What is man?
Outer man.Body is mortal.Dust.Material.
Nature provides Material food for Body.
Inner man.Rom.7;22."For I delight in th
law of God in the inner man".
Fasting:material and spiritual.
Exercise:material and spiritual.
"I pray God your whole spirit soul and
body be preserved blameless ect."
2.Body is not the real man. 2.Cor.I2;3
"I knew a man in Christ Jesus-above I4
yrs.ago,whether in the body I can not
tell --such an one caught up to the
third heaven".
3.Body is earthly house.2.Cor.5;I.
4.God received Christ's spirit."Father
into thy hands I commend my Spirit". it
Stephen said"Lord Jesus receive my spir
5.Man is conscious after death.
Rich man and Lazarus were.
Moses and Elias were.MattI7;3"And behol
there appeared unto them Moses and
Elias talking to him."
All ressurrected.John.5;28"Marvel not
at this for the hour is coming ect"
After ressurrection is eternal state.
Matt.25;4IDepart from me ye cursed into
everlasting fire prepared for the ect."
"
Christ hath redeemed us from the curse
of the law,being made a curse for us."
(His soul was sick unto death.)

Man will live eternally.
It is possible to have eternal happines

Which is more valuable the things of
earth or the joys of heaven?

fleeting pleasures or everlasting joy?