



## [1 Corinthians 10:3-4](#)

(3) They all ate the same spiritual food (4) and drank the same spiritual drink; for they drank from the spiritual rock that accompanied them, and that rock was Christ.

*New International Version*

Yes, we walk in the flesh—meaning we have fleshly bodies. [God](#) has made us physical, but we are not really supposed to walk according to the flesh. "We walk by [faith](#), not by sight."

We live in physical bodies. We have physical lives. We have our physical problems. But the battle we wage is not physical at all! The battle is fought in the realm of belief, ideas, philosophies, teachings, words, principles, and laws. To sum it up, we could say, "We fight the battle in our minds."

That is where our warfare takes place—in our minds. Or as the Bible often says—within our hearts, our emotions, our personalities, our developing character. Why does happen there? "For as he thinks in his heart, so is he" ([Proverbs 23:7](#)). A person is what goes through his mind, what he allows himself to do, all the decisions that he makes.

We say, "We are what we eat." We know that what we put into our mouths goes into our bodies, supplying our bodies' needs as energy or raw materials for building and maintenance. We know that our bodies over time replace all the cells that we have! That is the way that God has made us. Our food is the raw material—fuel—that makes us what we are physically.

Spiritually, it is the same thing. We are what we think! We are what we allow into our minds. René Descartes said, "I think therefore I am [*Cogito*

*ergo sum*]." It is essentially a true statement because it is our thoughts, and the character that our thoughts have helped to form, that will pass through the grave. Our essential being beyond our physical flesh and blood is what will be preserved by God.

[Job 32:8](#) informs us that "there is a spirit in man," and Solomon writes in [Ecclesiastes 12:7](#), "Then [at death] the dust will return to the earth as it was, and the spirit will return to God who gave it." And God does whatever He does with it. What is recorded on that spirit? The person's thoughts, his memories, his beliefs, his desires, his habits, and his character traits!

God does not work with us through however many years of our lives just to throw away what He accomplished in us through His Spirit.

When we die, He takes what He has made, and He stores it for the resurrection, so at that time, He can return it to us in a spirit body that will live for eternity with Him. What He stores is what goes on in our minds as the human spirit comes into alignment with God's Spirit: what we think, what we believe, all the experiences we have gone through, the habits we have formed, and the character traits that God, by His Spirit, has created in us. Those are the things that pass through the grave.

— Richard T. Ritenbaugh

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