

# 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 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