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9-10-2024

THE TRICHOTOMY OF MAN

Yesterday we taught on the “trichotomy of man” on our YouTube channel. You can watch it by clicking [here](#).

What exactly does trichotomy mean? It is a simple definition. It means three parts. Like an egg is a shell, yoke, and the white. All three parts make up one egg.

We have learned in past teachings that man is a trichotomy also. He is a spirit, has a soul, and lives in a body. Those three parts make up who we are. Each part has its own function, but it takes all three for a person to be a person. Animals do not have spirits. They have a body and a soul.

The part of man’s trichotomy that controls the other two parts will be the stronger of the three. For instance, if one is a glutton, and addicted to food then the body will suffer, and their spirit will not be as strong. If a person is controlled by their soul, which is the mind, will, and emotions, then the body and spirit will be weak.

But, if a person has received Christ as Savior and has determined to walk in the spirit and not the flesh, then the soul and body will be healthy because they listen to the Holy Spirit that influences our spirit.

We know that Satan works in our flesh [body] and our minds, to deceive us. He will never speak the whole truth. He is often called the father of lies. So, we must not listen to his lies. He will even twist scripture as he did with Jesus to deceive you.

How do we control our body and soul with the spirit? We feed daily on the Word of God. That is the food that feeds our spirit. The stronger our spirit is, the weaker the soul and body become in trying to dictate what we should do. God wants your spirit to be strong my friends, so feed it instead of feeding the flesh and the soul.