In this essay, the author focuses on a basic problem which arises in view of the implications of Pauline understanding of the spirit: How can the spirit become the identity-forming “self” of the believer and yet remain God’s spirit? Dealing with the positions taken by Bultmann and Bousset as well as with the conception of “self” and using an exegesis of Rom 8:9–11, 15f, 1Cor 14:14f, 5:1–5 and 6:17, the author shows that the common antithesis (spirit as a force or as a substance) fails to grasp the actual essence. In a manner which is thorough and well thought-out, Paul illustrates how both points of view are related to each other.