

# How can We be Born Again of Body, Mind, and Spirit?

By  
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We were physically born the first time when our bodies entered mortality. We were born the first time as spirits (offspring of God) in premortal realms, and our intelligence came from premortal realms as well. To be born again in all three of these dimensions brings us into a ONEness with God and the assurance of Eternal Life – the greatest of all the gifts of God.

Let us treat each of these three dimensions of our beings in the born again experience and then bring them all together in conclusion. One will notice that the first principles and ordinances of the gospel were designed by the Lord to be body, mind, and spirit experiences. The Savior said, “Except a man be born again, he cannot see the kingdom of God.” (Jn 3:3)

## I. Being born again of the Spirit:

The spiritual dimension of being born again includes:

- A. Faith in the Lord Jesus Christ – accepting Him as our Lord and Savior, the very Son of God. That Faith includes believing all His teachings. Our faith opens the door to receive fully of the grace extended by Him. Our faith leads us to “press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men... feasting upon the word of Christ, and enduring to the end.” Then we have the sure promise from the Father that we shall have Eternal Life. (2 Ne 31:20-21)
- B. Repentance is the way to reach the purity essential to stand in the presence of the Lord, as no unclean thing can dwell in His presence. For “Whosoever committeth sin is the servant of sin.” (Jn 8:34) As we in humility give **ALL** our sins to Christ, and pray for forgiveness from them and forgive all that we may be forgiven of all, we open the door to complete forgiveness. “Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remember them no more. By this ye may know if a man repenteth of his sins—behold, he will confess them and forsake them.” (D&C 58:42-43) Coming before the Lord with broken heart and contrite spirit opens our souls to receive the cleansing power of the atonement – filling our souls with unspeakable joy and opening the windows of heaven to light and truth. The person who does not repent has been dumbed down by the adversary; repentance is the smartest thing we can do – both of sins of commission and omission. The blessings from doing so are beyond comprehension.
- C. “Go ye therefore, and teach all nations, baptizing

them in the name of the Father, and of the Son, and of the Holy Ghost:” (Mt. 28:19) “Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death? Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection: Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin. For he that is dead [to sin] is freed from sin.” (Rom. 6:4-7) “If the Son therefore shall make you free, ye shall be free indeed.” (Jn 8:36)

- D. “Then laid they their hands on them, and they received the Holy Ghost.” (Acts 8:17) “And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.” (Rom. 5:5) The Apostle Paul taught us that we are “sanctified by the Holy Ghost.” (Rom. 15:13-16.) For those so sanctified, Paul promised the Corinthian saints, “God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God. For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God. Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God. Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual. But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned. But he that is spiritual judgeth all things, yet he himself is judged of no man. For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.” (1 Cor. 2:11-16.)

## II. Being Born Again of Mind

The mental dimension of being born again is centered on “choice.” Agency, our choice, is heart and core to the plan of happiness of our loving Heavenly Father; He will not violate it, because we could not have a fulness of joy without it in full measure. For example, if we do not choose to follow the first principles and ordinances of the gospel, then we cannot “see the Kingdom of

God.” In pre-mortal time, we chose to follow the will of the Father, which would give us the opportunity to be born into mortality. Because of Father’s love for us, we were each given missions to fulfill before we came here that would best help us return to the Father. We participated in the design of those missions and happily accepted the anticipated pain and suffering along with the joy and goodness that would come with our mortal experiences. In mortality we live by faith, and it is the primary principle of action. Whereas, there we knew of the goodness of God. Now, we have the choice again whether or not to do the will of the Father. We are but stewards here in mortality; for the earth is the Lord’s and the fulness thereof. We have nothing to give the Father that is really our’s except for our wills. It is the only thing that we really have to give, and it is in that giving that we can be Born Again of Mind. It is only after we chose to willingly and totally submit our will to the will of the Father that He can and will best use us in both finding our missions and in best helping ourselves and those around us to move along that path to perfection and a fulness of joy – as did the Son – He being a perfect example before us. As Paul said, we then have “the mind of Christ.” Willingly doing the will of the Father exemplifies the highest level of love.

### III. **Being Born Again of Body**

Our physical bodies are born into this world pure and innocent, but into a world that is subject to the Fall. Our bodies are temples of God, and because of Christ’s glorious resurrection, they will also receive a glorious resurrection. As Paul says, “Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are. (1 Cor. 3:16-17) The Lord has designed these incredible bodies so that we can perform our mortal missions – free of disease, and run and not be weary and walk and not faint. Daniel and his friends, because they would not eat the meat from the King’s table, but only pulse and water were the healthiest and wisest in all the kingdom. Most people have a hard time in believing this, but recent studies have confirmed these promises made by the Lord. We are what we eat, and science has validated that if we eat the wonderful – garden of Eden like – foods that the Lord has provided, the bodies immune system will ward off all kinds of disease and will keep from getting diseased from within. Furthermore, like as with spiritual rebirth, where one has no more disposition to do evil, but to do good continually, with the rebirth of the body to its optimum state of health the cravings for foods that are not good for us go away, and our taste-buds are enhanced to enjoy the foods that are best for us – another miracle of this marvelously designed body. The Lord has promised:

And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones; And shall find wisdom and great treasures of knowledge, even hidden treasures; And shall run and not be weary, and shall walk and not faint. And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen. (D&C 89:18-21.)

The modern day “destroying angel” takes on all forms of disease. Sometimes physical challenges are given to us – even birth defects. These give us the opportunity to learn some important lessons of life and to grow closer to the Lord as we overcome these through Him – often giving us the ability to help others who suffer.

### **IN SUMMARY:**

The born-again process brings us into a fulness of light truth, and love, which will bring us the greatest joy in this life and a fulness of joy in the next. In this process, body, mind, and spirit come into a oneness with the Lord and we are filled with His love. His perfect plan of happiness is centered in love. “For God so loved the world that He gave His Only Begotten Son, that whosoever believeth in Him should not perish but have everlasting life,” which is this fulness of joy. (Jn 3:16) He is the way, the TRUTH, and the life, and His life exemplified the perfect love of the Father. As we learn to love like them, we are born again – body, mind, and spirit. We continually nurture body, mind and spirit with the best of physical, mental, and spiritual foods so that we may best serve Him and His children. We become new creatures in Christ in all three dimensions of our beings. “And if men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong...” (In all three dimensions; Ether 12:27) Malachi asks the question, “But who may abide the day of His coming? And who shall stand when He appeareth?” (Mal. 3:2) Those who are born again will not only stand, but they will rejoice in His coming. Further, Malachi 4: tells us that the purpose of the earth would be wasted if it were not for the sealing powers of the priesthood – providing the opportunity for eternal family in our heavenly home. Only then can we have a fulness of joy. In the ordinances of the gospel, all three dimensions of our beings are able to make covenants. In the ordinances the power of godliness is manifest – allowing us to become like our Heavenly Parents, as we couple our faith and our actions with these covenants. (D&C 84:20) In these great truths, we feel to glorify God. It is the perfect plan of happiness and the ultimate path of **JOY**.