

EYES UP!

Today, it is not uncommon for people to be focused on their phones while walking, talking, eating, working, relaxing, driving, and doing pretty much every other activity of daily living. In the decade between 2011 and 2020, approximately 3,000-7,000 people were victims of cell phone-related injuries annually, with an average of more than 5,000 per year.

You might be wondering how many wrecks are caused by distractions like texting and driving. In a neighboring state, more than 10,000 accidents were caused by distracted driving in 2022. That's more than 27 accidents a day from distraction alone. Sadly, people are more interested in what is happening on their phones than on the road or sidewalk in front of them.

We often do this in all aspects of life, and it is also a spiritual problem. Unfortunately, it is a dangerous strategy in all aspects of life.

Colossians 3

1 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. 2 Set your minds on things that are above, not on things that are on earth. 3 For you have died, and your life is hidden with Christ in God.

Paul challenges the Colossians to stop living life with their attention down. He reminds them that their new life in Christ is greater than the old life they once lived. But with that new life comes necessary change. They must lift their eyes up! It is no longer appropriate to focus on what they were focused on in a life of sin. Moreover, it isn't good to focus on the continued corruption of those still lost in sin. That distraction can take the mind and soul away from the things of God, and that is dangerous! To live into Paul's challenge, it is imperative that the Colossian Christians set their view spiritually on things higher. They are to strive to see the things above. It is this vision that will guide them towards eternity. Focusing downward will only lead to injuries or even death.

Hebrews 12:1-2

1 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Paul is talking about the things of God. Eternal things. Much like the Hebrew writer tells Christians to stay focused on Jesus, it is vital for a disciple of Jesus to keep the eyes of their heart UP. If your view is down, what you should be seeking cannot be seen.

Distractions abound, and worldly views are readily available. However, our hearts and minds should be elsewhere. Like our cell phones, we must put the distractions down and turn them off. In his exhortation, Paul gives us the formula. The motivation (new life) leads us to the strategy (eyes up), which helps us find the target (Jesus).

Simplified

1. New Life
2. Eyes Up
3. Seek Jesus

Shalom, Ryan