

Turn Your Eyes Upon Jesus Reflection

Helen Lemmel, the author of the hymn "Turn Your Eyes Upon Jesus" was blind. She wrote a song about envisioning Jesus. It's safe to assume that, when talking about turning our eyes to Jesus, she meant the eyes of our hearts—centralizing Jesus in our lives amidst everything else that goes on in the world.



Take your time and listen to this song once. Just tune your heart to what God is speaking through the song. Meditate on these things.

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

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

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Now listen to this song a second time, following along with the lyrics. After you have done so, take some time reflecting on the situations in your life or in the world that have been troubling you. Pray on these things, relinquishing these burdens from your soul and handing them over to Jesus.

Here are some questions to help you with your meditation and prayer:

What is troubling you?

What is holding you back from living the life Jesus has called you to?

How do you see Jesus at work within these burdens? In your life and in the world?

What are some of the gifts God has placed on you and in your life? How can you use them to benefit the Kingdom of God?

You can follow along with the prayer below or you can pray on your own.

Loving and gracious God,

Thank you for giving your son to die on behalf of our sins. The world is full of so much struggle and pain. Our lives are filled with trials and tribulations. We pray that you take these worries from us, forgiving us of the burden of sin from our lives and freeing us from the sins of the world. We pray a blessing of cleansing through the death and resurrection of Christ over these difficulties in our lives. Thank you for setting us free through Christ Jesus and allowing us to live in hope and joy in your love and generosity. Help us to turn our eyes to Jesus through every aspect of our lives, living in and through the gifts you have given us and into the calling you have for us. Help us rely on your consistent presence and recognize you in the world around us.

We love you and we praise you. We pray all of this in Jesus' holy name.

Amen.