



The Mar Thoma Church Diocese of North America & Europe Christian Education Forum

Lenten Meditations

WALKING ACCORDING TO THE SPIRIT

Romans 8:1-11

I remember an incident that happened in my childhood. I wanted shoes to wear for school. My mom took me to different stores to check the prices of the shoes, but she would not buy it and finally as we were walking on the footpath I saw a vendor sitting on the street and selling shoes. The look of the shoes was very attractive and when I asked the price, the price too was very low compared to those in the shops that we had earlier gone. Though I preferred buying this shoes my mom would not relent. When I came home I asked her why she did not allow me to buy those shoes though it was cheaper than the one that was sold in the shop. My mom smiled and told me that "I am looking for a shoes that last for the whole academic year and not for just another one month. Thing that you see as attractive are only on the outside, it will not last long". I did not understand what my mom said at that age, but over the years whenever my eyes are attracted to things that are pleasing and attractive on the outside, I remember the words of my mom.

"The mind of the sinful man is death,
but the mind controlled by the Spirit,
is life and peace".

Romans 8:6

Paul in the letter to the Romans also talks about the two contradicting experiences that each individual will go through. These experiences of life depend on how we walk in life or on whose directions do we walk in life. The first experience is that of death when we are led by the sinful desires or the desires of the flesh whereas if we are led by the Spirit of God then we experience peace and life. We live in a world where each one of our desires in life is controlled by corporate, consumeristic, and market mentality. This mentality brings into our lives a passion to live only for ones immediate desires and not bothered on what happens when the negative results of those passions ultimately bears fruit in life. It is this desire that arouses in us the sinful nature that we have. The desires of the sinful nature may bring joy and happiness in the beginning or what we call as instant gratification. But on the contrary when we are led by the Spirit, we are not concerned whether we get instant gratification but we are concerned about a lifetime of peace and happiness.

It is for us to decide whether we want to walk in the Spirit or be led by desires of our sinful nature.

Prayer: God, we live in a world where we are always tempted to live by the ways of the world. Grant us your grace to subdue the forces that detract us from you.

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