Not as much is known about the soul, since it is invisible in life and death; but we naturally suspect that the soul consists of the same heart and mind as the physical body, and that even as the heart and mind of this physical body have the physical senses of sound, hearing, smell, taste, and touch, so the senses of the soul are comparable in that they can both be touched with the eternal, and that like the 5 physical senses, they can often experience “times of refreshing from the presence of the LORD”. (Acts 3:19). From the recent excitement about doomsday in 2012 from the Mayan calender, we know that the human heart and mind, with the soul, is extremely curious about the “time of restoration of all things” that is the ultimate and END refreshing from the presence of the Lord as He from heaven sends the Lord Jesus Christ back to earth to wrap it all up with ultimate, eternal justice.

Like a cool shower on a hot and sandy beach, like a refreshing rain in a Texas drought, like a cup of water after hours in the desert, so is the kinds of “times of refreshing” that can come from the Great Eternal LORD God. (Often the Bible uses LORD for God the Father and Lord for the Lord Jesus Christ, the Son of God to distinguish from Who is really at the top in control, and Who has also determined that Jesus would be the only name and means for salvation.) At this start of the new year of 2013, perhaps you would like a few reminders from the Bible of possible ways for these times of refreshing, might even desire to include them among your new years resolutions.
Reading for Soul’s Hearing

I. Greater than the big bang theory, there is a big blotting out spiritual reality, the primary time of refreshing from the LORD God through the Lord Jesus Christ.

That big blotting out is God’s guarantee in His Word for the forgiveness of sins, the promise after confession of sins to Him through Christ, that He will remove your sins as far as the east is from the west. You can not get any better guarantee or promise than this, one from the Great Lord God, Creator of the Universe and Father of the Lord Jesus Christ. It is right there in His Word and backed up by the Apostle Peter, or we should really say that Peter’s testimony is backed up in many places by the rest of the Bible. And the really good and refreshing news for anybody at anytime is that it applies to both sides of salvation, the BEFORE and the AFTER. {See a summary of the book of Ephesians, Paul’s Statement of Faith and Practice on www.biblecombibleman.com/Ephesians.html or download the free PDF at www.biblecombibleman.com/Ephesians.pdf.}

Did you forget the scripture from Acts 3:19-21 of this series and Appendix on REFRESHING EVANGELISM?

II-2. Revel in the Word of God, the Bible, in 2013, that will bring you many times of refreshing from God through Christ and with the help of the Holy Spirit. This reveling in the Word is a refreshing to the soul’s senses in that it brings to the human heart, mind, and soul HOPE and Faith. Just to think of the Bible connection between HOPE and FAITH is refreshing.

1. FAITH.

   (1) Faith comes first, faith in the Bible and faith in God the Father, faith in the Lord Jesus Christ, and faith in the Holy Spirit as your Comforter going right through life with you. {Even this much faith alone will prevent the wallowing in MISERY that we hear from the largest pulpits as the misery problem gains more attention than the faith and hope solution. Goodness, some Christian evidences and apologetics has it place, and I grew up on it-see the web page at www.biblecombibleman.com/ChristianEvidencesApologetics.html; but to attempt to apologize for our God the Father because
of pain, sin, suffering, and calamities in the world is taking it far beyond
the extent that is recommend in good homiletics, "to start where people are,
and take them where they should be." LET US PRIMARILY HOLD UP THE
STANDARD OF FAITH AND HOPE, THAT "AGAINST HOPE, IT IS POSSIBLE
TO BELIEVE IN HOPE".

NOTE: This quote from the Bible bespeaks of 2 kinds of hope: (a) in the
"against hope" it is the ordinary ways and thoughts of the world, where our
logic, experience, and life's philosophy, and even church understanding and
culture, tell us that it just can not and will not be; and (b) the second half
of the quote from the Bible tells of hope beyond the ordinary, against the
ordinary hope, for example Abraham and Sarah believed God when He told
them that at 100 years of age they would have a son, that son was Isaac.¹

Like Paul said, you should be "put in remembrance" as much as taught from the
Bible that "faith cometh by hearing and hearing by the Word of God."      
(Romans 10:17)

2. HOPE.

(1). Hope is also for blessings in this life; for example Abraham, "who against
hope, believed in hope" (Romans 4:18) as God told him that there would be many
descendants to come out of his lineage.

¹. Most of us can not appreciate how hard it is for a short preacher in a big pulpit to stand up in front of a large congre-
gation of a historical church in a significant downtown, one primarily of wealthy, rich, and comfortable and well-to-do
church members and give real depth in faith and hope which exceeds philosophy, psychology, and cultural under-
standing; but anything else borders on "itching ears" Bible teaching and preaching. It sounds like a pastor, so loaded
with administration that little time remains for the double honor of "word and doctrine", who needs his ears flattered
with comfort, with the comfort of approval from his own wealthy and worldly congregation (wrapped up in "the
cares of this life and the deceitfulness of sin". For show and leadership in the Convention, claiming that this local
church is there to help you in this economic crunch, sufferings and calamities, as if you need a omnibusman or priest
because you can not go directly to God through Christ and with the help of the Comforter to get HOPE and FAITH.
How much help in the midst of many meetings is such a church to the needy that daily sit in the shadow of the church
building, or how a lesser dressed and lesser respected person might feel in those congregations. Then you realize that
this church, this people, and this pastor have made captives of themselves in that isolated environment where the GO
and make disciples is more for meetings with fellow church members! In that kind of audience, you just can not get
a good Bible response of faith and hope as they have found their comforts against suffering, evil, and pain in this life
and in their money and possessions. Because of the influence of the Falling Away in our world, you will seldom find
that second kind of hope and faith where “against” the norm “believed in hope itself”; and the biggest part of the
story remains to be seen and told if we do not rapidly come to “if in this life only we have hope, then we are of all
men most miserable.” A large part of the misery impression from that message is a prolonged dwelling on the sin,
suffering, and pain and calamities that last only for a short time, the complete story is not told until you look at the jus-
tice and rightness of the much larger eternal life with the Father on the new earth. If we could only visualize the
blessings of eternity, misery would be eclipsed and surely it would be torture just to tolerate this life on earth.
Reading for Soul's Hearing

(2). Take some scriptures on “hope” from a concordance; then look them up in your Bible, read them and dwell on them including the context. Think of the meaning and the implications for you. For example “hope” in Psalm 39:7--it is thoughts about God and hope, “My hope is in You, deliver me from my transgressions...”; or “hope” in I John 3:3 where the implications for you are great as either you already have that hope inside you, or you can--“And everyone who has this hope in Him purifies himself, just as He is pure”; or read the famous hope and faith chapter of Hebrews 11, especially if you desire a good report card from God at the end--“Now faith is the substance of things hoped for {you see some of the great relationship between Christian faith and Christian hope}, the evidence of things not seen.” As an exercise in Bible study you might satisfy your curiosity of how many hopes in the roll call of faith were fulfilled as the heroes of faith were still here on earth, and how many had to exercise enough faith and hope to wait for an eternal fulfillment.

3. Come to the river of living waters for times of refreshing from the presence of the LORD, through prayer, prayer meditation, and real meat filled Bible study. (Don’t cheat yourself of what surely must be one of the prime occupations of our time in eternity, reveling in the Word!)

Learn to enjoy your Bibles, like prophesy (I Corinthians 14), it has “edification, comfort, and exhortation”. Use your concordance to look some word like “hope” in the Bible, that is certainly an encouraging word. Do helpful and refreshing things with the Word like taking the faith chapter of Hebrews 11, then with 2 separate columns list which hope of these heroes of faith was hope in this world, and which was hope for the better things to come in the AFTER END life.

NOTE: The helpful table below on faith and hope, from the famous Hebrews chapter 11 of faith and hope is given to you as a primer for your individual seeking after faith and hope, just like God intended the original writing of Hebrews and Hebrews 11 for your faith and hope. The table is only a primer to get you to continue it in your soul by PRAYERFUL MEDITATION if not on paper or in a Word document.

1. God makes Himself known, according to the Word in the first chapters of Romans, in the marvelous designs of Creation and nature, in the individual and collective conscience of societies; but primarily, in that it is so much more objective and concrete, in the words of the Word.
## TABLE 1. Was the Hope in this Life or in the Next Life?

<table>
<thead>
<tr>
<th>Hebrews 11</th>
<th>The hero and act of faith</th>
<th>Hope in this life?</th>
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</tr>
</thead>
<tbody>
<tr>
<td>verse 2</td>
<td>The forefathers in our Christian faith obtained a good testimony.</td>
<td>It must have given them some comfort to know that they would be remembered for their good testimony.</td>
<td>However the testimony as recorded in the Bible was for the future generations, and the good works recordings in heaven.</td>
</tr>
<tr>
<td>verse 3</td>
<td>verse 3 is about us: faith that the world was framed by God.</td>
<td>Benefits in this life for good or evil: either we benefit with the rewards of faith and hope in this life; or being in a godless evolution, we reap what is sown in culture.</td>
<td>God, who had our hairs numbered, Who knows when we sit down or get up, also notes every little act of faith and hope for the eternal record.</td>
</tr>
<tr>
<td>verse 4</td>
<td>Abel offered a more excellent sacrifice.</td>
<td>Benefits in both lives: in this one as a witness was laid on him of a right or righteous life, also God witnessed it.</td>
<td>And for the next life, it was recorded and noted that He was righteous, a characteristic needed for those new people that will inherit the new earth!</td>
</tr>
<tr>
<td>verse 5</td>
<td>Enoch walked with God and pleased God.</td>
<td>You can have the hope of the challenge in this life that you also can please God and walk with God. A big in the present life benefit for Enoch was that he did not have to pass through the drastic change of death.</td>
<td>You can see how God wanted his friendship with Himself up there in heaven, and how welcome Enoch must have felt!</td>
</tr>
</tbody>
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### Reading for Soul’s Hearing

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<td>verse 6</td>
<td>faith in faith and hope itself</td>
<td>with faith: you can please God, and you can have confidence to come to God, which you must do in order to be rewarded in this life and the life to come. If you believe that “He is a rewarder of those who diligently seek Him”, as contrasted to those who ignore and neglect Him except during suffering and calamity, then you will bare min be rewarded with “God’s grace is sufficient, for His strength is made perfect in weakness.”</td>
<td>faith with its side kick of hope is really the only means of entering into this after life, that is real faith in the Lord Jesus Christ of our Lord God the Father, and the means that they have provided for salvation.</td>
</tr>
<tr>
<td>verse 7</td>
<td>Noah built the ark</td>
<td>surely this epitomizes the “against hope” of the world, since the rest of the world scoffed until the rains and flooding</td>
<td>Noah became “an heir of the righteousness which is by faith”, which bespeaks of rewards in both lives.</td>
</tr>
<tr>
<td>verse 8</td>
<td>at the command from God, Abraham left his home for an unknown inheritance</td>
<td>There was some hope in this life in that because of this faith in God, Abraham did find the promised land of Canaan for himself, his family, and his heritage in the Jewish people.</td>
<td>God also acknowledge Abraham as the friend of God, as the father of two great peoples--Jews and Arabs--and a supreme example for all Gods people of faith.</td>
</tr>
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<td>verse 9</td>
<td>by faith Abraham moved to a foreign land and lived in tents with his family</td>
<td>This would have to be also in the “against hope” category of the life on earth. Surely there was not a large amount of comfort, as the world considers comfort, in a heathen land and in tents.</td>
<td>Now, besides being considered the father of 2 great peoples, Abraham is our great forefather in the faith.</td>
</tr>
<tr>
<td>verse 10</td>
<td>this is the hope that faith in God brings, Abraham “waited” in hope and faith</td>
<td>“for he waited for the city which has foundations, whose builder and maker is God.”</td>
<td>Faith and hope in God the maker and Creator, and faith in the city of New Jerusalem that He has promised</td>
</tr>
<tr>
<td>verse 11 and 12</td>
<td>the faith and hope of Sarah and Abraham</td>
<td>AGAINST HOPE: “By faith Sarah herself also received strength to conceive seed, and she bore a child, when she was past the age...”</td>
<td>“...because she judged Him faithful Who had promised. Therefore from one man, and him as good as dead, were born many as the stars of the sky in multitude--innumerable as the sand which is by the seashore.”(^b)</td>
</tr>
</tbody>
</table>

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\(^a\) This was not a Conviction previously mentioned, but among those who have the most trouble with sin, suffering, evil and pain are those who have no faith that God created us and the Universe. With an increase of that faith in God with more realization of all these natural details of His design, comes more hope both in this life and the life to come.
b. Actually it would be better to have 3 columns, the first on this present life, the second on the influence and heritage on this world to future generations, and then the third in eternity. However that can be left as a fruitful exercise for you--much better than misery and more beneficial--as you might want to complete the rest of the verses of Hebrews 11 in your own chart, or mind!

II-3. After approximately 5 years of Bible study in Jeremiah and Prophecy, you never expected to come back to Jeremiah for Bible teachings on the human needs for refreshings from sin and sins.

Actually "Bible Studies in Jeremiah" continues to be the number one web page each week for www.biblecombibleman.com. With approximately over 500 page visits and 27 hours of visit time per week, it continues to lead all the web pages of the over 6 years of SunGrist_Bible on www.biblecombibleman.com. More people continue to come into the Jeremiah web page (and many messages of Jeremiah web pages) than even the index for the web site, so this is no effort to knock what was is still a number one interest.

1. It is only that in general we look at Jeremiah for info on how and why God’s first group of people, Judah and Jerusalem, did backsliding and falling away from God. Sorry we didn’t get to it much then on the cause and cure of sin for the individual now, so momentarily we plunge back into Jeremiah for the cause and cure of sin.

   (1). The human heart is born sinful and desperately wicked.

   "The heart is deceitful above all things, and desperately wicked, who can know it?" (Jeremiah 17:9)

   (2). The cure for sin is an initial time of refreshing where according to Peter your “sins are blotted out”, and one which by the way continues with conversion and repentance, to take away the old stony heart and replace it with a new heart. {Just to think of this possibility is a time of refreshing!}

NOTE: Even as you can not blame our God when He sends calamities on people who live their whole lives in routines and ignore and neglect Him, so we can lay on Him the kind of environment that has been created as a result of the way sin entered the blood stream of the human race because
of rebellion against God. Even this dominant in America and American life and lifestyle, it’s a rebellion against God. It is certainly obvious that it is the opposite of loving God with all the heart, mind, and soul.

“Then I will give them one heart, and I will put a new spirit within them, and take the stony heart out of their flesh...” (Ezekiel 11:19)

2. We walk a tightrope as Christians, going out to the victims of God-sent calamities, so many of which has recently been seen in America since 9/11, with compassion and humble unselfish service, and yet recognizing that what Americans sow is what Americans will reap. We just can not blame our Great God for all this neglect and ignorance of God, and increasingly so, in America. Can we know where such calamites are just the inevitable consequence of the “whole creation groaning like a woman in travail” or chastisement from God, we must have the courage of convictions, also of faith and hope, that both exist! Yes, of some, we can say “they deserved it because of the way they were treating God”, to others we can say they suffered for no wrong which they had done (and that there is always the potential to come out soul-wise better for it); and then to say that we can not judge with righteous judgment which is which on each individual block and at each individual home, nor are we supposed to. To know that overall America and Americans are increasingly drifting away from God, Christ, and the Bible; that them and their churches are increasingly becoming the listeners after false prophets and the victims of “because sin shall abound, the love of many will wax cold”; that American churches and false prophets keep heaping up to themselves with such false doctrines as “rapture”, “millineum” (not even Bible words), and the Gospel of Prosperity, these unsound prophets and itching ears teachers, part of the hope and faith is that the END is very near when Christ comes again. “Even so, come quickly Lord Jesus Christ.” (Revelation 22:20)

3. Since the heart is born wicked and still retains a certain amount of sin and wickedness after a new heart, therefore insuring in any life a certain amount of continuing sin, what is the difference between the saved and the unsaved sinner, between occasional sin and habitual sin?

Don’t ever forget that God chose to call David a friend after His own heart in spite of that one sinful act of adultery where David took Bathsheba as his wife

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1. Actually this second quote is from Ezekiel instead of Jeremiah, but remember in the “Jeremiah and Prophesy” studies there was also much from Ezekiel. One might even call Ezekiel the book of a new heart for the old heart, the most daynamic in the OT mention of the new birth. (See Ezekiel 18:31 and 36:26)
and insured the death of her husband in battle. Actually two, one time sins, that of adultery and that of murder. Yet because they were no habitual sins, and a way of life, David during his whole life remained a friend of God.

NOTE: THAT IS GRACE, GRACIOUSNESS, AND FRIENDSHIP; AND THAT SPEAKS OF THE FORGIVENESS OF SINS BY GOD, AND THE BLOTTING OUT OF THOSE SINS AS IF THEY NEVER HAPPENED.

II-4: With renewed and refreshed FAITH and HOPE, show in your thoughts and actions and words More Courage of Convictions that are firmly rooted in Scriptures.

1. God did not create this world of sin and suffering. THIS IS NOT THE WORLD GOD CREATED! Sin, pain, and suffering came into a perfect world in the Garden of Eden that God created when Adam and Eve first sinned, and it continues in the world today also by the same curse on the earth because of that sin.

2. The Bible does speak of a kind of false repentance which neither blots out or forgives that is a kind of sorrow that one is caught, not real conversion and repentance.

3. It seems long, but this life is oh so short as compared to over “10,000 years” in the after the END life.

4. There is absolutely no reason that every man, woman, and child on the face of this earth can not know an abundant life with the touch of the eternal, a life of comfort without pain, suffering, sin and sorrow.

5. Find some way to practice your convictions that “All Scripture is given by inspiration of God, and is PROFITABLE...” (II Timothy3:16,17). Find some ways to listen to the Word of God, “So then faith cometh by hearing and hearing by the Word of God” (Romans 10:17) {You know your mind and heart, and soul especially hears the Word of God when you quote it in your mind, read it, or say it out loud, even in prayer, what you have memorized.) Go through the NT or the Bible with tapes: close carefully and listen to real preachers who often quote from the Bible in support of what
they say; find a good conservative, reliable preacher; and the same for good books and commentaries; and even quote the Scriptures to yourself, and listen to what is being heard.

You just can not get enough faith in God, Christ, and the Bible; and although we may not prosper in the Word enough to “walk with God” like Enoch, we will prosper in faith, maybe even beyond a grain of mustard seed or enough faith to remove mountains out of our minds! The world has yet to see the greatest mustard seed of what God can do with a man full of faith, the Word, and that walks righteously in God.

6. Yes, the temptations, suffering, and trails can build up like mountains in the mind; however be reminded, based on the Word, that God “will not allow you to be tempted above that which you are able, but will with the temptation make a way of escape that you may be able to bear it.” (I Cor 10:13) And those ways of escape are so individualistic, simply between you and God although many will came it is in their organization in order to show numbers, that no immediate attempt will be made to cover the full extent in the mind and heart of God, beyond the “Hope and Mountains” of the next and concluding section; and to also with another reminded of how “to mount up with wings as eagles, to run and not be weary and walk and not faint” (Isaiah 40:31), that reminded is to (1) wait on God, and (2) renew your strength.

II-5: Hope and Mountains.

You know about faith and mountains--how Jesus said to the disciples that if you have even a “grain of mustard seed” {and the concluding paragraph will be on refreshing your hope that you can get up to that grain of mustard seed}--however how do we get from mountains of faith to mountains of hope, or vice versa?

1. First since most mountains exist in the mind, let us get it straight what Jesus actually said, including that mountains can be either moved into the head or out of the head.¹

¹. Now Paul did talk about the faith to remove mountains in the love chapter of I Corinthians (13:2), but even as love is in the heart, mind, and soul so mountains to be removed can be primarily in the same location!
“...I say to you if you have faith as a mustard seed, you will say to this mountain, Move from here to there, and it will move...” (Matthew 17:20)

NOTE: You already have noticed that exactly the same circumstances can be received into your head {or heart} as either a mountain of obstacles or as a mountain of opportunity. The difference depends on the inward faith and hope that is deep in your soul.

2. Think of the soul as an inwardly protected shell, which it can be, which conquers and lives forever. After all the soul is where you primarily live anyway, or should be. The reason Jesus said, “You shall love the LORD your God with all your heart, mind, and soul” is because that is where you really live; that is the real you that can live forever if you nourish it properly; and in the soul is the real you. This is not the same as retreating from the realities of the world, nor the same as living only for eternity; for this is exactly that “abundant life” of which Jesus spake, “And you shall have life and that more abundantly.” (John 10:10) It is a recognition that the heart, mind, and soul is the real you, and has hope not only for this life but also for the life to come. The real reality is to recognize that this life on earth at best is very short--“what is your life, it is a vapor that appears for a little while and then vanishes away (James 4:14); that even if by strength you live beyond 70 years to 80 years (Psalms 90:10), beyond those 80 years you can legitimately expect “sorrow and labor” ; and well before these standard numbers, if you have lived “godly in Christ Jesus, then you will suffer persecution” (II Timothy 3:12). There are many messages of Job, much of the space is devoted to the superficial advice from his worldly counselors, but the primary message is that the “righteous suffer for no wrong which they have done”; and beyond that the great conviction, and the courage of conviction of Job, that “I know that my redeemer lives (Job 19:25), and that with these eyes I shall see Him on this earth” {the new earth}.

NOTE: That is faith and hope combined.

“My brethren, take the prophets who spoke in the name of the Lord, as an example of suffering and patience. (Jeremiah by no means was the only Prophet to suffer, rumor has it that the chief of prophets, Isaiah, was also beheaded.) Indeed we count them blessed who endure. You have heard of the perseverance of Job and seen the end intended by
Reading for Soul's Hearing

“the Lord {this end intended was for this life in a restoration of all that was lost, and of course for the next life}—that the Lord is very compassionate and merciful.” (James 5:10,11)

3. You can either starve the soul by living "by bread alone" {all of the normal pursuits of life}, or you can nourish the soul by "every word that proceeds out of the mouth of God." (Luke 4:4)

4. You take care of the "wait upon the LORD" God the Father, through Christ and with the help of the Comforting Holy Spirit; then God will take care of the second part of "strength renewal". And let us be spiritually realistic, based on total Bible, since like God told Paul, "my strength is made perfect in weakness", the guarantees of hope you have in the Bible and based on your faith in the Bible as the Word of God is: (1) You once that mountain is committed properly to God in prayer (part of the waiting), either (2) the pain and suffering will be removed, or (3) God will provide grace sufficient to overcome.

5. If you want this same "grace of God that is sufficient" as Paul found during his Christian life, then you must also find a degree of commitment in the same direction of convictions and courage as "For to me to live is Christ, and to die is gain." (Philippians 1:21)

6. As you would renew the inward strength of your soul, include PRAYERFUL MEDITATION with your waiting on God of prayer and Bible!

7. Finally, with in mind that "faith (and hope) cometh by hearing and hearing by the Word of God" (Romans 10:17), HEARING IS THE READING OF THE SOUL. What reading the Bible can do, the hearing of the soul can do more as it gets to the heart, mind, and soul. Please include prayer meditation or mulling and dwelling, and even fretting, on PRAYERFUL MEDITATION.

8. Wait on the LORD with serious Bible study. God through the Bible and honor the fact that ALL SCRIPTURE IS GIVEN BY GOD. You will have the opportunity in the next 3 years from SunGrist Bible and www.biblecombibleman.com to go through the whole Bible, by web pages and also in emailed newsletters. Take an advantage of it, and to assist you in the plan of "Through the Bible in 3 Years", go to the web page by that name--www.biblecombibleman.com/ThroughTheBibleIn3Years.html.
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9. Finally we would be amiss on total Scripture, if we did not mention the way to clean out the soul from domination with things, bread, and the trouble and works of this life; and in turn to fill the soul with God, Christ, and the Bible by way of the new heart and spirit God promised in Jeremiah. Even as some say, “An idle {or empty} mind is the devil’s workshop, a soul devoid of God and thoughts about God, is a victim for heartache and sorrow in this life and certainly in the life to come, with the eternal death of sin, sorrow, and suffering.

(1). Through repentance, faith, and conversion is how the soul initially gets filled up with right and righteousness, with the eternal and abundant life of the soul. Jesus said He and the Father knock on the door of your soul and heart, even mind, and if you will JUST OPEN UP and receive, Jesus and the Father will come into your soul to dwell with you forever.

(2). This is the way the “He that is in you is greater than he that is in the world” gets into your soul in the first place, stays there, and is allowed with you mind, heart, and will to abide there forever. This is the filling of the soul with something greater than the sin, suffering, and pain of from: (1) he that is in the world and the prince of the world, and (2) from “the spirit within us that lusteth to envy” (James 4:5)

NOTE: Yes that part of the soul that lusts to sin and envy and toward the pride of life, the lust of the flesh and eyes, never goes away until “we shall be like Him for we shall see Him as He is” (I John 3:2), but the effects can be minimized and lessened, by way of He that is in us greater than he that is in the world” with faith and hope, with waiting on the LORD, with a renewal of the inward strength of God and from God, and by allowing the soul to soar like an eagle, to spiritually and sometimes even physically run and not be weary and walk and not faint.