

## WorshipLife Session 4: **Sanctified Seeing** Psalm 119:37

According to a Neilson study in 2010, the average person spends 134 hours per month watching television, 34 hours using browsers and apps on a cell phone, and 27 hours using the internet on a computer. This means that whether voluntarily or involuntarily our eyes are being constantly exposed to between 3,000 and 20,000 various images. These images- in many cases – are designed to impact our lives mentally, emotionally, socially, physically and even spiritually. What we allow our eyes to see ultimately has an affect on our spirit. It can arouse certain desires, summon certain impulses and even damage our image of self. The purpose of this study is to help us understand that if we are to have lives that are fully committed to worshipping the Lord, it is going to require that we become selective about what we consciously choose to see.

### **The Word Made Plain...**(read Psalm 119:37)

In the longest song in the book of Psalms, we find this interesting request from the psalmist. In the midst of verses that ask the Lord to guide the heart towards the commandments and intents of the Lord, the psalmist makes a reference to the eyes. This reminds us that what we choose to see has a great level of influence upon our worship of God. The request of the psalmist should prompt us to consider how we are allowing our eyes to either promote or prevent our healthy worship lives. He simply makes two requests:

“Turn my eyes from looking at worthless things”

The psalmist makes note of the fact that everything that is in his view may not be in line with his values. We should ask the Lord to give us the grace to stop paying attention to things that are worthless in our worship. What does it mean to be “worthless?” This means that it doesn’t add value to who you are and where you are in Christ. Our society lures us to constantly invite things into our lives that are truly worthless to our eternal purpose and ministry. Things like reality shows, primetime television that celebrates ungodly morals and ethics, explicit and profane movies and websites, and even things that absorb large amounts of time with limited benefit like social media should be removed from our eyes (Matthew 5:28-29). Through these images, we subconsciously absorb precepts and behavioral patterns into our character and ultimately our callings. We should covenant with the Lord to “turn our eyes” from these things (Job 31:1).

“Guide me in your way”

We must allow the Lord to be the sole director of our hearts, mind and morals. We must constantly ask the Lord to order our steps in His way and put on spiritual “blindness” that will prevent us from satanic distraction (Prov. 4:25). Let us be reminded that the lusts and lures of this world have the ability to prevent us from seeing and walking in the will of God for our lives (1 John 2:15-17). We must focus our eyes on the things that will guide us to becoming more like Christ because they reflect His heart.

**Reflection on the Word (discussion)...**

1. What percentage of what you choose to watch on a daily basis presents the characteristics of Godly behavior? Godless behavior?
2. If what you see ultimately shapes your character, what do you need to watch so that your life will look like Christ? What do you need to stop watching?
3. Re-read Matthew 5:28-29. What things are in your home or on your computer/phone that need to be removed because they tempt to keep you from operating with godly character?

**Strategic Plan for Upgrading Your Worship Life**

With the countless hours before images that we spend, which images (websites, apps, television shows) do you need to watch in order to shift from living according to ungodly lusts to living according to the morals and discipline of God’s purity?

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Which do you need to remove? \_\_\_\_\_

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**Benefit Package for People with Sanctified Seeing**

- The light of Christ will fill your life (Matthew 6:22)
- You will receive an eternal reward (Matthew 5:28-29)

**Closing prayer**

Heavenly Father, my life is constantly bombarded with thousands of images on daily basis. Grant me the grace to re-train my eyes to operate with divine purpose and only set their gaze upon things that will guide me to a deeper and more devoted relationship with You. In Jesus’ name I ask this. AMEN