



FREEDOM FOR MEN • New Heart • New Mind • New Life
Trusted, experienced, faith-based men helping men find hope and freedom!

Chapter 13. Maintaining your freedom.

Week 49: BALANCE, protecting your eyes, making healthy choices, and having fun.

Video: The Darkest Hour

[Click here to watch a video clip in our Vimeo account.](#)

Word of the Week: Eyes

Theme verse: *Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways.* – Proverbs 4:25-26

Theme Quote: “As we abide in the Vine we begin to take on the vine’s attributes, and it will become more natural for us to see things through God’s eyes.” – Ibrahim E. Sakkab

John Eldredge: “We don’t need accountability groups; we need fellow warriors, someone to fight alongside, someone to watch our back.”

Questions: Do you protect your eyes from things that damage your heart? Do you have wandering eyes, that others notice? Do your eyes see women, as you would want men to look at your wife, sister or daughter?

Highlight Video: Counting My Blessings, Seph Schlueter

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Word of the Week: Eyes

Dictionary:

noun, plural eyes.

- the organ of sight, in vertebrates typically one of a pair of spherical bodies contained in an orbit of the skull ... and in the center of which is an opening, or pupil, through which light passes to the retina.
- the aggregate of structures situated within or near the orbit that assist, support, or protect the eye.
- this organ with respect to the color of the iris: *blue eyes.*

verb, eyed, eyeing

- to fix the eyes upon; view: *to eye the wonders of nature.*
- to observe or watch narrowly: *She eyed the two strangers with suspicion.*

Quotes: “When you judge others you reveal your inability to see them through God’s eyes.” – Carlos A. Rodriguez.

“You are too blessed to be worrying about your imperfections. Your original self is perfect in God’s eyes, and His opinions will always matter the most.” – Edmond Mbiaka.

“As we abide in the Vine we begin to take on the vine’s attributes, and it will become more natural for us to see things through God’s eyes.”

– Ibrahim E. Sakkab

“What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like.” – Saint Augustine

“A deep man believes that the evil eye can wither, the heart’s blessing can heal, and that love can overcome all odds.” – Ralph Waldo Emerson

“Whenever I feel fearful emotions overtaking me, I just close my eyes and thank God that He is still on the throne reigning over everything and I take comfort in His control over the affairs of my life.” – John Wesley

Bible: Psalm 34:15

The **eyes** of the Lord are toward the righteous and his ears toward their cry.

Proverbs 3:7-8

Be not wise in your own **eyes**; fear the Lord, and turn away from evil. This will bring health to your body and nourishment to your bones.

Proverbs 4:25-26

Let your **eyes** look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways.

Proverbs 12:15

The way of a fool is right in his own **eyes**, but a wise man listens to advice.

Romans 12:16-18

Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. Do not repay anyone evil for evil. Be careful to do what is right in the **eyes** of everyone. If it is possible, as far as it depends on you, live at peace with everyone.

Ephesians 1:18-19a

I pray that the **eyes** of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe.

Philippians 3:16-17

Only let us live up to what we have already attained. Join together in following my example, brothers and sisters, and just as you have us as a model, keep your **eyes** on those who live as we do.

Hebrews 4:13

And no creature is hidden from his sight, but all are naked and exposed to the **eyes** of him to whom we must give account.

1 Peter 3:12

For the **eyes** of the Lord are on the righteous, and his ears are open to their prayer. But the face of the Lord is against those who do evil.

Revelation 21:4

He will wipe away every tear from their **eyes**, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.