

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

*An integrated, functioning whole—spirit, soul, heart, body—designed by God
to relate to Him, experience life, and fulfill His purpose.*

Psalms 139:13–14 (NIV)



Five Core Realities Work Inside Us



1. Holy Spirit

God's presence within us, empowering, guiding, teaching, and transforming.

John 14:16–17,
Romans 8:14–15



2. Human Spirit

Our innermost being created to relate personally with God and discern spiritual truth.

Romans 8:16,
1 Corinthians 2:11



3. Heart

The control center—source of belief, desire, worship, and decision. Everything flows through it.

Proverbs 4:23,
Hebrews 4:12



4. Soul

Mind, will, and emotions—our thinking, feeling, and choosing self.

Romans 12:2,
Psalms 42:1–2



5. Body

Our physical nature—the temple of God and our life in the world.

1 Corinthians 6:19–20,
Romans 12:1



External Physical Gateways Connect Us to Our Physical World



Sight

What we see influences what we think.



Hearing

What we hear shapes our choices.



Smell

What we smell affects our memories and emotions.



Taste

What we taste influences our reactions and desires.



Touch

What we feel connects us to the world and our own body.

External Spiritual Gateways Connect Us to Spiritual Influences

God



Father, Son,
and Holy Spirit—
who love, guide,
life, and empower us.

Satanic Forces



The enemy and his influences seek to deceive, destroy, and steal from us.