

"Be Careful Little Eyes"

Written by Dan Henderson

An old Cherokee told his grandson, "My son, there is a battle between two wolves inside us all. One is evil. It is anger, jealousy, greed, resentment, inferiority, lies and ego. The other is Good. It is joy, peace, love, hope, humility, kindness, empathy and truth." The boy thought about it, and asked, "Grandfather, which wolf wins?" The old man quietly replied, "The one you feed."

My Grandmother worked in the school lunchroom for many years while I was growing up. While we never attended the school system where she worked, we did hear from her many of the things they used to encourage the children to eat healthy. "You are what you eat" was a slogan that was very prominent in those days. Grandmother had stickers with that slogan that were left over at the end of the year and so we got them when we visited during the summer. While I do not always eat as I should, that slogan has always stuck with me. It applies to more than nourishment of the body though. It applies equally well to the feeding of our mind and soul.

Do you remember a song from childhood Bible classes about being careful? "Oh, Be Careful Little Eyes What You See"

taught us this principle very early in life. We need to be very careful to expose ourselves to things that will bring us closer to God.

Paul told Timothy *"Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth."* **2Timothy 2:15** He

also told him to

"continue in what you have learned....from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation..."

2Timothy 3:14-17

When Paul spoke to the Ephesian elders for the last time he pointed them to God's Word for all that they needed.

Acts 20:32

What are we using to fill our minds? I know those TV shows are funny or suspenseful, but what are they turning our mind toward. **"You are what you WATCH!"** The latest series of teen age 'life direction' books may be full of good relationships and loving families, but are they filling your mind with righteous thoughts? Also, many religious writers may have some nuggets of truth, but they are filled with teaching that would turn us away from being careful to keep God's commands. If you are soaking up what you read, which direction will such writings point you?

"You are what you READ!"

Most of us enjoy, or at least feel a need for, spending time with our co-workers/friends on

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breaks or at mealtime during the work/school day. Do you ever consider the direction of most of those conversations?

"You are what you HEAR!"

Are they drawing you closer to God?

"Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and

purify your hearts

, you double-minded."

James 4:8

"Keep your heart with all vigilance, for from it flow the springs of life." Proverbs 4:23

We need to give close attention to what we are putting into our mind. Our spiritual well-being is dependent upon keeping our minds close to God. We all want to live without anger, jealousy, greed, etc. Yet we often engage in activities that feed those things. If we feed that side of the battle it will grow stronger. We need to feed our minds with those things that promote joy, peace, humility, etc. These are the things God has given us in the Word delivered by the Comforter at the direction of the Savior. Fill your heart and mind with Truth and your life will be filled with joy, kindness, peace and love.

*Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and **on his law he meditates day and night***

. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither.

In all that he does, he prospers

Psalms 1:1-3

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