

During the last few months I have been listening to a lot of music, some of my favourites have been old hymns sung by modern voices. My favourite, which I keep coming back to time and time again, is the well-known 'Turn your eyes upon Jesus.' The words are so simple, and I have found them to be very relevant at such a time as this. It talks about the light and life that comes from focusing our eyes towards Jesus and how He is the only remedy for the anxious heart or troubled mind.

The phrase "turn your eyes to Jesus" can be easy to say to one who is lost or going through a difficult time but what does it actually mean?

I have found it helpful to turn to Matthew's gospel (14 v 22-33) to answer this question. The passage recounts Jesus' disciples in a boat far away from land with the waves and wind beating against them. They are sailing in the storm when they see Jesus, whom they had left on land, walking upon the stormy water towards them. After recognising Him Peter, a disciple, asks if he is able to walk on the water too.

He (Jesus) said, "Come." So Peter got out of the boat and walked on the water and came to Jesus. <sup>30</sup> But when he saw the wind,<sup>[e]</sup> he was afraid, and beginning to sink he cried out, "Lord, save me." <sup>31</sup> Jesus immediately reached out his hand and took hold of him, saying to him, "O you of little faith, why did you doubt?" <sup>32</sup> And when they got into the boat, the wind ceased. <sup>33</sup> And those in the boat worshiped him, saying, "Truly you are the Son of God."

It was once Peter's gaze was shifted from Jesus' face that he began to notice the raging wind and storm going on around him. His shift of focus from Jesus to the possible dangers made him afraid and resulted in him beginning to sink.

I find this true in the Christian life as well. When we focus on the storms around us, we forget how much greater Jesus is than them. Yet when our gaze is fixed upon Him, we are confident in Him and assured that we are safe and able to keep going.

Turning our eyes to Jesus allows us to be free from the burden of earthly fear. So that, when we look upon Him, we discover true and perfect love, love that He has for us and led him to the cross. We find hope for this damaged world and for ourselves, irrespective of whatever hurdles we come across, and when we look upon Him we find total salvation.

Currently, it is very easy to let our eyes be fixed upon the uncertainty of life or injustice of human nature and feel those massive weights, but that is when we become afraid and sink. Instead let us fix our eyes upon Jesus, our saviour, who is the only sure and steadfast thing through the highs and lows of life.

Turn your eyes upon Jesus  
Look full in His wonderful face  
And the things of earth will grow strangely dim  
In the light of His glory and grace

Oh soul are you weary and troubled?  
No light in the darkness you see?  
There's light for a look at the Saviour  
And life more abundant and free

Through death into life everlasting  
He passed and we follow Him there

O'er us sin no more hath dominion  
For more than conquerors we are

Oh, turn your eyes upon Jesus  
Look full in His wonderful face  
And the things of earth will grow strangely dim  
In the light of His glory and grace

His word shall not fail you, He promised  
Believe Him and all will be well  
Then go to a world that is dying  
His perfect salvation to tell