

**“...to set  
the mind  
on the  
Spirit is  
life and  
peace...”**

“to ‘set the mind’ on the desires of the flesh or the Spirit is to make them the ‘absorbing objects of thought, interest, affection and purpose’. It is a question of what pre-occupies us, of the ambitions which drive us and the concerns which engross us, of how we spend our time and our energies, of what we concentrate on and give ourselves up to.”