In biblical theology, the spiritual realm refers to the unseen dimension where God, angels, demons, and spiritual forces operate. It’s a realm that deeply influences our physical world, though it is invisible to the human eye.

Many cultures and religions have their own interpretations of the spiritual realm. Some believe it is filled with spirits of the dead, angels, demons, or mystical forces that influence human affairs. In these views, people may attempt to engage the spiritual realm through rituals, divination, or spirit communication.

However, the Bible gives us a different and deeper understanding. It not only affirms the existence of the spiritual realm but defines its purpose and our place in it, especially in relation to God.

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1. The Spiritual Realm is Real and Was Created by God

The Bible affirms that the visible world originates from the invisible spiritual realm:

> *Hebrews 11:3 (NIV)* – “By faith we understand that the

> universe was formed at God’s command, so that what is seen was not made out of what was visible.”

This verse reminds us that all physical matter came from the spiritual reality of God’s spoken word. The spiritual realm, therefore, predates and governs the material one. It’s not just a parallel universe—it’s the source.

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2. God is Spirit, and True Worship Happens in the Spirit

To understand the spiritual realm, we must begin with God’s nature. The Bible clearly states:

> *John 4:24 (ESV)* – “God is spirit, and those who worship him must worship in spirit and truth.”

This means that relationship with God doesn’t require a physical location or ritual—it requires a spiritual connection. The spiritual realm is first and foremost where we meet with God, not merely where we fight demons or see visions.

3. Entering the Spiritual Realm Begins with Salvation

A person enters the true spiritual realm not by mystical experience but by entering into relationship with God through Jesus Christ.

> *John 14:6 (NIV)* – "Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'"

> *Romans 10:9 (NIV)* – "If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."

Upon salvation, a person is born again spiritually and receives the Holy Spirit:

> *Ephesians 1:13 (NIV)* – "When you believed, you were marked

> in him with a seal, the promised Holy Spirit.”

> *John 3:6 (NIV)* – “Flesh gives birth to flesh, but the Spirit gives birth to spirit.”

This new spiritual birth gives access to the spiritual realm where God dwells.

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4. What Does It Mean to Be ‘Spiritual’?

To be spiritual, according to Scripture, means to be led by the Holy Spirit and to live according to God’s Word.

> *Romans 8:14 (NIV)* – “For those who are led by the Spirit of God are the children of God.”

> *Galatians 5:16 (ESV)* – “But I say, walk by the Spirit, and you

> will not gratify the desires of the flesh."

Being spiritual is not determined by supernatural experiences like seeing visions or hearing voices. Instead, living a life of faith, obedience, and alignment with God's Word is the true mark of someone walking in the Spirit.

> *Colossians 3:16 (NIV)* – "Let the message of Christ dwell among you richly..."

> *James 1:22 (NIV)* – "Do not merely listen to the word, and so deceive yourselves. Do what it says."

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5. Spiritual Warfare Is Real, but Victory is Through the Word

The Bible clearly states that believers will face opposition from demonic forces. These battles happen in the spiritual realm:

> *Ephesians 6:12 (NIV)* – “For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”

However, God has not left us defenseless. He provides spiritual armor:

> *Ephesians 6:13–17 (NIV)* – “Put on the full armor of God... the belt of truth, breastplate of righteousness, gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit, which is the word of God.”

Victory in the spiritual realm comes by standing firm in God’s Word, prayer, and the power of the Holy Spirit—not through fear or superstition.

> *2 Corinthians 10:4 (NIV)* – “The weapons we fight with are not

> the weapons of the world. On the contrary, they have divine power to demolish strongholds."

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6. Living in the Word is Living in the Spirit

To live in the Spirit means to allow God's Word to guide every part of your life.

> *Psalm 119:105 (NIV)* – "Your word is a lamp for my feet, a light on my path."

Many people assume they enter the spiritual realm only when they see angels, demons, or receive visions. However, the biblical truth is this: you enter the spiritual realm the moment you place your faith in Jesus and begin to live by God's Word.

> *Colossians 3:2 (NIV)* – "Set your minds on things above, not on earthly things."

7. Our Spiritual Position in Christ

After salvation, the believer is seated with Christ in the spiritual realm:

> *Ephesians 2:6 (NIV)* – “And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus.”

We now share in His authority and access spiritual blessings:

> *Ephesians 1:3 (NIV)* – “Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.”

> *Ephesians 1:17–20 (NIV)* – “I keep asking that the God of our Lord Jesus Christ... may give you the Spirit of wisdom and revelation...”

Conclusion: You Are in the Spiritual Realm Now

If you are saved, then you are already in the spiritual realm. You are connected to God, empowered by the Holy Spirit, and equipped to live a victorious life in Christ. The true evidence of being spiritual is living a life rooted in God's Word, not chasing after mystical experiences.

So don't wait for a vision, a voice, or a supernatural event to confirm your spiritual status. The moment you believe and obey God's Word—you are in the Spirit.

> *Galatians 3:3 (NIV)* – "Are you so foolish? After beginning by means of the Spirit, are you now trying to finish by means of the flesh?"

Live in the Word. Walk in the Spirit. And let your life glorify God.

May the Lord bless you and keep you grounded in His truth.

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