

Life and peace result from setting our mind on the spirit. When our mind is set on the spirit, our outward actions are in agreement with our inner man and there is no discrepancy between us and God. He and we are at peace, not at enmity (v. 7). The result is that we feel peaceful within.

When our mind is set on the flesh and the things of the flesh, the result is death, which causes us to feel separated from the enjoyment of God. We feel uneasy and deadened instead of peaceful and living. When we are minding the flesh and setting our mind on the things of the flesh, the sense of death should serve as a warning to us, urging us to be delivered from the flesh and to live in the spirit.

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