

# We Exist in the Spiritual Realm

Living in the Spiritual Realm 3, Session 1

## The Spiritual Realm

- Gen 1:1, “In the beginning God created the heavens and the earth.”
  - God created the heavens – plural
- God is the only eternal being (no beginning & no end)
  - Gen 21:33; Deut 33:27; Jer 10:10
  - God existed before he created the physical universe, so where did he exist?
- 2 Co 12:2, 4, “I know a man in Christ who fourteen years ago was caught up to the third heaven.... He heard inexpressible things, things that man is not permitted to tell.”
  - Much of the Bible is written from earth’s perspective so we earthlings can relate to it
  - God’s heaven existed before & outside our physical realm
- The spiritual realm is eternal and distinct from the physical realm, which is temporal
- That makes the spiritual realm “more real” than the physical realm

## The Human Spirit

- Gen 1:26, “Then God said, ‘Let us make man in our image, in our likeness.’”
  - “image” (Heb, n, *tselem*): (1) image, pattern, model or example of something; (2) idol, formed artifact representing a pagan deity; (3) statue, figurine
  - “likeness” (Heb, n, *demuth*): (1) that which has a similarity or comparison; (2) image or form
  - Since God is a spirit being, what does this suggest about humans?
- Rom 8:14(b)-16, <sup>14</sup> “... because those who are led by the Spirit of God are sons of God. <sup>15</sup> ... And by him we cry, ‘Abba, Father.’ <sup>16</sup> The Spirit himself testifies with our spirit that we are God’s children.”
  - Who is the “Spirit of God” in verse 14?
  - By whom do we cry, “Abba, Father,” in verse 15?
  - Who is “the Spirit himself” in verse 16?
  - “spirit” in v 16 (Gk, n, *pneuma*): breath, wind, spirit
  - Holy Spirit is distinct from our human spirit
- 1 Th 5:23(b), “May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.”
  - “spirit” (Gk, n, *pneuma*): breath, wind, spirit

- You are a spirit being with a psyche, temporarily living in a physical body.
- Your body is the only physical part of you and is not the real you.
- Where does your human spirit exist, if not in the physical realm?
- We currently exist in both the spiritual and physical realms, although most of us are not aware of it or don't think about it.

### **Recommended Daily Activity**

- Repeat the following aloud until it changes the way you think:
  - “I am a spirit being and exist in the spiritual realm. I have a psyche and I'm temporarily living in this physical body, which is not the real me.”

### **Closing**

- May Father bless you by making you more aware of your human spirit.