

CORNERSTONE

DISCIPLESHIP

GROUPS

TRUTHS THAT TRANSFORM: BODY, SOUL, SPIRIT

Sunday, November 2, 2025

Dr. Barry Burns

HOUSEKEEPING & ANNOUNCEMENTS



Scan QR code for Upcoming Events, News, Giving and more!

<https://linktr.ee/cornerstonejc>

- Sunday, November 17 - Operation Christmas Child Collection Day
- Sunday, November 23 - Water Baptism - register through the QR code above
- Wednesday, November 26 - No service. Happy Thanksgiving Eve!

OPENING PRAYER

Icebreaker Question: Share a time when you felt prompted by the Holy Spirit to do something that didn't make logical sense, but you obeyed anyway. What happened?

RECAP OF LAST WEEK

KEY SCRIPTURES

- 1 Thessalonians 5:23
- Hebrews 4:12
- 1 Corinthians 9:25-27
- 2 Corinthians 5:1-8
- 3 John 1:2

MAIN TAKEAWAYS

1. We Are Tripartite Beings

- Spirit: The real you; the eternal part that connects with God
- Soul: Your mind, will, emotions and imagination
- Body: Your physical body; your earth suit

2. The New Birth Changes Only One Part

At salvation, only your spirit is instantly transformed. Your soul and body remain unchanged and need ongoing renewal and discipline.

3. The Order of Priority

- Your spirit should have ascendancy over your soul and body
- Spiritual exercise profits more than physical exercise
- Living from the inside out (spirit-led) rather than outside in (flesh-led)

DISCUSSION QUESTIONS

Understanding Our Makeup

1. Before this sermon, how did you understand the concept of spirit, soul, and body? What was new or surprising to you?
2. Read 1 Thessalonians 5:23. Why do you think it's important to understand that we are three-part beings? How does this change the way you view yourself?
3. Pastor Barry said, "I am a spirit, I possess a soul, and I live in a body." How does this statement challenge the way our culture views human identity?

The Soulsh Realm

1. The sermon identified three areas of the soul that need attention:
 - a. Mind (needs to be renewed)
 - b. Will (needs to be conformed to God's will)
 - c. Emotions (need to be under control)

Which of these three areas is most challenging for you personally? Why?

2. Read Romans 12:2. What does it practically look like to "renew your mind"? What are some specific ways you can do this in your daily life?
3. Pastor Barry shared his story about being jealous of another pastor's success. Have you ever struggled with jealousy, bitterness, or unforgiveness? How did (or could) dealing with these issues change your spiritual life?*

Living from the Spirit

1. Read 1 Corinthians 9:25-27. Paul says he keeps his body "under subjection." What does this mean practically? How can we do this without becoming legalistic?
2. Pastor Barry shared about feeling prompted to go to Hardee's instead of Wendy's, which led to saving someone's life. How have you experienced similar promptings from the Holy Spirit? What helps you recognize and obey these promptings?
3. Read 3 John 1:2. How does the prosperity of your soul affect other areas of your life (physical health, finances, relationships, etc.)? Can you give examples from your own experience?

The Carnal vs. Spiritual Christian

1. The sermon mentioned three types of people:
 - a. Natural man (unsaved)
 - b. Carnal Christian (saved but soul and body out of control)
 - c. Spiritual Christian (saved with soul and body under submission to spirit)
 Where would you honestly place yourself on this spectrum? What would help you move toward being more spiritual?
2. Read Ephesians 4:26-32. Which of these behaviors (bitterness, wrath, anger, evil speaking) do Christians struggle with most? Why do you think these persist even after salvation?

CALL TO ACTION

Choose ONE of the following to practice this week:

Option 1: Mind Renewal

- Identify one negative thought pattern you struggle with
- Find three scriptures that counter that thinking
- Meditate on those scriptures daily, speaking them aloud

Option 2: Emotional Control

- When you feel a strong negative emotion rising (anger, jealousy, offense), pause before reacting
- Take it to prayer immediately, drawing strength from your spirit
- Journal about the experience

Option 3: Spirit Sensitivity

- Each morning, ask the Holy Spirit to lead you throughout the day
- When you sense a prompting (no matter how small), obey it
- Record what happens when you follow these leadings

Option 4: Will Consecration

- Pray the prayer of consecration daily: "Not my will, but Yours be done"
- Identify one area where your will conflicts with God's will
- Take one concrete step toward surrendering that area

GROUP ACTIVITY

Pair up with someone in the group. Share which practical application you're committing to this week. Exchange contact information and commit to checking in with each other mid-week about your progress.

CLOSING DISCUSSION

1. What was your biggest "aha moment" from today's discussion?
2. How will understanding that you are first and foremost a spirit-being change the way you live this week?
3. What is one specific prayer request related to today's topic that the group can pray for you about?

CLOSING PRAYER

Spend some time thanking God for all He is doing in our weekly services and praying for the people in our services to receive all that God has for them.