

**Toward a Theology of Embodied-Souls:
A Creation, Fall, Redemption, Consummation Model of Embodied-Souls
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Introduction

Note #1: This is a **preliminary** collation (**Draft 1.0**) of **112** biblical passages that **potentially** relate to our being “embodied-souls.” Some of the passages are more directly related to this topic—(such as Genesis 2:7, for example), while others may be more indirectly related (covering general issues of God’s creation of humanity, for example).

Note #2: Additionally, each of these passages must be examined in their biblical context (**biblical theology**) and then related to one another in the overall flow and development of the scriptural doctrine of “anthropology” (**systematic theology**).

Note #3: For a comprehensive look at how to develop a **theology of a biblical counseling issue**, see **Figure 1** (*Toward a Biblical Theology of Biblical Counseling*) at the **end of this document**. For a full development of this process of developing a theology of a biblical counseling issues, see my two chapters (chapters 10-11) in [*Scripture and Counseling: God’s Word for Life in a Broken World*](#). For a free 24-page development of this process, see: [*Scripture and Soul: Implementing the Hermeneutical Spiral in Biblical Psychology Interpretation and Biblical Counseling Application*](#). Thus, this present collation of verses is **just one preliminary piece in a much larger process of theological development of what it means for biblical counseling that God designed us as “embodied-souls.”**

Note #4: For an introduction to what a book on biblical counseling and embodied souls might look like, see [*10 Questions About Biblical Counseling and Neuroscience: Becoming Soul Physicians of Embodied Souls*](#).

Note #5: For additional resources on the topic of embodied-souls, see: [*15 Resources for Counseling the Whole Person: God Designed Us as “Embodied Souls.”*](#)

Note #6: For a collation of over 400 resources on research and biblical counseling, see: [*400+ Resources on Biblical Counseling and Psychology-Related Research*](#).

Note #7: This present research collation uses the “classic” **CFRC** model: **Creation, Fall, Redemption, Consummation**. That is, it attempts to collate and then categorize biblical passages about God’s creation and design of humanity according to: **C/Creation**: God’s original design (biblical anthropology), **F/Fall** (biblical hamartiology): How our fall into sin impacts God’s original design of us as embodied-souls, **R/Redemption** (biblical soteriology): How our salvation and sanctification in Christ impacts and begins the restoration process, and **C/Consummation** (biblical eschatology): How our final glorification impacts us as embodied-souls. Of course, many of the passages could be listed in more than one of these four categories (and some are so listed). Additionally, after the four CFRC collations, you will find a collation of passages that could help to explore biblically how Jesus lived out and modeled sinless humanity as an embodied-soul.

**Creation Passages:
God's Original Creation Design of the Embodied-Soul**

1. **Genesis 1:26-28:** Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground." So God created mankind in his own image, in the image of God he created them; male and female he created them. God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."
2. **Genesis 2:7:** 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**.
3. **Genesis 2:22-24:** Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man. The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." That is why a man leaves his father and mother and is united to his wife, and they become one flesh.
4. **Genesis 5:1-2:** This is the written account of Adam's family line. When God created mankind, **he made them in the likeness of God**. He created them male and female and blessed them. And he named them "Mankind" when they were created.
5. **Genesis 9:6:** Whoever sheds human blood, by humans shall their blood be shed; **for in the image of God has God made mankind**.
6. **Job 33:4:** The Spirit of God has made me; **the breath of the Almighty gives me life**.
7. **Job 38:4-7:** Where were you when I laid the earth's foundation? Tell me, if you understand. Who marked off its dimensions? Surely you know! Who stretched a measuring line across it? On what were its footings set, or who laid its cornerstone—while the morning stars sang together and all the angels shouted for joy?
8. **Psalm 8:3-6:** When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them? **You have made them a little lower than the angels and crowned them with glory and honor**. You made them rulers over the works of your hands; you put everything under their feet.
9. **Psalm 100:3:** Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.
10. **Psalm 102:25-27:** In the beginning you laid the foundations of the earth, and the heavens are the work of your hands. They will perish, but you remain; they will all wear

out like a garment. Like clothing you will change them and they will be discarded. But you remain the same, and your years will never end.

11. **Psalm 104:27-30:** All creatures look to you to give them their food at the proper time. When you give it to them, they gather it up; when you open your hand, they are satisfied with good things. When you hide your face, they are terrified; when you take **away their breath, they die and return to the dust.** When **you send your Spirit, they are created,** and you renew the face of the ground.
12. **Psalm 139:13-18:** For you **created my inmost being; you knit me together in my mother's womb.** I praise you because **I am fearfully and wonderfully made;** your works are wonderful, I know that full well. **My frame** was not hidden from you when I was made in the secret place, when **I was woven together** in the depths of the earth. Your eyes **saw my unformed body;** all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand—when I awake, I am still with you.
13. **Isaiah 42:5:** This is what God the LORD says—the Creator of the heavens, who stretches them out, who spreads out the earth with all that springs from it, **who gives breath to its people, and life to those who walk on it.**
14. **Isaiah 54:5:** For your Maker is your husband—the LORD Almighty is his name—the Holy One of Israel is your Redeemer; he is called the God of all the earth.
15. **Jeremiah 1:4-5:** The word of the LORD came to me, saying, “**Before I formed you in the womb I knew you,** before you were born I set you apart; I appointed you as a prophet to the nations.”
16. **John 1:3-4:** Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind.
17. **John 2:24-25:** But Jesus would not entrust himself to them, for **he knew all people.** He did not need any testimony about mankind, for **he knew what was in each person.**
18. **Acts 17:24-28:** The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by human hands. And he is not served by human hands, as if he needed anything. Rather, **he himself gives everyone life and breath and everything else.** From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands. God did this so that they would seek him and perhaps reach out for him and find him, though he is not far from any one of us. **‘For in him we live and move and have our being.’** As some of your own poets have said, ‘We are his offspring.’

19. **1 Corinthians 8:6:** Yet for us there is but one God, the Father, from whom all things came and for whom we live; and there is but one Lord, Jesus Christ, through whom all things came and through whom we live.
20. **1 Corinthians 15:45-49:** So it is written: “**The first man Adam became a living being**”; **the last Adam, a life-giving spirit.** The spiritual did not come first, but **the natural**, and after that the spiritual. **The first man was of the dust of the earth;** the second man is of heaven. As was **the earthly man**, so are those who are of the earth; and as is the heavenly man, so also are those who are of heaven. And just as we have **borne the image of the earthly man**, so shall we bear the image of the heavenly man.
21. **Colossians 1:15-17:** The Son is the image of the invisible God, the firstborn over all creation. For in him **all things were created:** things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and **in him all things hold together.**
22. **Hebrews 1:2:** But in these last days he has spoken to us by his Son, whom he appointed heir of all things, and **through whom also he made the universe.**
23. **Hebrews 1:10-12:** He also says, “In the beginning, Lord, you laid the foundations of the earth, and the heavens **are the work of your hands.** They will perish, but you remain; they will all wear out like a garment. You will roll them up like a robe; like a garment they will be changed. But you remain the same, and your years will never end.”
24. **Hebrews 2:5-8:** It is not to angels that he has subjected the world to come, about which we are speaking. But there is a place where someone has testified: “**What is mankind that you are mindful of them, a son of man that you care for him? You made them a little lower than the angels; you crowned them with glory and honor and put everything under their feet.**” In putting everything under them, God left nothing that is not subject to them.

Fall Passages:

The Fallen, Finite, Frail, Failing Embodied-Soul

1. **Genesis 3:17-19:** To Adam he said, “Because you listened to your wife and ate fruit from the tree about which I commanded you, ‘You must not eat from it,’ “Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life. It will produce thorns and thistles for you, and you will eat the plants of the field. By the sweat of your brow you will eat your food **until you return to the ground, since from it you were taken; for dust you are and to dust you will return.**”
2. **Job 3:24-26:** For sighing has become my daily food; **my groans** pour out like water. What I feared has come upon me; what I dreaded has happened to me. I have no peace, no quietness; **I have no rest**, but only turmoil.

3. **Psalm 6:1-7:** LORD, do not rebuke me in your anger or discipline me in your wrath. Have mercy on me, LORD, for **I am faint**; heal me, LORD, for **my bones are in agony**. **My soul is in deep anguish**. How long, LORD, how long? Turn, LORD, and deliver me; save me because of your unfailing love. Among the dead no one proclaims your name. Who praises you from the grave? **I am worn out from my groaning**. All night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes.
4. **Psalm 32:3-4:** When I kept silent, **my bones wasted away** through my groaning all day long. For day and night your hand was heavy on me; **my strength was sapped** as in the heat of summer.
5. **Psalm 38:1-10:** LORD, do not rebuke me in your anger or discipline me in your wrath. Your arrows have pierced me, and your hand has come down on me. Because of your wrath **there is no health in my body**; there is **no soundness in my bones because of my sin**. My guilt has overwhelmed me like a burden too heavy to bear. **My wounds fester and are loathsome because of my sinful folly**. I am bowed down and brought very low; all day long I go about mourning. **My back is filled with searing pain; there is no health in my body**. I am feeble and utterly crushed; I **groan in anguish of heart**. All my longings lie open before you, Lord; my sighing is not hidden from you. **My heart pounds, my strength fails me**; even **the light has gone from my eyes**.
6. **Psalm 51:5-6:** Surely **I was sinful at birth**, sinful from the time my mother conceived me. Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.
7. **Psalm 51:8-9:** Let me hear joy and gladness; let **the bones you have crushed rejoice**. Hide your face from my sins and blot out all my iniquity.
8. **Psalm 102:3-7:** For my days vanish like smoke; **my bones burn like glowing embers**. **My heart is blighted and withered like grass; I forget to eat my food**. In my distress **I groan aloud and am reduced to skin and bones**. I am like a desert owl, like an owl among the ruins. **I lie awake**; I have become like a bird alone on a roof.
9. **Psalm 103:13-16:** As a father has compassion on his children, so the LORD has compassion on those who fear him; for he knows how we are formed, he remembers **that we are dust**. The life of mortals is like grass, they flourish like a flower of the field; the wind blows over it and it is gone, and its place remembers it no more.
10. **Psalm 130:3-6:** If you, LORD, kept a record of sins, Lord, who could stand? But with you there is forgiveness, so that we can, with reverence, serve you. I wait for the LORD, **my whole being waits**, and in his word I put my hope. I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.
11. **Psalm 143:4-8:** So **my spirit grows faint within me; my heart within me is dismayed**. I remember the days of long ago; I meditate on all your works and consider

what your hands have done. I spread out my hands to you; I thirst for you like a parched land. Answer me quickly, LORD; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit. Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life.

12. **Isaiah 57:20-21:** But the wicked are like the tossing sea, **which cannot rest**, whose waves cast up mire and mud. “There is **no peace**,” says my God, “for the wicked.”
13. **Lamentations 1:13-14:** From on high he sent fire, **sent it down into my bones**. He spread a net for my feet and turned me back. He made me desolate, **faint all the day long**. My sins have been bound into a yoke; by his hands they were woven together. They have been **hung on my neck, and the Lord has sapped my strength**. He has given me into the hands of those I cannot withstand.
14. **Lamentations 1:16:** “This is why **I weep and my eyes overflow with tears**. No one is near to comfort me, no one to **restore my spirit**. My children are destitute because the enemy has prevailed.”
15. **Lamentations 1:18-22:** The LORD is righteous, yet I rebelled against his command. Listen, all you peoples; look on my suffering. My young men and young women have gone into exile. I called to my allies but they betrayed me. My priests and my elders perished in the city while they searched for food to keep themselves alive. “See, LORD, **how distressed I am! I am in torment within, and in my heart I am disturbed**, for I have been most rebellious. **Outside, the sword bereaves; inside, there is only death**. People have heard **my groaning**, but there is no one to comfort me. All my enemies have heard of **my distress**; they rejoice at what you have done. May you bring the day you have announced so they may become like me. Let all their wickedness come before you; deal with them as you have dealt with me because of all my sins. **My groans are many and my heart is faint**.
16. **Lamentations 2:11-12:** My **eyes fail from weeping**, I am in **torment within**; my **heart is poured out on the ground** because my people are destroyed, because children and infants faint in the streets of the city. They say to their mothers, “Where is bread and wine?” as they faint like the wounded in the streets of the city, as their lives ebb away in their mothers’ arms.
17. **Lamentations 3:1-18:** I am the man who has seen affliction by the rod of the LORD’s wrath. He has driven me away and made me walk in darkness rather than light; indeed, he has turned his hand against me again and again, all day long. He **has made my skin and my flesh grow old and has broken my bones**. He has besieged me and surrounded me with **bitterness and hardship**. He has made me dwell in darkness like those long dead. He has walled me in so I cannot escape; he has **weighed me down with chains**. Even when I call out or cry for help, he shuts out my prayer. He has barred my way with blocks of stone; he has made my paths crooked. Like a bear lying in wait, like a lion in hiding, he dragged me from the path and mangled me and left me without help. He drew his bow and made me the target for his arrows. He pierced my heart with

arrows from his quiver. I became the laughingstock of all my people; they mock me in song all day long. He has filled me with bitter herbs and given me gall to drink. He has **broken my teeth with gravel**; he has **trampled me in the dust**. I have been **deprived of peace**; I have forgotten what prosperity is. So I say, "**My splendor is gone and all that I had hoped from the LORD.**"

18. **Lamentations 3:49-51:** My eyes will flow unceasingly, without relief, until the LORD looks down from heaven and sees. What I see **brings grief to my soul** because of all the women of my city.
19. **Romans 1:21-25:** For although they knew God, they neither glorified him as God nor gave thanks to him, but **their thinking became futile and their foolish hearts were darkened**. Although they claimed to be wise, they became fools and exchanged the glory of the immortal God for images made to look like a mortal human being and birds and animals and reptiles. Therefore God gave them over in the sinful desires of their hearts to sexual impurity for **the degrading of their bodies with one another**. They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen.
20. **Romans 3:10-18:** As it is written: "There is no one righteous, not even one; there is no one who understands; there is no one who seeks God. All have turned away, they have together become worthless; there is no one who does good, not even one." "Their **throats are open graves**; their **tongues practice deceit**." "The poison of vipers is **on their lips**." "Their **mouths are full of cursing and bitterness**." "Their **feet are swift to shed blood**; ruin and misery mark their ways, and the way of peace they do not know." "There is **no fear of God** before their eyes."
21. **Romans 7:4-25:** So, my brothers and sisters, you also died to the law through the body of Christ, that you might belong to another, to him who was raised from the dead, in order that we might bear fruit for God. For **when we were in the realm of the flesh**, the sinful passions aroused by the law were at work in us, so that we bore fruit for death. But now, by dying to what once bound us, we have been released from the law so that we serve in the new way of the Spirit, and not in the old way of the written code. What shall we say, then? Is the law sinful? Certainly not! Nevertheless, I would not have known what sin was had it not been for the law. For I would not have known what coveting really was if the law had not said, "You shall not covet." But sin, seizing the opportunity afforded by the commandment, produced in me every kind of coveting. For apart from the law, sin was dead. Once I was alive apart from the law; but when the commandment came, sin sprang to life and I died. I found that the very commandment that was intended to bring life actually brought death. For sin, seizing the opportunity afforded by the commandment, deceived me, and through the commandment put me to death. So then, the law is holy, and the commandment is holy, righteous and good. Did that which is good, then, become death to me? By no means! Nevertheless, in order that sin might be recognized as sin, it used what is good to bring about my death, so that through the commandment sin might become utterly sinful. We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. I do not understand what I do. For

what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my flesh. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. So I find this law at work: Although I want to do good, evil is right there with me. For **in my inner being I delight in God's law**; but I see another law **at work in me**, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me **from this body that is subject to death**? Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself **in my mind am a slave to God's law, but in my flesh a slave to the law of sin.**

22. **Romans 8:19-27:** For the creation waits in eager expectation for the children of God to be revealed. For **the creation was subjected to frustration**, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its **bondage to decay** and brought into the freedom and glory of the children of God. We know that **the whole creation has been groaning as in the pains of childbirth right up to the present time**. Not only so, but **we ourselves, who have the firstfruits of the Spirit, groan inwardly** as we wait eagerly for our adoption to sonship, **the redemption of our bodies**. For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently. In the same way, the Spirit helps us in our **weakness**. We do not know what we ought to pray for, but the Spirit himself intercedes for us through **wordless groans**. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

23. **1 Corinthians 15:35-58:** But someone will ask, "How are the dead raised? With what kind of body will they come?" How foolish! What you sow does not come to life unless it dies. When you sow, you do not plant the body that will be, but just a seed, perhaps of wheat or of something else. But God gives it a body as he has determined, and to each kind of seed he gives its own body. Not all flesh is the same: People have one kind of flesh, animals have another, birds another and fish another. There are also heavenly bodies and there are earthly bodies; but the splendor of the heavenly bodies is one kind, and the splendor of the earthly bodies is another. The sun has one kind of splendor, the moon another and the stars another; and star differs from star in splendor. So will it be with the resurrection of the dead. The body that is **sown is perishable**, it is raised imperishable; it is **sown in dishonor**, it is raised in glory; it is **sown in weakness**, it is raised in power; it is **sown a natural body**, it is raised a spiritual body. If there is a **natural body**, there is also a spiritual body. So it is written: "**The first man Adam became a living being;**" **the last Adam, a life-giving spirit**. The spiritual did not come first, but **the natural**, and after that the spiritual. **The first man was of the dust of the earth**; the second man is of heaven. As was **the earthly man**, so are those who are of the earth; and as is the heavenly man, so also are those who are of heaven. And just as we have **borne the image of the earthly man**, so shall we bear the image of the

heavenly man. I declare to you, brothers and sisters, that flesh and blood cannot inherit the kingdom of God, nor does **the perishable** inherit the imperishable. Listen, I tell you a mystery: We will not all sleep, but we will all be changed—in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed. For **the perishable** must clothe itself with the imperishable, and **the mortal** with immortality. When **the perishable** has been clothed with the imperishable, and **the mortal** with immortality, then the saying that is written will come true: “Death has been swallowed up in victory.” “Where, O death, is your victory? Where, O death, is your sting?” The sting of death is sin, and the power of sin is the law. But thanks be to God! He gives us the victory through our Lord Jesus Christ. Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.

24. **Hebrews 2:8:** Yet **at present** we do **not** see everything subject to them.

Redemption (And Sanctification) Passages: God’s Work in Us and With Us as Embodied-Souls

1. **Deuteronomy 8:3:** He humbled you, **causing you to hunger** and then feeding you with manna, which neither you nor your ancestors had known, to teach you that **man does not live on bread alone but on every word that comes from the mouth of the LORD.**
2. **Psalm 3:4-6:** I call out to the LORD, and he answers me from his holy mountain. I lie down **and sleep**, yet **I wake up in safety**, for the LORD **was watching over me.** I will not fear though ten thousand enemies surround me on every side.
3. **Psalm 4:8:** In **peace** I will lie down and **sleep**, for you alone, LORD, **make me dwell in safety.**
4. **Psalm 16:8-9:** I keep my **eyes always on the LORD.** With him at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; **my body also will rest secure.**
5. **Psalm 42:5-11:** Why, **my soul**, are you **downcast**? Why so **disturbed within me**? Put your hope in God, for I will yet praise him, my Savior and my God. My **soul is downcast within me**; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. By day the LORD directs his love, at night his song is with me—a prayer to the God of my life. I say to God my Rock, “Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?” My **bones suffer mortal agony** as my foes taunt me, saying to me all day long, “Where is your God?” Why, **my soul**, are you **downcast**? Why **so disturbed within me**? Put your hope in God, for I will yet praise him, my Savior and my God.

6. **Psalm 63:1:** You, God, are my God, earnestly I seek you; I thirst for you, **my whole being longs for you**, in a dry and parched land where there is no water.
7. **Psalm 73:26:** My **flesh and my heart may fail**, but God is the **strength of my heart** and my portion forever.
8. **Proverbs 3:7-8:** Do not be wise in your own eyes; fear the Lord and shun evil. This will bring **health to your body and nourishment to your bones**.
9. **Proverbs 16:24:** Gracious words are a honeycomb, **sweet to the soul and healing to the bones**.
10. **Proverbs 17:22:** A **cheerful heart is good medicine**, but a **crushed spirit** dries up the **bones**.
11. **Ecclesiastes 11:10:** So then, **banish anxiety from your heart and cast off the troubles of your body**, for youth and vigor are meaningless.
12. **Matthew 4:4:** Jesus answered, "It is written: 'Man shall not live on **bread alone**, but on **every word** that comes from **the mouth of God**.'"
13. **Matthew 6:22-23:** The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!
14. **Matthew 6:25-34:** Therefore I tell you, do not worry about your life, **what you will eat or drink; or about your body, what you will wear**. Is not **life more than food**, and the **body more than clothes**? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, **will he not much more clothe you**—you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles run after all these things, and your heavenly Father **knows that you need them**. But **seek first his kingdom and his righteousness**, and **all these things will be given to you as well**. Therefore **do not worry about tomorrow**, for tomorrow will worry about itself. Each day has enough trouble of its own.
15. **Matthew 10:28:** Do not be afraid of those who **kill the body but cannot kill the soul**. Rather, be afraid of the One who can **destroy both soul and body** in hell.
16. **Matthew 26:40-41; 43-46:** Then he returned to his disciples and **found them sleeping**. "Couldn't you men keep watch with me for one hour?" he asked Peter. "Watch

and pray so that you will not fall into temptation. The **spirit is willing**, but the **flesh is weak**.” When he came back, **he again found them sleeping**, because **their eyes were heavy**. So he left them and went away once more and prayed the third time, saying the same thing. Then he returned to the disciples and said to them, “**Are you still sleeping and resting?** Look, the hour has come, and the Son of Man is delivered into the hands of sinners. Rise! Let us go! Here comes my betrayer!”

17. **Mark 14:37-42:** Then he returned to his disciples and **found them sleeping**. “Simon,” he said to Peter, “**are you asleep? Couldn’t you keep watch for one hour? Watch and pray** so that you will not fall into temptation. **The spirit is willing**, but **the flesh is weak**.” Once more he went away and prayed the same thing. When he came back, he again **found them sleeping, because their eyes were heavy**. They did not know what to say to him. Returning the third time, he said to them, “**Are you still sleeping and resting?** Enough! The hour has come. Look, the Son of Man is delivered into the hands of sinners. Rise! Let us go! Here comes my betrayer!”
18. **Luke 4:4:** Jesus answered, “It is written: ‘Man shall not live **on bread alone**.’”
19. **Luke 12:22-23:** Do not worry about your life, what you will eat; or about your body, what you will wear. For **life is more than food**, and the body more than clothes.
20. **Luke 22:45-46:** When he rose from prayer and went back to the disciples, he found them **asleep, exhausted from sorrow**. “Why are you **sleeping?**” he asked them. “Get up and pray so that you will not fall into temptation.”
21. **Romans 6:1-14:** What shall we say, then? Shall we go on sinning so that grace may increase? By no means! We are those who have died to sin; how can we live in it any longer? Or don’t you know that all of us who were baptized into Christ Jesus were baptized into his death? We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his. For we know that our old self was crucified with him **so that the body ruled by sin might be done away with**, that we should no longer be slaves to sin—because anyone who has died has been set free from sin. Now if we died with Christ, we believe that we will also live with him. For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. The death he died, he died to sin once for all; but the life he lives, he lives to God. In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore **do not let sin reign in your mortal body** so that you obey its evil desires. **Do not offer any part of yourself to sin as an instrument of wickedness**, but **rather offer yourselves to God as those who have been brought from death to life**; and **offer every part of yourself to him as an instrument of righteousness**. For sin shall no longer be your master, because you are not under the law, but under grace.

22. **Romans 8:3-13:** For what the law was powerless to do because it was **weakened by the flesh**, God did by **sending his own Son in the likeness of sinful flesh** to be a sin offering. And so he condemned sin **in the flesh**, in order that the righteous requirement of the law might be fully met in us, who **do not live according to the flesh** but **according to the Spirit**. Those who live **according to the flesh** have their **minds set** on what **the flesh desires**; but those who live in **accordance with the Spirit** have their **minds set** on what **the Spirit desires**. The **mind governed by the flesh** is death, but the **mind governed by the Spirit** is life and peace. The **mind governed by the flesh** is hostile to God; it does not submit to God's law, nor can it do so. Those who are in the **realm of the flesh** cannot please God. You, however, are **not in the realm of the flesh** but are in the **realm of the Spirit**, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. But if Christ is in you, then **even though your body is subject to death** because of sin, **the Spirit gives life** because of righteousness. And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead **will also give life to your mortal bodies** because of his Spirit who lives in you. Therefore, brothers and sisters, we have an obligation—but **it is not to the flesh**, to live according to it. For if you live **according to the flesh**, you will die; but if **by the Spirit** you put to death **the misdeeds of the body**, you will live.
23. **Romans 12:1-2:** 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. Do not conform to the pattern of this world, but be transformed by the **renewing of your mind**. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
24. **Romans 12:4-5:** For just as each of us has **one body with many members**, and these **members do not all have the same function**, so in Christ we, though many, form one body, and each member belongs to all the others.
25. **1 Corinthians 6:18-20:** Flee from sexual immorality. All other sins a person commits **are outside the body**, but whoever sins sexually, **sins against their own body**. 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; you were bought at a price. Therefore **honor God with your bodies**.
26. **1 Corinthians 9:24-27:** Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into **strict training**. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, **I strike a blow to my body and make it my slave** so that after I have preached to others, I myself will not be disqualified for the prize.
27. **2 Corinthians 5:1:** For we know that if **the earthly tent we live in** is destroyed, we have a building from God, **an eternal house in heaven**, not built by human hands.

28. **2 Corinthians 4:16:** Therefore we do not lose heart. Though **outwardly we are wasting away**, yet **inwardly we are being renewed** day by day.
29. **Ephesians 5:28-29, 31:** In this same way, husbands ought to love their wives **as their own bodies**. He who loves his wife loves himself. After all, **no one ever hated their own body**, but **they feed and care for their body**, just as Christ does the church.... For this reason a man will leave his father and mother and **be united** to his wife, and **the two will become one flesh**.
30. **Philippians 1:20:** I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will **be exalted in my body**, whether by life or by death.
31. **1 Timothy 5:23:** Stop drinking only water, and use a little wine because of your stomach and your frequent illnesses.
32. **1 Timothy 4:8:** For **physical training is of some value**, but godliness has value for all things, holding promise for both the present life and the life to come.
33. **James 3:2:** We all stumble in many ways. Anyone who is never at fault in what they say is **perfect**, able to **keep their whole body in check**.
34. **3 John 1:2:** Dear friend, I pray that you **may enjoy good health** and that all may go well with you, even **as your soul is getting along well**.

**Consummation Passages:
Our Future, Glorified, Perfected Embodied-Soul**

1. **Matthew 10:28:** Do not be afraid of those who **kill the body** but **cannot kill the soul**. Rather, be afraid of the One who can destroy **both soul and body in hell**.
2. **1 Corinthians 15:20-28:** But Christ has indeed been raised from the dead, the firstfruits of those who have fallen asleep. For since death came through a man, the resurrection of the dead comes also through a man. For as in Adam all die, so in Christ **all will be made alive**. But each in turn: Christ, the firstfruits; then, **when he comes** those who belong to him. Then **the end will come**, when he hands over the kingdom to God the Father **after he has destroyed all dominion, authority and power**. For **he must reign until he has put all his enemies under his feet**. The **last enemy to be destroyed is death**. For he "has put everything under his feet." Now when it says that "everything" has been put under him, it is clear that this does not include God himself, who put everything under Christ. When he has done this, then the Son himself will be made subject to him who put everything under him, so that God may be all in all.
3. **1 Corinthians 15:35-58:** But someone will ask, "How are the dead raised? With what kind of body will they come?" How foolish! What you sow does not come to life unless it dies. When you sow, you do not plant the body that will be, but just a seed, perhaps of

wheat or of something else. But God gives it a body as he has determined, and to each kind of seed he gives its own body. Not all flesh is the same: People have one kind of flesh, animals have another, birds another and fish another. There are also heavenly bodies and there are earthly bodies; but the splendor of the heavenly bodies is one kind, and the splendor of the earthly bodies is another. The sun has one kind of splendor, the moon another and the stars another; and star differs from star in splendor. So will it be with the resurrection of the dead. The body that is sown is perishable, **it is raised imperishable**; it is sown in dishonor, **it is raised in glory**; it is sown in weakness, **it is raised in power**; it is sown a natural body, **it is raised a spiritual body**. If there is a natural body, there is also a **spiritual body**. So it is written: “The first man Adam became a living being”; the last Adam, a life-giving spirit. The spiritual did not come first, but the natural, and **after that the spiritual**. The first man was of the dust of the earth; **the second man is of heaven**. As was the earthly man, so are those who are of the earth; and as is the heavenly man, **so also are those who are of heaven**. And just as we have borne the image of the earthly man, **so shall we bear the image of the heavenly man**. I declare to you, brothers and sisters, that flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit **the imperishable**. Listen, I tell you a mystery: We will not all sleep, but **we will all be changed**—in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the **dead will be raised imperishable**, and **we will be changed**. For the perishable **must clothe itself with the imperishable**, and the mortal **with immortality**. When the perishable has been **clothed with the imperishable**, and the mortal **with immortality**, then the saying that is written will come true: “**Death has been swallowed up in victory**.” “Where, O death, is your victory? Where, O death, is your sting?” The sting of death is sin, and the power of sin is the law. But thanks be to God! He **gives us the victory through our Lord Jesus Christ**. Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.

4. **2 Corinthians 5:1**: For we know that if **the earthly tent we live in** is destroyed, we have a building from God, **an eternal house in heaven**, not built by human hands.
5. **Philippians 3:21**: Who, by the power that enables him to bring everything under his control, will **transform our lowly bodies so that they will be like his glorious body**.
6. **1 Thessalonians 5:23-24**: May God himself, the God of peace, sanctify you through and through. May **your whole spirit, soul and body** be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it.
7. **James 2:26**: As the **body without the spirit is dead**, so faith without deeds is dead.
8. **1 John 3:2-3**: Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, **we shall be like him**, for we shall see him as he is. All who have this hope in him purify themselves, just as he is pure.

9. **Revelation 7:13-17:** Then one of the elders asked me, “These in white robes—who are they, and where did they come from?” I answered, “Sir, you know.” And he said, “These are they who have come out of the great tribulation; they have washed their robes and made them white in the blood of the Lamb. Therefore, “they are before the throne of God and serve him day and night in his temple; and he who sits on the throne **will shelter them with his presence. ‘Never again will they hunger; never again will they thirst. The sun will not beat down on them,’ nor any scorching heat.** For the Lamb at the center of the throne will be their shepherd; **‘he will lead them to springs of living water.’ ‘And God will wipe away every tear from their eyes.**

Jesus as Our Perfect Model of Living as an Embodied-Soul

1. **Isaiah 53:1-12:** Who has believed our message and to whom has the arm of the LORD been revealed? He **grew up before him like a tender shoot**, and like a root out of dry ground. He had **no beauty or majesty to attract us to him**, nothing in **his appearance** that we should desire him. He was despised and rejected by mankind, **a man of suffering**, and **familiar with pain**. Like one from whom **people hide their faces** he was **despised**, and we held him in low esteem. Surely he **took up our pain and bore our suffering**, yet we considered him punished by God, **stricken** by him, and **afflicted**. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and **by his wounds we are healed**. We all, like sheep, have gone astray, each of us has turned to our own way; and the LORD has laid on him the iniquity of us all. He was **oppressed and afflicted**, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before its shearers is silent, so he did not open his mouth. By oppression and judgment he was taken away. Yet who of his generation protested? For he was **cut off from the land of the living**; for the transgression of my people he was punished. He was **assigned a grave with the wicked**, and with the rich **in his death**, though he had done no violence, nor was any deceit in his mouth. Yet it was the LORD’s will to crush him and cause him to suffer, and though the LORD makes his life an offering for sin, he will see his offspring and prolong his days, and the will of the LORD will prosper in his hand. **After he has suffered**, he **will see the light of life** and be satisfied; by his knowledge my righteous servant will justify many, and he will bear their iniquities. Therefore I will give him a portion among the great, and he will divide the spoils with the strong, because he **poured out his life unto death**, and was numbered with the transgressors. For he bore the sin of many, and made intercession for the transgressors.
2. **Matthew 4:1-2:** Then Jesus was **led by the Spirit** into the wilderness to be tempted by the devil. After fasting forty days and forty nights, **he was hungry**.
3. **Matthew 14:23:** After He had sent the crowds away, He went up on the mountain by Himself to pray; and when it was evening, He was there alone.
4. **Matthew 26:36-39:** Then Jesus went with his disciples to a place called Gethsemane, and he said to them, “Sit here while I go over there and pray.” He took Peter and the two sons of Zebedee along with him, and he **began to be sorrowful and troubled**. Then he

said to them, “**My soul is overwhelmed with sorrow to the point of death.** Stay here and keep watch with me.” Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

5. **Mark 1:35:** In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there.
6. **Mark 6:46:** After bidding them farewell, He left for the mountain to pray.
7. **Mark 14:32-36:** They went to a place called Gethsemane, and Jesus said to his disciples, “Sit here while I pray.” He took Peter, James and John along with him, and he **began to be deeply distressed and troubled.** “**My soul is overwhelmed with sorrow to the point of death,**” he said to them. “Stay here and keep watch.” Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. “*Abba*, Father, he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”
8. **Luke 2:40:** And the child **grew and became strong;** he was **filled with wisdom,** and the grace of God was on him.
9. **Luke 2:52:** And Jesus grew in **wisdom** and **stature,** and in **favor with God** and **man.**
10. **Luke 4:1-2:** Jesus, **full of the Holy Spirit,** left the Jordan and was **led by the Spirit** into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them **he was hungry.**
11. **Luke 5:16:** But Jesus Himself would often slip away to the wilderness and pray.
12. **Luke 6:12:** It was at this time that He went off to the mountain to pray, and He spent the whole night in prayer to God.
13. **Luke 9:18:** And it happened that while He was praying alone, the disciples were with Him, and He questioned them, saying, “Who do the people say that I am?”
14. **Luke 11:1:** It happened that while Jesus was praying in a certain place, after He had finished, one of His disciples said to Him, “Lord, teach us to pray just as John also taught his disciples.”
15. **Luke 22:39-44:** Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, “Pray that you will not fall into temptation.” He withdrew about a stone’s throw beyond them, knelt down and prayed, “Father, if you are willing, take this cup from me; yet not my will, but yours be done.” An **angel from heaven appeared to him and strengthened him.** And **being in anguish,** he prayed more earnestly, and **his sweat was like drops of blood falling to the ground.**

16. **John 1:14:** The **Word became flesh** and dwelt among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.
17. **John 1:18:** No one has ever seen God, but the one and only Son, who is himself God and is in closest relationship with the Father, has made him known.
18. **John 4:6-7:** Jacob's well was there, and Jesus, **tired as he was** from the journey, sat down by the well. It was about noon. When a Samaritan woman came to draw water, Jesus said to her, "**Will you give me a drink?**"
19. **Philippians 2:6-8:** Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking **the very nature of a servant, being made in human likeness**. And **being found in appearance as a man**, he **humbled himself by becoming obedient to death**—even death on a cross!
20. **Hebrews 2:8-18:** Yet at present we do not see everything subject to them. But we do see Jesus, **who was made lower than the angels for a little while**, now crowned with glory and honor because he suffered death, so that by the grace of God he might taste death for everyone. In bringing many sons and daughters to glory, it was fitting that God, for whom and through whom everything exists, should make the pioneer of their salvation **perfect through what he suffered**. Both the one who makes people holy and those who are made holy are **of the same family**. So Jesus is not ashamed to call them brothers and sisters. He says, "I will declare your name to my brothers and sisters; in the assembly I will sing your praises." And again, "I will put my trust in him." And again he says, "Here am I, and the children God has given me." Since **the children have flesh and blood, he too shared in their humanity** so that by his death he might break the power of him who holds the power of death—that is, the devil— and free those **who all their lives were held in slavery by their fear of death**. For surely it is not angels he helps, **but Abraham's descendants**. For this reason **he had to be made like them, fully human in every way**, in order that he might become a merciful and faithful high priest in service to God, and that he might make atonement for the sins of the people. Because he himself suffered when he was tempted, he is able to help those who are being tempted.
21. **Hebrews 4:14-16:** Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to **empathize with our weaknesses**, but we have one who has been **tempted in every way, just as we are—yet he did not sin**. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.
22. **Hebrews 5:7-9:** During the days of Jesus' life on earth, he offered up **prayers and petitions with fervent cries and tears** to the one who could save him from death, and he was heard because of his reverent submission. Son though he was, he learned obedience from what he suffered and, once made perfect, he became the source of eternal salvation for all who obey him.

Figure 1

Toward a Biblical Theology of Biblical Counseling **How Do We *View and Use* (Study and Apply) the Bible to Help People in a Broken World?**

- I. Clarify the Life Issue for Biblical Study: What Area of Concern Am I Studying?
 - A. Probe Life Labels Related to This Life Issue
 - B. Ponder Biblical Categories that Potentially Overlap with This Life Issue
 1. Theology of Life Categories: Creation/Fall/Redemption/Consummation (CFRC)
 2. Theology of Image Bearers Categories: Relational, Rational, Volitional, Emotional, and Physical (RRVEP)
 3. Methodology of Biblical Counseling Categories: Sustaining, Healing, Reconciling, and Guiding (SHRG)
- II. Focus Your Scriptural Study Using Gospel-Colored Lenses: What Is the Theme and Trajectory of the Bible?
- III. Explore the Scriptures by Taking Your Real-Life Questions to God's Word: How Do We Accurately Relate God's Truth to Our Lives?
 - A. Redemptive Narrative Theology: What's the Big Picture?—Context
 - B. Academic Theology: What?—Content/Categories
 1. Systematic Theology
 2. Biblical Theology
 3. Exegetical Theology
 4. Lexical Theology
 5. Textual Theology
 - C. Spiritual Theology: So What?—Connections
 - D. Practical/Pastoral Theology: What Now?—Competence
- IV. Examine Past and Current Biblical Research on This Life Issue: How Do We Humbly Respect the Wisdom of Others?
 - A. Historical Theology: What Then?—Contributions of Predecessors
 - B. Current Theology: Who Else?—Contributions of Contemporaries
- V. Evaluate Descriptive Research Regarding This Life Area: How Do We Use Research as a Catalyst for Deep Thinking?
 - A. What Does the Descriptive Research Say about This Life Issue?
 - B. Analyze This Data in Light of Your Biblical Interpretations
- VI. Synthesize Your Findings: How Do We Develop a Relevant Working Model of Biblical Counseling for Life Issues?
 - A. Develop a Biblical Counseling Theology of This Life Issue: A Creation, Fall, Redemption, and Consummation Biblical Counseling Diagnosis
 - B. Develop a Biblical Counseling Methodology for This Life Issue: A Biblical Counseling Intervention/Soul Care Treatment Plan