development of the fetus until birth and mammary glands provide nourishment in the form of milk for the newborn

Respiratory System – *nasal cavity, pharynx, larynx, trachea, bronchi, lungs*

- Provides a continuous supply of oxygen into the blood while also removing carbon dioxide
- Contributes to acidity or basicity of blood

Circulatory System – *heart and blood vessels*

- Transport system that carries substances to and from tissues for exchange. Substances include: oxygen, carbon dioxide, nutrients, wastes, hormones, etc.
- Blood is pumped through the vessels by the heart
- Antibodies and other proteins in the blood are involved in immune response

Digestive System – *oral cavity, pharynx, esophagus, stomach, small and large intestines*

- Breaks down food to be absorbed by the blood for delivery to cells in the body
- Removes undigested material as feces

Urinary System – *kidneys, bladder, ureters, urethra*

- Rids body of nitrogen-containing waste (urea, uric acid, ammonia) as a result of breaking down proteins and genetic material
- Maintains water, acid/base balance, and electrolyte concentration of the blood.

THE GOOD NEWS

1. "For G-d so loved the world that he gave his only Son, Yeshua (G-d clothed as human)
2. So that everyone who believes (trusts and obeys) Him
3. Won't Perish (eternally die) but will have eternal life. (John 3:16)

Let's Break it Down

The Gospel all begins with G-d. The Source of Life, Love and Light.
People matter to God. The world is the object of G-d's great plan for salvation.
The human race without God is lost. Helpless. Hopeless. We need him.
Because G-d loves, he gave. That's his nature. His personality. His character.
He gives Perfect & Needed gifts.
And the greatest of all gifts is His only Son, Yeshua the Foretold Savior.

Through Yeshua we can know the Father.
Through Yeshua we Receive forgiveness. Are cleansed from sins.
Have True Joy, Freedom, Find Peace, Have His Presence live inside you.
And Receive Eternal life.
And who can receive this invitation? Me! You!
Anyone willing to deny himself and follow the Lord.

John 3:16 is quite clear. This hope. This promise.
This opportunity is found in one person. Yeshua!
The word Perish in John 3:16 suggests the possibility of spiritual death.
And sadly some will perish. But, you don't have to!
We can receive eternal life. Heaven's hope is real.
It is possible. It is promised. It can be achieved.

Yeshua admonishes us not to reject Him, but to receive His words.
To Trust Him. To love Him. To obey Him.
And to accept his offer of eternal pardon.
John 3:16 is a message of hope. Faith. And love. It all begins with G-d.
And ends with eternal life.

IS THE BIBLE AUTHENTIC OR RELIABLE?

The word of G-d, the Holy Bible is an accurate account of G-d's interaction with mankind. Despite forty authors writing from three continents over nearly two thousand years, it maintains a perfect consistency of message. Its words point unerringly to Yeshua, whose work on the cross was ordained by G-d—the true author of the Bible—before the world began. Among all the books ever written, the Bible is absolutely unique. Actually, it is not just a book—it's 66 books. And one of its most remarkable qualities is the complete unity of the overall message despite having so many different authors writing over many centuries on hundreds of controversial subjects. Natural explanations fail to account for the supernatural character and origin of Scripture.

The Bible was written over 2,000 years by 40 different authors from three continents, who wrote in three different languages. These facts alone make the Bible one of a kind, but there are many more amazing details that defy natural explanation.

Shepherds, kings, scholars, fishermen, prophets, a military general, a cupbearer, and a priest all penned portions of Scripture. They had different immediate purposes for writing, whether recording history, giving spiritual and moral instruction, or pronouncing judgment. They composed their works from palaces, prisons, the wilderness, and places of exile while writing history, laws, poetry, prophecy, and proverbs. In the process they laid bare their personal emotions, expressing anger, frustration, joy, and love. Yet despite this marvelous array of topics and goals, the Bible displays a flawless internal consistency. It never contradicts itself or its common theme.

From Genesis to Revelation, we see man's repeated rebellion against his holy Creator. G-d made a perfect world, but mankind has continually rejected His authority and sought to decide truth for himself. Nevertheless, G-d promised to extend His love, grace, and mercy to unworthy people who deserved to be cast into the lake of fire.

Early in Genesis after Adam and Eve (first humans) sinned, G-d made known His plan of redemption, which He repeatedly promised and expanded upon throughout the Old Testament. The promises were fulfilled in a surprising but predicted way: by the Savior's sacrificial death and subsequent resurrection, as recorded in the New Testament. The Bible then announced the future culmination of the Savior's redemptive work in Revelation.

Both the Bible and history weave together in seamless harmony, as though the Creator ordained this plan and recorded it in Scripture even before it unfolded in history. And that's exactly what the Bible claims took place! G-d says that He alone can declare the future ([Isaiah 42:9](#)), and hundreds of His prophetic predictions have been fulfilled with absolute precision, while others await fulfillment. The unity of Scripture demonstrates its supernatural inspiration. Only the one true, holy G-d could provide us with such a flawless Bible that reveals such a matchless message: the Lord's staggering love for His creation.

66 Books . . . 1 Message

Despite writing in radically different times and contexts, the Bible's many authors all told the same message about G-d's eternal plan, from Creation and the Flood to Yeshua's work on the Cross and the consummation

of G-d's plan. You can find the same truths stated by Moses and the Old Testament prophets, Yeshua Himself, and the Messiah's apostles.

The First Creation

"In the beginning G-d created the heaven and the earth." —Moses

"By G-d were all things made." —the apostle John

"At the beginning G-d made them male and female." — Yeshua

Noah's Flood

"Noah went into the ark, the waters increased greatly, and all flesh died that moved upon the earth." —Moses

"The world that was then, being overflowed with water, perished." — Peter

"Noah entered into the ark, and the flood came and took them all away." —Yeshua

Resurrection of the Messiah

"You will not leave my soul in the grave; neither will you suffer your Holy One to see corruption." —King David

"The Messiah was buried and rose again the third day." — Paul

"Destroy this temple, and in three days I will raise it up." — Yeshua

The New Creation

"I will make a new heavens and a new earth, says the Lord." —the prophet Isaiah

"I saw a new heaven and a new earth." —the apostle John "I go to prepare a place for you." — Yeshua

For more information on the validity of the scriptures, the gospel, the existence of G-d, please refer to the "Resources" section for helpful websites and resources.

RESOURCES

Websites

- www.reasonablefaith.org
- www.rzim.org
- www.livingwaters.com
- www.johnlennox.org
- www.equip.org
- www.appianmedia.org
- www.bethinking.org
- www.answersingenesis.org
- www.creationmuseum.org
- www.arkencounter.com
- www.apologeticsindex.org
- www.apologetics.com
- www.carm.org
- www.impactapologetics.com
- www.str.org
- www.scp-inc.org
- www.leaderu.com
- www.apologetique.org/en
- www.epsociety.org

Films

- Case for Christ movie
- Patterns of Evidence Documentary
- Archaeology + Jesus Documentary
- Finding the Mountain of Moses: The Real Mount Sinai in Saudi Arabia
- Forbidden footage of actual location of Red Sea Crossing & Mt. Sinai
- THE EXODUS EXPLORED—Chariots and Coral

(To request a specific resource, please contact us. Find contact website on next page.)

KEEP IN TOUCH WITH US

Made to Endure Fitness was inspired by G-d. Along with this company, G-d also entrusted the owners of this company with a Music Ministry called "Zion's Song."

You can contact us through on our Zion's Song Ministry website found below and find ministry events, request prayer, get plugged into a local congregation that we recommend, receive discipleship, and ask questions.

Contact Us

Ministry Websites

Zionssong.carrd.co

Letthewearyrest.carrd.com

Company Website

Madetoendurefitness.com