

# THE SOUL YOU NEVER KNEW YOU HAD



A Free Preview Guide to  
**A Living Soul:**  
A Christian Guide to Walking in *Divine*

**LLOYD KREIN**



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Why Willpower Was Never the Answer—  
and What God Designed Instead

**LLOYD KREIN**

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<i>A Living Soul: A Christian Guide to Walking in the Divine</i>



## A Word Before We Begin

I want to be honest with you from the first page. For over thirty years, I walked with God as a committed, Bible-reading, praying, preaching Christian—and I still could not figure out why the life described in the New Testament felt just slightly beyond my reach.

I believed the right things. I taught the right things. I counseled men and women through the darkest seasons of their lives at the Coachella Valley Rescue Mission. People looked to me for answers. And yet, in the private chambers of my own heart, I was circling the same question year after year: Why does my walk with God feel steady one week and fractured the next?

One night, very late, with the desert dark outside and my Bible open on the desk, a single verse stopped me cold. James, writing to believers already in the family of God, said this:

*“Receive with meekness the engrafted word, which is able to save your souls.” — James 1:21*

Your souls. Not your spirits. Your souls. And in that distinction, an entire theology I had been circling for three decades suddenly had a name and a shape.

What you are holding is a guide drawn from my book, *A Living Soul: A Christian Guide to Walking in the Divine*. It will not give you every answer—the book goes much deeper. But it will give you something I wish someone had handed me thirty years ago: the one insight that changes everything about how you understand your own transformation.

If you have ever wondered why you can believe the right things and still feel spiritually stuck, keep reading.

What God showed me that night was as though He gathered every truth He had shown me over thirty years and let me see them not as scattered lights in the distance but as a single sunrise. The lights are about to come on.

— *Lloyd Krein*



## PART ONE

# Why Willpower and Discipline Were Never the Answer



A Marine veteran I will call Frank sat across from me at the Rescue Mission one afternoon. He was broad-shouldered, battle-tested, and broken. He had completed three combat deployments on sheer willpower. But now he placed his hand over his heart and said something that shattered every assumption I had been operating under as a counselor:

*“Lloyd, I’ve got enough willpower to run through a wall. But this thing—this thing doesn’t respond to willpower. I’ve been trying to will myself into peace for twenty years, and I’m more at war than I’ve ever been.”*

Frank was right. And his words broke something open in me, because for years I had been counseling people with willpower-based language: Make better choices. Resist temptation. Try harder. Be stronger. I said these things with genuine concern, and I watched man after man nod in agreement, set his jaw with fresh resolve—and be back in the same chair three weeks later, broken and ashamed, because the willpower had run out.

### **The Problem Nobody Talks About**

Most believers have been taught, at least implicitly, that the Christian life is a battle of willpower—a daily struggle to choose good over evil, obedience over sin. Choice is certainly involved. But this framing misses something crucial.

It locates the problem in the will when the real issue runs deeper: it is a problem of connection. The soul is not merely choosing poorly. It is feeding from a source that cannot produce what it was designed to produce.

You cannot fix a source problem with a willpower solution.

Think about that for a moment. If a spring is producing bitter water, the problem is not at the surface. It is deep in the aquifer. No amount of filtering at the surface will change what the aquifer contains. James identified this with surgical precision:

*“Doth a fountain send forth at the same place sweet water and bitter?” — James 3:11*

The answer is obviously no. A spring has one source. What flows from it directly expresses what feeds it. And this is why behavior modification—however sincere, however disciplined—always eventually fails. You can change behavior from the outside through discipline, accountability, and consequences. But the soul that has not been changed at its root will find new expressions for old appetites. It will look transformed and feel unchanged. And it will grow exhausted from the endless effort of managing outward behavior when the inner man has not been renewed.

A woman at the Mission had been in and out of recovery programs for five years. She could recite the twelve steps in her sleep. She knew every coping strategy her counselors had given her. And she was still trapped. One afternoon she said something in the most visceral terms I have ever heard:

*“I don’t need more chips. I need a different hunger.”*

She was right. Until the hunger itself is redirected, the old appetites will haunt the life of the believer.

## **What God Designed Instead**

Jesus did not prescribe willpower. He prescribed something radically different:

*“He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.” — John 7:38*

Rivers. Not trickles. Not the occasional moment of peace followed by weeks of anxiety. Rivers—constant, flowing, effortless rivers of the Spirit’s life. Love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance.

This is the description of a soul so fully connected to the right Source that the Source simply flows through it—the way a river flows through a canyon. Not because the canyon produces water, but because it is connected to a spring that does.

God’s design was never willpower. It was connection. Not the soul straining to produce what it does not have, but the soul drawing from a Source that has everything it needs.

The question is: Why don’t more believers experience this? The answer lies in a distinction most Christians have never been clearly shown.



## PART TWO

# The Overlooked Distinction Between Your Spirit and Your Soul



A man I will call Jerome had been at the Rescue Mission for about six weeks. He had barely spoken a word in any group session. Then one morning, during a teaching on what it means to be sealed by the Holy Spirit, he put his head down on the table and began to cry. When he finally looked up, his face was wrecked and luminous at the same time.

*“You mean God’s not going to send me back? You mean the stamp doesn’t come off?”*

Jerome had spent his entire life being sent back. From foster homes. From jobs. From relationships. Every good thing he had ever received had been taken away. And deep down, he assumed God would do the same—that salvation was provisional, contingent on his performance, revocable the next time he failed.

The truth that the stamp does not come off was the first solid ground Jerome’s soul had ever stood on. And from that ground, everything else began to grow.

But here is the critical question Jerome’s story raises: If the stamp doesn’t come off—if the spirit is sealed, complete, united with Christ at the moment of conversion—then why was Jerome still struggling? Why are any of us still struggling?

The answer is one of the most important things you will ever understand about your own spiritual life.

### Three Parts, Not Two

Paul wrote to the Thessalonians with remarkable precision:

*“And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.” — 1 Thessalonians 5:23*

Spirit. Soul. Body. Three distinct dimensions. Not two. Three. And the writer of Hebrews confirmed it:

*“For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit.” — Hebrews 4:12*

If they can be divided, they are not the same thing. And if they are not the same thing, then the salvation of one does not automatically complete the salvation of the other.

This single insight changed everything for me. Let me show you why.

## **Your Spirit — Already Complete**

At the moment of genuine conversion, your spirit was made alive—quicken by the Holy Spirit. It was sealed, indwelt, and united with Christ. Paul described this with stunning clarity: “Ye are complete in him” (Colossians 2:10). Not progressing toward completeness. Complete. Now. Your spirit is not in process. It is finished. Already whole. Already united with the Spirit of God in a union that nothing can sever.

## **Your Body — The Outer Shell**

Your body is the physical instrument through which you engage with the material world. It is mortal and will one day be glorified. But it is not the source of your struggle. The flesh is not your body—the flesh is the soul’s disposition toward independence from God, a disposition that can express itself through the body.

## **Your Soul — The Arena of Transformation**

And then there is the soul—the inner man. The mind, the will, the emotions. The place where your identity lives, where your desires are formed, where you choose, moment by moment, which realm you will draw from. Here is the truth I want you to hold like a diamond turned in the light:

The spirit is already renewed. The body will be glorified. But the soul is in the process of transformation. It is the part of you that is not yet complete—not because God has left it undone, but because its renewal unfolds through the lived journey of faith.

## **What the Soul Was Designed to Be**

To understand what the soul needs, you must first see what it was made for. When God formed Adam from the dust of the ground and breathed His Spirit into him, something extraordinary occurred: “And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul” (Genesis 2:7). This is where the title of my book comes from—and it is luminous with meaning.

The soul’s first breath—its first awareness, its first experience of existence—was God Himself. The Spirit of God was its immediate, constant environment. The soul did not need to search for God or discipline

itself into His presence. It simply existed in Him, naturally, effortlessly, as a branch exists in a vine before it has ever known separation. And from that union flowed everything: peace that was not a feeling but a condition, identity that was not a concept but a lived reality, fruitfulness that was simply what happened when a soul connected to the Source of all life went about its day.

Everything we long for in the Christian life—every quality that seems just slightly out of reach—is a memory, buried deep in the spiritual DNA of the human soul, of what life was like before the connection was broken.

Then something went terribly wrong. When Adam and Eve listened to another voice and ate from the forbidden tree, the soul was the first casualty. Peace gave way to fear. Fellowship was replaced with hiding. The soul that had walked openly with God in the cool of the day now shrank into the shadows—naked, fractured, and afraid.

But notice something crucial that we often miss: the soul did not die in the fall. It disconnected. There is a profound difference. A dead soul would produce nothing. A disconnected soul produces the wrong things—because it has shifted to a different source. Before the fall, the soul fed from the Spirit. After the fall, it reoriented toward the flesh. And this is the condition every one of us was born into—a soul reaching for what it was never designed to live on, wondering why nothing satisfies.

This is what Christ came to restore. Not merely to forgive the soul—but to reconnect it to the Source it was always designed to draw from.

## **The Scriptural Weight Behind This Claim**

This is not one verse taken out of context. It is a theme carried across the entire New Testament. Peter, writing to born-again believers, told them they were in the process of “receiving the end of your faith, even the salvation of your souls” (1 Peter 1:9). James said the engrafted Word “is able to save your souls” (James 1:21). The writer of Hebrews described believers who “believe to the saving of the soul” (Hebrews 10:39). And Paul told the Philippians to “work out your own salvation with fear and trembling” (Philippians 2:12)—not to work for it, but to work out what God had already worked in.

Peter says you are receiving it. James says the engrafted Word is able to accomplish it. The writer of Hebrews says you must believe forward into it. Paul says you must work it out with reverence, because God Himself is working it in. Four writers. Four angles. One unified testimony: the soul has a salvation of its own.

## **Why This Changes Everything**

If you have been struggling with inconsistency in your Christian life—if you have known the right answers but failed to live them, if you have experienced genuine breakthrough followed by frustrating drift—the problem is almost certainly not your spirit. Your spirit is sealed, complete, united with Christ.

The problem is your soul. Not as a condemnation—as a diagnosis. And a diagnosis points toward a cure.

Think of it this way. When a powerful generator is installed in a building, the electrical system does not immediately function at full capacity. The wiring must be connected. The circuits must be engaged. The switches must be thrown. The power source is completely present and completely sufficient—but the building must learn to access it.

An electrician at the Mission named Thomas heard me share this analogy and said, “Lloyd, you just explained what happened to me. When I got saved, it was like somebody installed the most powerful generator in the world inside my house. But nobody showed me where the circuit breakers were. I had all this power available, and I was still stumbling around in the dark, trying to find the light switch.”

That is exactly right. The power is already there. The Source is already installed. What the soul needs is not a bigger generator—it needs to learn how to connect to the one it already has.

The soul has been diagnosed. The architecture is clear. The spirit is complete, the soul is in process, and the Source is already installed within. Now the question becomes the most practical one of all: How does the soul actually learn to draw from the Source that is already there? How does a life of striving become a life of abiding?



### PART THREE

## The One Shift: From Striving in the Flesh to Abiding in the Spirit



A man named Robert had been in the program at the Mission for eight months. Another man, James, had been there three weeks. Robert was reading his Bible, calm and steady—you could feel the peace radiating from him. James was pacing, agitated, restless.

James finally stopped, looked at Robert, and said almost accusingly, “How do you do that? How do you just sit there like nothing’s wrong?”

Robert looked up with the careful attention of a man who had learned not to give easy answers and said something that silenced the room:

*“Sure, those thoughts come into my mind, brother. The thoughts still come. What changes is where I go when they do. I used to go to the bottle when bad thoughts came. Now I go to Him. Same thirst. Different well.”*

Same thirst. Different well. In nine words, Robert described the entire theology of the divided soul—and its cure. James, the brother of Jesus, had a single word for the condition Robert was describing. He called it dipsuchos—literally, “two-souled.” A person with two inner lives pulling in opposite directions. Two competing centers of gravity in the same body. “A double minded man,” James wrote, “is unstable in all his ways” (James 1:8). Not some of his ways. All of them. When the inner man is divided, everything that flows from it bears the fracture.

The soul’s hunger does not disappear when a person comes to Christ. It gets redirected. And the question that determines the quality of your entire Christian life is not “Does the hunger exist?” but “Where does the hunger go to be fed?”

In the book of Exodus, Egypt is the place of bondage—where Israel made bricks endlessly, exhaustingly, for a Pharaoh who could never be satisfied. A woman at the Mission named Diane recognized her own Egypt immediately. She had spent twenty years as a caregiver—nursing other people’s bodies while her own soul slowly starved. When I asked her what her bondage really was, she did not name the addiction. She named the belief underneath it:

*“My Egypt was the belief that I had to earn the right to be loved. I’ve been making bricks my whole life, Lloyd. Bricks for every Pharaoh who ever told me I wasn’t enough.”*

Many of us first turn toward Christ not because we are intellectually convinced but because our Egypt becomes unbearable. This is not coincidence—this is the mercy of a God who allows Egypt to press until the soul is ready to cry out for deliverance.

### **What Abiding Actually Looks Like**

Jesus described the abiding life in the most intimate language available:

*“I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.” — John 15:5*

The branch does not merely receive instructions from the vine. It lives by the vine’s life. The sap that flows through the vine flows through the branch. The nutrients, the water, the life force—all of it passes through the point of connection and becomes the life of the branch.

This is exactly what James meant when he wrote of “the engrafted word, which is able to save your souls.” The Greek word is *emphytos*—implanted, rooted within, placed inside so that it becomes part of you. James and Jesus are describing the same reality from different angles: the living Word of God, received into the inner man the way a graft receives the sap of a new tree, producing fruit the branch could never produce on its own.

From that connection—not from the soul’s own effort, not from its own discipline or commitment—fruit grows. As naturally as grapes grow on a well-connected branch in a healthy vineyard.

This is the one shift: from producing to receiving. From manufacturing spiritual fruit by effort to bearing it by connection. From striving in the flesh to abiding in the Spirit.

### **The Shift in Real Life**

A man I will call Samuel arrived at the Mission broken in every way a person can be broken. He gave his life to Christ and began the slow work of renewal—reading the Word, learning to pray, letting the Spirit illuminate what had been dark. About nine months in, something shifted that was hard to describe but impossible to miss.

His obedience to God had stopped being effortful. The right responses—patience, generosity, honesty—were no longer things he was laboring to produce. They were flowing from him. He had stopped

manufacturing and started bearing.

One evening he sat across from me and said something that nearly undid me:

“Lloyd, I used to try to be good. Every day was a project. A performance. I was so tired from trying to act like a Christian that I barely had the energy to be one. But something changed. I stopped performing and started living. The good things stopped being things I did and started being things that came out of me. Like they were already in there and I just finally stopped getting in the way.”

Samuel’s shift was not the result of a program or a formula. It was the result of a soul that learned, over months of daily practice, to draw from the right Source. The practices themselves were remarkably simple. The consistency was what mattered. And they are available to you today—not as a list of religious duties, but as the recognizable shape of a life learning to abide.

## **The Shape of the Abiding Life**

### **Before the Day Begins — Let the Needle Settle**

A man I knew thirty-one years ago shared his morning practice with me. He would sit in the quiet with the Lord for five minutes before anything else. Not praying exactly. Not reading. Just sitting. Orienting. He told me, “My soul wakes up swinging every morning—worried about bills, remembering old mistakes. Those five minutes are me letting the needle settle. I just hold still until I’m pointing the right direction.”

I have practiced this for decades now, and it has been more valuable to me than any technique or discipline I have ever learned. Before you open your Bible, before you pray, before the daily noise begins: get quiet. Orient your inner man toward the Source. Let the compass needle of your soul find north.

### **In the Kitchen, the Car, the Meeting — Carry the Connection**

Most of the Christian life happens in transit—in the car, in the kitchen, in the hallway between meetings. If abiding only happens in the quiet morning chair, it is not yet abiding. It is a devotional moment surrounded by hours of disconnection.

The abiding soul learns to carry the connection into motion. Not with intensity—with awareness. Brief, honest, almost conversational acknowledgments throughout the day: Lord, I’m drawing from You in this meeting. Father, give me Your words in this conversation. Spirit, sustain me from the Source that does not run dry.

A mother of three I knew through our church, who worked full-time as a paralegal, once told me her greatest spiritual breakthrough was not a dramatic encounter with God. It was the morning she realized she could pray while packing school lunches. “God didn’t need a sanctuary,” she said. “He needed my attention.”

### **When You Miss the Turn — Recalculate, Don’t Condemn**

I want to be candid here. After everything God has shown me, I still have moments when the old default kicks in. I still have conversations where the irritation surfaces before I catch it. I still have nights when anxiety grips my chest and the first thing my soul reaches for is worry rather than the Word. The abiding life is not the absence of these moments. It is the shortening of the distance between the default and the return.

I sometimes think of the Holy Spirit like the GPS in my car. When I miss the turn, He does not scream or shut down. He does not tell me I am a failure. He simply says, “Recalculating.” No condemnation. No shame. Just a new route from wherever I am, leading directly back to Him. The soul that knows how to return to the Source quickly does not need to live in the failure. It lives in the return.

### **Before You Sleep — Six Words**

My evening practice is the simplest thing I do. Before I close my eyes, I say two things: “Thank You” and “I trust You.” Thank You for today. I trust You for tomorrow. Some nights I say it once. Some nights I say it twenty times until the anxiety lets go. But those six words are enough. They remind my soul where it belongs.

Thank You. I trust You.

And in those six words, the entire theology of abiding—the finished work, the engrafted Word, the Source that never runs dry, the peace that passes understanding—compressed into the language of a soul that has learned to rest.



## Come Home



The prodigal son did not have a theological breakthrough in the pigpen. He did not read a book or hear a sermon or attend a conference. He simply, in the language of Luke, “came to himself” (Luke 15:17). He remembered who he was and whose he was. And that remembering—that act of returning to his own true identity—was the turning point of everything. He got up. He went home. And the father, who had been watching the road, began running before the son reached the gate.

What you have read in these pages is the beginning of that homecoming. You have seen that the soul—your soul—is not a vague theological abstraction but the most important part of you that the modern church rarely names. You have seen that the spirit is already sealed and the soul is in the process of transformation. You have seen that the mechanism of that transformation is not willpower but connection—not striving in the flesh but abiding in the Spirit.

But what you have read here is a doorway, not the full house.

In my book, *A Living Soul: A Christian Guide to Walking in the Divine*, I take you through the full landscape of what God showed me the night the lights came on. You will see your own soul reflected in the furniture of the Tabernacle and your own journey mapped onto Israel’s road from Egypt through the wilderness into the Promised Land. You will discover how the engrafting process transforms the soul the way a living graft transforms a branch. You will encounter the two halves of the Gospel that most believers have never held together. And you will walk through what the abiding life looks like not on a dramatic Sunday but on an ordinary Tuesday morning—in your kitchen, in your car, in the difficult conversation with someone you love.

The test of any theology is not whether it moves you on Sunday. It is whether it sustains you on Tuesday.

You were formed as a living soul—breathed into existence by the breath of God, designed for union with the Living God, called to bear His image and carry His authority in the earth. The fall did not destroy this design. It fractured it. Christ came to restore it. And the restoration is not distant—not waiting for heaven, not reserved for a future generation. It is available right now, in the inner man of every believer, through the Holy Spirit who dwells within.

**The veil is torn. The Father is running. The Promised Land is waiting.**

**Come home.**

*A Living Soul: A Christian Guide to Walking in the Divine*

Available now wherever books are sold



## A Prayer to Begin

*Father, I come to You not to achieve, but to receive.*

*Not to strive, but to rest.*

*Not to become something new by effort,*

*but to awaken to what You have already made true.*

*Show me the soul I have never understood.*

*Reveal the Source I have been disconnected from.*

*Teach me to abide rather than to perform.*

*I am willing to stop reaching and start receiving.*

*I am willing to stop managing and start surrendering.*

*I am willing to let the compass needle settle*

*and point me toward You.*

*In Jesus Christ—the Life-Giver,*

*the Finisher, the Rest of God—*

*Amen.*



For more information about Lloyd Krein's teaching ministry,  
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