

Dayspring Family Church
Bible Study



GUARD YOUR EYES
MATTHEW 6:22-23

GUARD THE GATE

Guard Your Eyes

Matthew 6:22-23

Our Eyes

- It's been said that the eyes are the window to the soul
- Our eyes are vital to our lives
- We use our eyes all the time
- From the moment we wake to the moment we go to sleep our eyes have been helping us in some way
- Your eyes receive information and processes into knowledge
- Our sense of touch, hearing, smell, and taste are often aided by our eyes
- Some say eyesight is the most valuable of our 5 senses
- Our eyes can reveal things about us
- Our eyes are valuable to our lives and they must be protected
- Our eyes see so much because we live in visual culture
- Our eyes are literally a gateway, an entry point, that can affect how we live spiritually
- With our eyes, we can take in so much, but is everything our eyes take good or edifying for us?
- Our eyes are *the gateway* to our minds
- What our eyes see often becomes an attitude, a mindset, or a behavior
- Just as certain professions wear protective eyewear, believers must guard what enters their *eye-gate*

What Jesus Says About The Eye

Matthew 6:22-23 (KJV) 22 The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light. 23 But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness!

- Jesus says in His Sermon on the Mount, the *light* of the body is the eye
- To put it another way, your eyes, my eyes are the *windows* to the body
- Your eyes are the windows or gateway to the body
- Your eyes give access to the body through the eyes
- Anything be it good or bad is coming into our bodies through the *eye-gate*
- What we *look at* is what we *think about*, and what we think about is what we eventually *become* **Proverbs 23:7 (KJV) "For as he thinketh in his heart, so is he..."**
- Jesus says if our eye be *single*, if our eyes have a *single focus*; a focus on Jesus Christ and His Word, then our minds will be full of light
- Our eyes are to be on Jesus, who is the Light of the world **John 8:12 (KJV) 12 Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.**
- Our focus, our attention is set on Jesus and *doing* His will **Acts 2:46 (KJV) 46 And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart,**
- When you are focused on Jesus, you have an *undivided loyalty and obedience* to do the will of God

GUARD THE GATE

Guard Your Eyes

Matthew 6:22-23

- When we have singular focus on Jesus and doing His will, Jesus says the *whole body* is *full of light*
- When you allow Jesus, the Light of the World into our lives, *His Light* effects our whole body, everything we do
- The word “full” here means to be *controlled by Ephesians 5:18 (KJV) 18 And be not drunk with wine, wherein is excess; but be filled with the Spirit;*
- Our lives are to be filled with Jesus and controlled by the Holy Spirit
- Everything we see and do is filtered through Jesus, the Light of the World and controlled by the Holy Spirit
- Jesus also says *if our eye is evil or bad, our whole body* is full of darkness
- If we are not living for Jesus and our lives are not full of the Holy Spirit, our *entire life* is full of darkness
- Our eyes, our mind and eventually our behavior are full or controlled by the ways of the world and the “god of this world”, i.e., the devil **1 John 2:16 (KJV) 16 For all that is in the world, the lust of the flesh (physical pleasure), and the lust of the eyes (craving for what we see), and the pride of life (in our achievements and possessions) , is not of the Father, but is of the world.**
- We may “know” what’s right to do, but our lives are controlled darkness
- If the ways of the world is controlling what your eyes see, what your mind receives, and what your heart believes, and what you do; the darkness is great in your life
- The devil will attempt to gain entry into our lives any way he can, and our eyes are no exception
- We have a spiritual responsibility to guard our eye-gate by monitoring what we expose ourselves to

How to Guard Your Eyes

Give yourself a spiritual eye examination Psalm 119:37 NLT) Turn my eyes from worthless things, and give me life through your word.

- Examine your life and determine are the worthless things that your eyes see every day
- Worthless things are both ungodly and unedifying
- Examine what your eyes see at work, while driving, on TV, online at the movies, out with friends
- Make the decision to eliminate and turn from (repent) of the worthless things you’ve been looking at

Pray for your eyes

Avert your eyes Job 31:1 (NLT) “I made a covenant with my eyes not to look with lust at a young woman.

- Job made the decision not to look lustfully at a young woman
- It does not mean we don’t see a good-looking woman or man, it does means our eyes are not “lingering and lusting”, it does mean we saw them and we *immediately turn* our eyes and attention to something else

GUARD THE GATE

Guard Your Eyes

Matthew 6:22-23

- Jesus says *looking and lusting* is adultery **Matthew 5:28 (NLT) 28 But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart.**
- God wants us to focus on living a righteous life and not being *enticed and tempted* by what's around us **Proverbs 4:25 (NLT) Look straight ahead and fix your eyes on what lies before you.**

Be discerning Proverbs 4:20-22 (KJV) 20 My son, attend to my words; incline thine ear unto my sayings. 21 Let them not depart from thine eyes; keep them in the midst of thine heart. 22 For they are life unto those that find them, and health to all their flesh.

- It's our responsibility what we feed our eyes
- Stay focused and stay in the Word
- Be very selective and discerning in what you watch on TV, websites and social media
- Many times the title of the TV show, movie, website, or the artist or social media personality give you "clue" what you're about to see will not be edifying
- Don't rationalize it, steer clear of looking at things that can harm you spiritually **Ephesians 4:27 (KJV) Neither give place to the devil.**

Stay filled with the Spirit Ephesians 5:18 (KJV) And be not drunk with wine, wherein is excess; but be filled with the Spirit;

- As we said earlier, being filled with the Spirit is the Holy Spirit controlling your life and behavior
- What your eyes see, what your mind thinks, and what you do is governed by the Holy Spirit
- Being filled with the Holy Spirit is a daily filling, because the enemy is working all the time trying to spiritually weaken you

Commit to a time of prayer and fasting Mark 9:29 (KJV) And he said unto them, This kind can come forth by nothing, but by prayer and fasting.

- If you find yourself struggling with what your eyes are seeing, it's time for a season of prayer and fasting.
- Prayer and Fasting is an act of:
 - *Dependence on God*
 - *Sincerity*
 - *Worship*
 - *Surrender* – you don't surrender to the problem, but you do surrender the problem to God
 - There is great power in prayer and fasting
- Prayer and fasting helps you keep your focus on God instead of what your struggle
- God will not only provide direction and deliverance, but He'll often bring to our attention the changes we need to make in our lives going forward