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PROVERBS 3:5
HEART AND SOUL

A favorite verse of mine is Proverbs 3:5 which says, ***“Trust in the LORD with all thine heart, and lean not unto thine own understanding.”***

When you trust God implicitly, He will see you “through” whatever challenges life presents. But from where does that “trust” come? It comes from your heart. And what does it mean “from your heart?” It means from your “spirit.”

Why does it also say that you should not trust (lean unto) your own “understanding”? Our “natural understanding” comes from our soul, and not from our spirit. We are made a trinity as is God in whose “image” we are made; we are body, soul, and spirit.

Our spirit is our “knower.” Our soul is our “thinker.” Our spirit is the “fuel” from which our soul and our body operate. A sinner in his state of depravity “acts out” and lives in foolishness in God’s eyes because he is trusting in the communications from his depraved spirit (heart). Proverbs 28:26 says, ***“He that trusteth in his own heart (spirit) is a fool.”***

When we are born again through Jesus Christ, the Holy Spirit changes our human spirit from its depraved condition into “newness” which is now in harmony with the Spirit of God. We are given ***“the spirit of wisdom (understanding)”*** from Jesus (Isaiah 11:1-2). Yes, indeed, it says in Proverbs 2:6, ***“For the LORD giveth wisdom.”*** Wisdom is equated with understanding, so our trust in the LORD gives us understanding from our spirit to our soul. In this way we attain the peace which Christ gives in knowing that God will see us through.

When we choose to lean upon (trust) our own understanding, it is reasoning that comes from our soul, not from the spirit. Our soul is the part of us that thinks, reasons things out, studies circumstances upon which we act, contains all our emotions, and the choices we willfully make. When it is our “own” understanding, we make many mistakes, misinterpret what we see, and trust in our own thoughts and “wisdom.”

When we trust in the LORD, our human spirit by the influence of Holy Spirit, conveys to our soul (thoughts, reasonings) the more perfect knowledge (understanding) of God.

Even a born-again Christian can often make the mistake of trusting his own reasoning. When we trust in the LORD in all matters, the influence of Holy Spirit communicates the “thoughts” into our mind (soul). Yes, the human “mind” is a function of the soul. We need to “listen” and trust our spirit as given us by God, because when we truly trust Him in all things, it is Holy Spirit who will speak to our soul (mind, thoughts, reasoning, emotions). That is the manner of “wisdom and understanding.” If your “heart” (spirit) is not right, neither will your soul (understanding) be right.