

# A Covenant with My Eyes

“I have made a covenant with my eyes; Why then should I look upon a young woman?” (Job 31:1)

# A Covenant with My Eyes

- Factors that cannot be denied
  - Men are visually attracted to women
  - Consciously or unconsciously, women dress in such a way as to attract this kind of attention
  - Our society encourages and facilitates these behaviors

# The Problem Men Face

- Men have a natural tendency to look at women
  - Matt. 5:28 - “But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.”
  - Prov. 6:25 - “Do not lust after her beauty in your heart, Nor let her allure you with her eyelids.”
  - Gen. 1:26-27 - “Then God said, Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth. 27 So God created man in His own image; in the image of God He created him; male and female He created them.”

# The Problem Men Face

- 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 - “Drink water from your own cistern, And running water from your own well. 16 Should your fountains be dispersed abroad, Streams of water in the streets? 17 Let them be only your own, And not for strangers with you. 18 Let your fountain be blessed, And rejoice with the wife of your youth. 19 As a loving deer and a graceful doe, Let her breasts satisfy you at all times; And always be enraptured with her love.”

# The Problem Men Face

- Can men control it?
  - Matt. 5:28 - “But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.”
  - James 1:14-15 - “But each one is tempted when he is drawn away by his own desires and enticed. 15 Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death”

# The Solution Men Need

- You are going to have to cast out everything that you've been taught by society
- You cannot help the fact that women are going to pass within your view, but you do not need to take it any further
- You can avoid places where you will be tempted

# The Solution Men Need

- You must stop looking intently
  - While it may be unavoidable to look, you can stop gazing
  - Train yourself to control and avert your eyes
  - If you stop looking intently, the temptation will go away quickly
- Resist the urge to dwell on the image in your mind that thinks carnally about the woman
  - What would your wife do if she knew what you were thinking?

# The Solution Men Need

- You can pray so as to not enter temptation
  - If you fail, repent and confess it to God
  - 1John 1:9 - “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”
  - And then try again to control your eyes and mind

# The Solution Men Need

- Job 31:1 - “I have made a covenant with my eyes; Why then should I look upon a young woman?”
  - Make a covenant with your eyes
  - 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

# The Solution Men Need

- Establish accountability with another brother
  - James 5:16 - “Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”
  - Gal. 6:2 - “Bear one another's burdens, and so fulfill the law of Christ”

# The Solution Men Need

- The importance of controlling your eyes and mind
  - You will not feel guilt over sin that could hurt your relationship with your wife
  - Your wife will have great confidence and trust that she is the one you desire
  - You will not feel the temptation to commit fornication as strongly
  - You can stand before God without sin in this area

# The Solution Men Need

- Men, face the facts:
  - You were designed to be attracted to women; you must keep your eyes and thoughts on the one you have chosen for life
  - You must deal with society that approves and excuses men gazing at women
  - You must deal with the fact that most women enjoy dressing provocatively
  - If you are going to overcome this temptation, it will be up to you