

March 11, 2022

What Powers Your Light?

[Matthew 6:22-24](#)

²² “Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. ²³ But when your eye is unhealthy, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is!

Maybe you're like me and prone to random, annoying eye problems. No? Well, fill in your own recurring annoyance, and think with me how that feels.

When my eyes are irritated, sore, or otherwise unhealthy, it affects my whole body, my whole outlook, and usually, my whole day. I feel sluggish and tired, achy and disconnected, and nothing is seen quite clearly.

In our scripture passage today, Matthew tells us that it's similar with our whole body. A healthy eye provides light for the body like a lamp, but an unhealthy eye fills the body with darkness.

So how do we see with healthy eyes? I believe that's when we let God's light be that which fills us and see as He sees. Like 1 Samuel 16:7 tells us, the Lord does not see as we see.

God sees such value in those who have been overlooked, discounted, and viewed as less than. God sees where we can connect at points of commonality, instead of focusing on boundaries and divisions. God sees something beautiful and precious in all of His creations.

Matthew continues with a warning that just thinking you're filled with light is not enough. It's an even deeper darkness than that seen with an unhealthy eye. What I heard in these verses is that in order to ensure that our light is healthy, we have to continually examine and engage in our relationship with God and with others.

Is our light powered by desires to get more, have more, and be more? Or are we connected to God's light that calls us to give more, serve more, and love more? Let us pray.

***Prayer:** Heavenly Father, help us to stay connected to you so that the light that we shine is a projection of your love. Help us to remain vigilant against the darkness that sometimes comes disguised as light. May your light from within illumine our paths to your side, and help others to find their way to you. In Jesus' name we pray, Amen.*

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