

If you looked at yourself in the mirror, you'd see yourself, of course. But you're actually seeing your earth suit. The human body is to enable you to live and contact the natural things of the earth. Just like astronauts need space suits to leave our earth, we need earth suits to live and stay here.

The real you is a spirit who lives inside, and looks through the windows of the eyes. In I Thess. 5:23 we find out that humans are three parts: Spirit, soul and body. I have written a brochure that talks about these parts and what each is for and how to care for each part. It's called, *Feelings are Fickle*. This one here is just about your spirit.

When the body dies, the spirit goes to heaven or hell. Those who have asked Jesus to come into their hearts and be their Lord and Savior will go to heaven, and the rest will have to go to hell.

In John 14:2-3, and 6, Jesus tells something about heaven. "There are many rooms in my Father's home, and I am going to prepare a place for you. If this were not so, I would have told you plainly." (and verse 6) "Jesus told him, 'I am the way, the truth and the life. No one can come to the Father except through me.'" Many people think this is narrow, but Jesus said it and I am not going to argue with Him or

risk my eternal state on my own reasoning. That would be dumb.

In Matt. 25: 41, 46, Jesus talks about hell. He is describing the final judgment with a story about a king. "Then the king will turn to those on his left and say, 'Away with you, you cursed ones, into the eternal fire prepared for the devil and his angels.'" (and verse 46) "And they will go away into eternal punishment, but the righteous will go into eternal life."

When a person asks Jesus to come in to be Lord and Savior, he is born again or born of God. His spirit is a baby. Babies need to have someone feed them and take care of them. But what do we feed a baby spirit? The Bible has verses that are easy to understand. Those are like baby food and milk. Harder verses are like meat. I Pet. 2:2 says, "You must crave pure spiritual milk so that you can grow into the fullness of your salvation. Cry for this nourishment as a baby cries for milk." In the King James version "spiritual milk" is "milk of the Word." (That's clearer.)

And Heb. 5: 12-14 says, "...you are like babies who drink only milk and cannot eat solid food. And a person who is living on milk isn't very far along in the Christian life and doesn't know

much about doing right. Solid food is for those who are mature, who have trained themselves to recognize the difference between right and wrong, and then do what is right."

What happens if a baby doesn't get food? There are many people who have Jesus in their hearts but their spirits are weak and sickly. You may think, "So what? I feel fine." It's important because we have an enemy ~ Satan and his demons. They are not visible to our physical eyes, but that doesn't mean they aren't real. Your being weak makes you an easy target. I Peter 5:8 says, "Be careful. Watch out for attacks from the devil, your great enemy. He prowls around like a roaring lion, looking for some victim to devour." And the Bible says in I John 5:19, "We belong to God, but all the rest of the world around us is under Satan's power and control." They are the ones who give us ideas how to be bad.

But if you spend a little time every day reading in the Bible and talking to God, and go to church every week, you will immediately start being happier, nicer, and smarter. Keep it up and your life will get better and better. Be sure you obey any directions you find in the Bible. Your spirit will be growing and getting stronger.

Gal. 5:22-23 lists the beautiful qualities that will be growing in you when you do this: Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

If a person eats junk food for a long time, he will get sick easily, and die early. Spirits can get sickly too. Things you watch or people you know make you believe that it's okay to say bad words, be mean, lie, cheat and steal. Or smoke, drink, do drugs, and have sex outside of marriage. These shows or people are junk food for your spirit.

These kinds of people end up in jail and might go to hell. Yes, it's real. Remember the whole world is under Satan's control. If your spirit is weak, you will say and do these things too. Because your spirit is weak, you can't resist. This explains why many Christians are no better than non-Christians!

But if your spirit is strong, you will choose to be good and nice, even if your friends are being bad and mean. You can do the right thing even if no one else does. Even if it's very hard, you will be able to do it because your spirit is strong.

Please read *Feeling are Fickle*. That one gives more information about your spirit that I didn't have room for in this one.

If you will every day feed your spirit by reading in the Word of God, talking to Him and going to church, He will take good care of you. This is most important. I have written other brochures that will help your spirit grow, but only if you do what you should do.

Matt. 6:33, "He will give you all you need from day to day if you live for Him and make the Kingdom of God your primary concern."

He's a better Father than any in the whole wide world! Matt. 7:11. "If you sinful people know how to give good gifts to your children, how much more will your Heavenly Father give good gifts to those who ask Him?"

## How's Your Spirit?

You ARE a spirit,  
So, how healthy is  
YOURS?

Why is this important?

A mini Bible study  
By Cheryl Boone