

Bouquet Caboodle



Highland Lectionary Series

July 12, 2026

The Flesh-Set Mind

Genesis 25:19–34; Psalm 119:105–112;
Romans 8:1–11; Matthew 13:1–9, 18–23

Today's Big Idea

There are two modes of life: the flesh-set mind and the Spirit-set mind. One leads to disintegration. One leads to life and peace. We are always choosing one or the other.

The flesh: instincts, values, motivations formed in the “God-diaspora”

The flesh-set mind: a desperate “me-first” driver fueled by fear

The Spirit-set mind: a steady Godward posture fueled by trust in God’s goodness

Choosing Flesh or Spirit: a common theme in Paul: also see Galatians 5:13–26

Using the Lectionary to Compare Flesh and Spirit

Lectionary Text	Flesh-Set Mind	Spirit-Set Mind
Romans 8:1-11	Death, hostility to God, inability to follow God’s way: resistant to God	Life and peace, transformed bodies; welcoming to God
Genesis 25:19–34	Esau’s impulsiveness, short-term, impatience, lack of self-control	<i>Patient, can delay gratification, wait for wisdom: self-disciplined</i>
Psalm 119:105–112	<i>God’s ways are burdensome and threatening to the self: disobedient</i>	God’s decrees (ways) are joy, heritage, and life trajectory: obedient
Matthew 13:19: “Hard soil”	One who hears but does not take pains to understand: closed-minded	<i>One who desires to know, studies, ponders, is curious, open-minded</i>
Matthew 13:20 “Rocky soil”	One who has no root, falls away at first trouble: thin-skinned	<i>One who can weather hardship for right reasons, perseverance: thick-skinned</i>
Matthew 13:22 “Thorny soil”	One choked by cares of world and deceitfulness of riches: idolatry	<i>One who has clarity on what is truly important: focused on right priorities</i>
Matthew 13:23 “Good soil”	<i>One who resists God as intruding on the self’s welfare: OUTSIDE</i>	One who hears, understands, receives and bears fruit, is swallowed: INSIDE

Choosing Life (good but hard) or Death (bad but easy): Deuteronomy 30:19–20

The Key Excerpts for This Week's Thematic Thread

Genesis 25:19–34	Psalm 119:105–112	Romans 8:1-11	Matthew 13:1–9, 18–23
24 When her time to give birth was at hand, there were twins in her womb. 25 The first came out red, all his body like a hairy mantle, so they named him Esau. 26 Afterward his brother came out, with his hand gripping Esau's heel, so he was named Jacob. Isaac was sixty years old when she bore them. 27 When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. 28 Isaac loved Esau because he was fond of game, but Rebekah loved Jacob. 29 Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. 30 Esau said to Jacob, "Let me eat some of that red stuff, for I am famished!" (Therefore he was called Edom.) 31 Jacob said, "First sell me your birthright." 32 Esau said, "I am about to die; of what use is a birthright to me?" 33 Jacob said, "Swear to me first." So he swore to him and sold his birthright to Jacob. 34 Then Jacob gave Esau bread and lentil stew, and he ate and drank and rose and went his way. Thus Esau despised his birthright.	105 Your word is a lamp to my feet and a light to my path. 106 I have sworn an oath and confirmed it, to observe your righteous ordinances. 107 I am severely afflicted; give me life, O Lord, according to your word. 108 Accept my offerings of praise, O Lord, and teach me your ordinances. 109 I hold my life in my hand continually, but I do not forget your law. 110 The wicked have laid a snare for me, but I do not stray from your precepts. 111 Your decrees are my heritage forever; they are the joy of my heart. 112 I incline my heart to perform your statutes forever, to the end.	5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. 6 To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. 7 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, 8 and those who are in the flesh cannot please God. 9 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. 10 But if Christ is in you, then the body is dead because of sin, but the Spirit is life because of righteousness. 11 If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit that dwells in you.	3 A sower went out to sow. 4 And as he sowed, some seeds fell on a path, and the birds came and ate them up. 5 Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. 6 But when the sun rose, they were scorched, and since they had no root, they withered away. 7 Other seeds fell among thorns, and the thorns grew up and choked them. 8 Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. 18 "Hear, then, the parable of the sower. 19 When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. 20 As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy, 21 yet such a person has no root but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. 22 As for what was sown among thorns, this is the one who hears the word, but the cares of this age and the lure of wealth choke the word, and it yields nothing. 23 But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields in one case a hundredfold, in another sixty, and in another thirty."