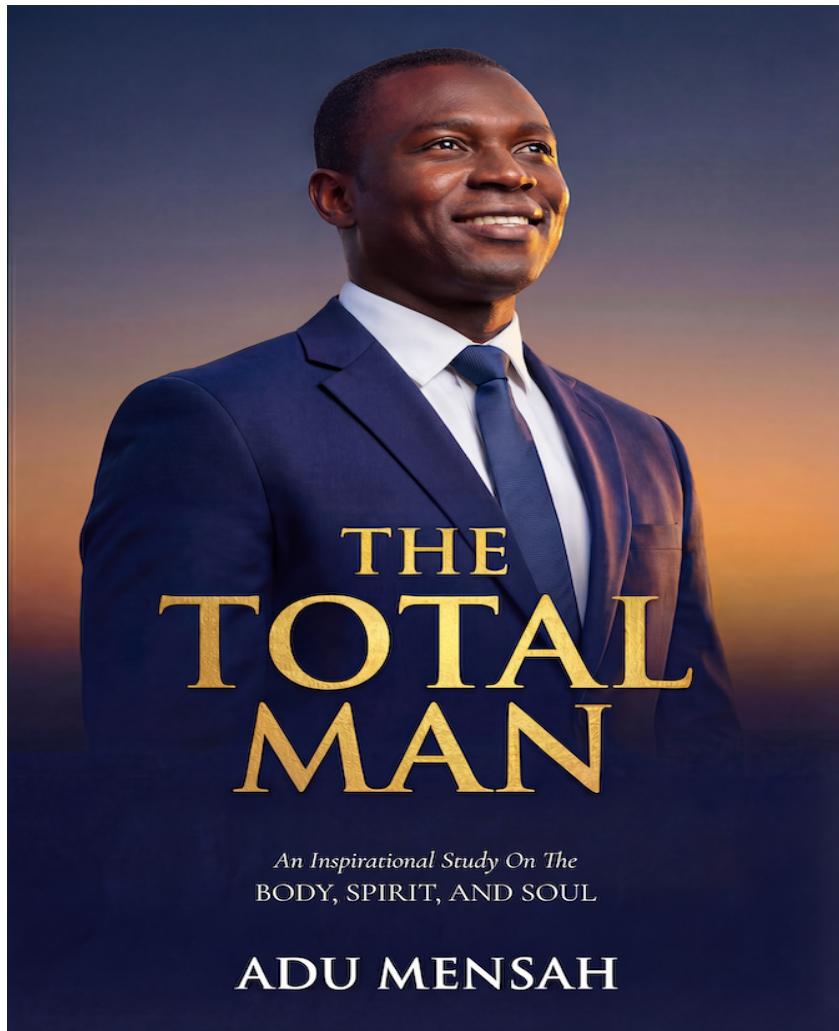


THE TOTAL MAN

An Inspirational Study On The
BODY, SPIRIT, AND SOUL

ADU MENSAH



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INTRODUCTION

This booklet is part of a study which deals with body, soul and spirit. It is geared towards helping you to understand the three elements of your personality, which are Spirit, Soul and Body, as well as to conquer and take control of these areas. It must be emphasized that the human anatomy is a big subject. What we will cover in this booklet will only be the tip of the iceberg but nevertheless a great eye opener.

This book contains deep spiritual insights, and it was written under the inspiration and guidance of the Holy Spirit.

Moreover, this booklet is not just about the total man – it addresses some deeper issues and reveals underlying causes of heart diseases and how to reverse them. You can imagine the difference this booklet will make in your life! It is amazingly revealing, appealing and carrying potential to transform life.

I am, therefore, confident that reading this book will certainly result in the lifting of those burdens you may have been carrying for years. It is my humble prayer by the power in the blood and the resurrection of Christ Jesus that God will give you both understanding and revelation, to see how it may impact your life. You are welcome!

A LIVING SOUL

1 CORINTHIANS 15:44 – 45

...There is a natural body and there is a spiritual body, The first man Adam was made a living soul, the last Adam was made a quickening spirit.

When Adam was formed, two things came into man immediately. These were the Spirit of the life of God and Soul. The original man was a Spirit, he had a Soul and lived in a Body.

The body is just an image. Without the spirit of man, the body of man is lifeless. It is the spirit that keeps the body alive.

Man was originally created a Living Spirit, thus he could relate to and see the spirit world as easily as he could see the physical world. How? By the use of his spiritual body.

1 CORINTHIANS 15:44 States that,
There is a natural body and there is a spiritual body.

Now you know that just as there is a physical world, there is a spiritual world. Most often we forget or neglect the reality of the spiritual world, partly because, we are so attached to the visible world around us.

Our spiritual body is the link between us and the spirit world, because the spirit world cannot be seen or measured with anything physical.

Moreover, it is the spirit that is permitted to communicate with God. Let us go back another step. Because Adam was a living spirit, he was able to commune with God face-to-face, an evidence of a very intimate relationship!

Unfortunately, Adam rebelled against the will of God and brought upon himself spiritual death. The first death that came to man was spiritual death.

In this way, Adam and his descendants were no longer consciously aware of their spiritual body, and could not commune with God as he used to do. Consequently, Adam's sons were of the image and likeness of Adam and not of God. In this way, man became a living soul!

1 CORINTHIANS 15:45

...the last Adam was made a quickening spirit.

The good news is that, the last Adam who personified Jesus Christ has enabled us to be brought back into fellowship with God through His death on the cross. So we are no longer separated from God.

When we believe and accept Jesus Christ as our personal Lord and Saviour, our spiritual body is reborn or rejuvenated, which means that we can commune with, praise and worship the Lord as Adam did before the fall. In the same sense, the glory and honour that Adam was originally created to have come upon us as Christians.