Today Paul is writing to the people of Rome. At first glance it might seem that he is deeply depressed. In fact, he is sharing his experience of our human condition in the struggle with sin. An experience we can immediately understand. He states, "I know of nothing good living in me – living, that is, in my UNSPIRITUAL self – for though the will to do what is good is in me, the performance is not, with the result that instead of doing the good things I want to do, I carry out the sinful I do not want." Recognise the problem? It is not Paul just expressing, in a humble way, what we all know in order to help us feel better. But, rather, it is a pointer to the solution which is indicated in the words, 'UNSPIRITUAL SELF.' He is telling the Romans (and ourselves) that the solution lies in the SPIRITUL, in which his own life is lived. "Who will rescue me from this body (otherwise) doomed to death? Thanks be to God through JESUS CHRIST OUR LORD (Our saviour.) The psalmist says, "Lord, teach me your statutes."

In the Gospel from Luke, Jesus elaborates on the words of the Psalm. He is telling the crowds to interpret what is happening around them before it is too late. In effect, he too is advising them to turn to the SPIRITUAL. To, 'Judge for themselves what is right,' and to turn to God in a spirit of humility and repentance. He gives them (and us) an example which is also within their human experience. "When you go to court with your opponent, try to settle with him on the way." So, turn to God through Our Lord Jesus Christ and live a SPIRITUAL life.