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Lift Up Your Eyes

By Teresa Hampton

Something interesting happens when you teach someone to drive. You begin to notice a pattern. The novice drives down the road, trying to stay in the middle of the lane. Their focus is usually on the road immediately in front of the car. Then they veer a little to the left and they make a correction going back to the middle. Then the car veers to right and they make another adjustment. Instead of going smoothly down the center of their lane, the car weaves slightly to the right and left. What they have not learned yet is if they lift their eyes and look far down the road, they will drive down the center and only have to make minor adjustments here and there.

The same is true of our spiritual life. If we drive down the Christian highway looking at what is right in front of us, we'll find ourselves constantly having to make corrections or adjustments. It may be illness, death, or divorce. It could be temptation and sin. Or it may be the riches that make us oh so comfortable here on earth. *Whatever* makes us focus on the here and now can adversely affect our spiritual journey.

However, when we lift our eyes and focus on the Savior, life's highway is easier to navigate. The Psalmist wrote, *I will lift up my eyes to the hills - from whence comes my help? My help comes from the Lord, who made heaven and earth. He will not allow your foot to be moved; he who keeps you will not slumber...He shall preserve your going out and your coming in from this time forth and even forevermore* (Psalm 121:1-3, 8).

The writer to the Hebrews said, *let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God* (12:1).

Living for Jesus is easier when we keep our eyes on him, avoiding the distractions of this world, which are temporary. The Christian's destination, on the other hand, is eternal.

Today's Verse: *If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above* (Col. 3:1-2). *Will you set your eyes on that which is not? For riches certainly make themselves wings; They fly away like an eagle toward heaven* (Prov. 23:5).

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