A Covenant with My Eyes
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Introduction:
A. There are certain biological factors that cannot be denied
   1. There is the reality that men are visually attracted to women
   2. Likewise, it is also evident that, consciously or unconsciously, women
carefully dress in such a way as to attract this kind of attention
   3. Our society has done little to help men and women in this regard
B. What are men supposed to do?
   1. How can women help?
   2. What guidance can be gained from the Scriptures?

I. THE PROBLEM MEN FACE
A. Men have a natural tendency to look at women - Matt. 5:28; Prov. 6:25
   1. Part of man's design - Gen. 1:26-27
   2. Men are made to be visually attracted to women so that each can find
      the one woman with whom he can be content for life - Prov. 5:15-19
   3. Women are designed to be attractive to the man
   4. For all intents and purposes, this is the purpose of male visual attraction
      to women: to be able to find and enjoy one woman. his wife
B. While a man looking at his wife only is ideal, there is always the impulse to
   look beyond where one should be looking
   1. A man should have eyes only for his wife, but to some men it seems
      innocent to peek at other women and think improper thoughts
C. Contemporary culture has not helped men in this regard
   1. Women's fashion is not concealing much up anymore
   2. Worldly women are excited by exposing as much as they legally can
   3. Society teaches men that looking is natural and that men simply cannot
      help looking at women and lusting after them
D. Can men control it?
   1. God demands it; so man is capable of it - Matt. 5:28; James 1:14-15?

II. THE SOLUTION MEN NEED
A. This sin can be beaten
   1. Men are going to have to cast out everything that they've been taught
      by society
   2. Men cannot help the fact that women are going to pass within their view
   3. But men do not need to take it any further
B. What men can do to avoid committing the sin of looking lustfully at women
   1. Avoid places where you will be tempted; public swimming, public places
      in hot weather where people like to dress scantily; TV programming,
cable movies, Internet porn sites, etc.
      a. While it is unfortunate that pretty much every place you go you
         will face this temptation, you can attempt to avoid places where
         you will be tempted strongly
   2. Stop looking intently
a. While it may be unavoidable to look, you can stop gazing
b. It will require you to think on your feet and resist natural impulses, but it can be done
c. You can train yourself to control and avert your eyes
d. If you stop looking intently, the temptation will go away quickly

3. Resist the urge to dwell on the image in your mind that thinks carnally about the woman
   a. What would your wife do if she knew what you were thinking?

4. You can pray so as to not enter temptation
5. If you fail, repent and confess it to God - 1John 1:9
   a. And then try again to control your eyes and mind

C. Practical helps
   1. Job 31:1 - a covenant with one's eyes
      a. By making a vow or commitment and by working to make that commitment a success, you can help keep your eyes and mind where they should be
   2. Establish accountability with another brother - James 5:16
      a. This would have to be with a brother you trust

D. The importance of controlling your eyes and mind
   1. You will not feel guilt that could hurt your relationship with your wife
   2. Your wife will have great confidence and trust that she is the one whom you desire - Prov. 5:15-19
   3. You will not feel the temptation to commit fornication as strongly
      a. Matt. 5:28
   4. You can stand before God without sin in this matter

Conclusion:
A. Men, face the facts:
   1. You were designed to be attracted to women; you must keep your eyes and thoughts on the one you have chosen for life
   2. Society approves and excuses men gazing at women
   3. Most women enjoy dressing provocatively
B. If you are going to overcome this temptation, it will be up to you