

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY

Romans 8:6-11

To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law-- indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.



Resurrection of the Dead, from Art in the Christian Tradition, a project of the Vanderbilt Divinity Library, Nashville, TN. [retrieved March 8, 2026]. Original source: https://commons.wikimedia.org/wiki/File:Plaque_resurrection_dead_VandA_M.104-1945.jpg.

COLLECT

Almighty God, your Son came into the world to free us all from sin and death. Breathe upon us with the power of your Spirit, that we may be raised to new life in Christ and serve you in holiness and righteousness all our days; through the same Jesus Christ, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.
Amen.



Resurrection of the Dead (c. 1250) Enamel Victoria and Albert Museum

“But what had lasting significance were not the miracles themselves but Jesus' love. Jesus raised his friend Lazarus from the dead, and a few years later, Lazarus died again. Jesus healed the sick, but eventually caught some other disease. He fed the ten thousands, and the next day they were hungry again. But we remember his love. It wasn't that Jesus healed a leper but that he touched a leper, because no one touched lepers.” – Shane Claiborne

“It makes me think of Lazarus. He must have had those shadows after his miracle. You don't spend time in the tomb without it changing you, and everyone who was waiting for you to come out.” – Sara Zarr

The Apostle Paul speaks again and again about the flesh and the spirit across his Epistles to the churches. In the beginning of Romans 8: 6-11 Paul writes “To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace”. For St Paul this is about conduct of life, about how we use and focus our energies, resources (time and finances), how we care for our neighbours and Creation. This is about how when the Spirit of God dwells in us we become expressions and instruments of God's peace and grace.

Where are you being challenged about where your time, energy and resources should be as we walk through Passionwide and approach Holy Week?

A Prayer to the Holy Spirit by Christina Rossetti

O God the Holy Ghost
 Who art light unto thine elect
 Evermore enlighten us.
 Thou who art fire of love
 Evermore enkindle us.
 Thou who art Lord and Giver of Life,
 Evermore live in us.
 Thou who bestowest sevenfold grace,
 Evermore replenish us.
 As the wind is thy symbol,
 So forward our goings.
 As the dove, so launch us heavenwards.
 As water, so purify our spirits.
 As a cloud, so abate our temptations.
 As dew, so revive our languor.
 As fire, so purge our dross

To Listen:

Breathe on Me, Breath of God by Edwin Hatch
 Holy Spirit, living breath of God by Keith Getty and Stuart Townend (with Gabriel's Oboe by Ennio Morricone)

A playlist of music suggestions for the course can be found at <https://open.spotify.com/playlist/3pJcG5xA1xzhL2Aolau0Q4?si=582cd1f921ae4fb1>