

Five Core Realities of God's Design for the Whole Person

~~ Discover the Wonder of God's Design ~~

From Genesis to Revelation, Scripture reveals that God designed every person with remarkable purpose and intentionality. Yet while the Bible teaches extensively about **Five Core Realities (Holy Spirit, human spirit, heart, soul, and body)**, these truths are often studied independently rather than as an integrated functioning whole.

While each has its own distinct role, it is their continual interaction that explains much of the Christian life, spiritual growth, worship, obedience, transformation, and fruitfulness. This study seeks to bring these biblical themes together into a unified framework that helps us better understand God's design for the whole person.

Our primary objective is not to answer the question, "What is man made of?" Rather, we seek to answer a different question: "How did God design the whole person to function?" Those questions are related, but they are not the same. The first explores structure; the second explores purpose, relationship, and function. While traditional theology has often emphasized the former, our emphasis is the latter.

This approach is an exercise in biblical synthesis—bringing together truths that Scripture teaches across many books and passages so that we may better understand the larger picture. Like any biblically-based model, this framework remains subject to the authority of Scripture. It is offered not as a replacement for biblical teaching, but as an aid in understanding it more clearly.

Five Core Realities (Holy Spirit, human spirit, heart, soul, and body) provide the framework. Their interaction reveals God's design. Understanding that interaction is the central purpose of this study.

We invite you to examine the Scriptures carefully and evaluate this framework in light of God's Word. Our desire is not to persuade you to adopt a model, but to encourage thoughtful exploration of the biblical text. If this framework helps you see Scripture more clearly and appreciate more fully God's design for the whole person, then it has fulfilled its purpose. Again, Scripture alone remains our final authority.

Foundational Scripture — We are Wonderfully Made

Psalm 139:13-14 (NIV)

13 For you created my inmost being; you knit me together in my mother's womb.

14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Wonder begins when we recognize that the **Five Core Realities** of our being reflect the wisdom and creativity of our Creator. The **Holy Spirit, Human Spirit, Soul, Heart, and Body** each reveal something marvelous about God's design for the **Whole Person**.

Core Reality	Primary Role	Key Scriptures
Holy Spirit	Indwells, transforms, empowers, and reveals Christ.	John 14:16-17 ¹⁶ And I will ask the Father, and he will give you another advocate to help you and be with you forever—
		Romans 8:14-16 ¹⁴ For those who are led by the Spirit of God are the children of God. ¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." ¹⁶ The Spirit himself testifies with our spirit that we are God's children.
		1 Corinthians 6:19 ¹⁹ Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;
Human Spirit	Enables relationship and communion with God.	Proverbs 20:27 ²⁷ The human spirit is the lamp of the LORD that sheds light on one's inmost being.
		1 Corinthians 2:11 ¹¹ For who knows a person's thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God.
		Romans 8:16 ¹⁶ The Spirit himself testifies with our spirit that we are God's children.
Soul Mind, Will, Emotions	Serves as the control center of belief, desire, worship, and decision.	Matthew 22:37 ³⁷ Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.'"
		Psalms 42:1-2 ¹ As the deer pants for streams of water, so my soul pants for you, my God. ² My soul thirsts for God, for the living God. When can I go and meet with God?
		Luke 1:46 ⁴⁶ And Mary said: "My soul glorifies the Lord
Heart	Thinks, chooses, feels, remembers, and expresses personality.	Proverbs 4:23 ²³ Above all else, guard your heart, for everything you do flows from it.
		Romans 10:10 ¹⁰ For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.
		Hebrews 4:12 ¹² For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.
Body	Expresses life physically and interacts with the material world.	Genesis 2:7 ⁷ Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.
		Romans 12:1 ¹ Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.
		1 Corinthians 6:19-20 ¹⁹ Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your bodies.