



Healthy Vision

A Healthy Life Requires a Healthy Vision

Core Value: Health

What are you looking at? Where are you going? Those two things are directly connected. You can't move forward without focus. Everything starts with a vision.

Matthew 6:22–24 (ESV): The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, 23 but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

We become what we gaze upon. If you focus on the negative, your life will be filled with the negative. If you focus on the good, your life will be filled with good. Protecting your vision is of the utmost importance.

Consider what you are currently focused on:

- News and media (95% of news headlines are sensational)
- Social media (65% of Americans feel social media has a negative effect)
- Personal bad news

What we focus on directs our life. Jesus offers His hearers the key to success in life... healthy vision.

Take it further

Jesus shares this thought in between two seemingly disconnected thoughts.

19 "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, 20 but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also.

22 "The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, 23 but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

24 "No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money. (Mt 6:19–24).

However, these three thoughts share a powerful truth about creating a healthy vision for our lives.

1) A Healthy Vision Is Eternally Connected

“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal”(vs 19).

An eternally connected vision is a vision that extends beyond our life. It doesn't perish or get stolen with time. It considers the legacy that is left behind for further generations and envisions a future that makes a dent in the universe.

A good man leaves an inheritance to his children's children, but the sinner's wealth is laid up for the righteous. - Prov 13:22

2) A Healthy Vision is Heavenly Minded

“but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also.” (vs 20).

A healthy vision begins and ends in heaven. It starts with our Creator. When God created you, He placed within you gifts, talents, abilities, opportunities and resources connected to the purpose and plan He has over your lives. His vision is woven into us. Therefore, a healthy vision has to begin with God. Dare to discover that dream for your life. Get alone with God and ask Him to speak vision into you. We each need our own burning bush moment where our passions connect with His plans to bring forth a heaven sent vision.

When you let the Holy Spirit paint a vision upon the canvas of your heart, a picture will emerge that will stagger your imagination and test your faith. If the vision doesn't seem impossible to accomplish with your natural ability, it's probably not from God.

3) A Healthy Vision is Singularly Focused

“No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other.” (vs 24).

When two visions exist you have division. Division always creates unnecessary friction and results in slowing or destroying the journey. Vision has to be focused or it becomes frustrating. In fact, frustration can be an indication of lack of vision. When we find ourselves doing something outside our divine purpose it creates friction. We despise it because it is not where the core of our heart lies.

What frustrates you? What wrong do you want to make right?

Vision can spring forth from an injustice that motivates you to action.

FOUR KEYS TO A HEALTHY VISION

1. A vision has to be clearly stated.

And the LORD answered me: "Write the vision; make it plain on tablets, so he may run who reads it." (Hab 2:2)

Until the vision is written down, it will remain unclear. It has to be stated and communicated on a regular basis.

What is your personal vision for you and for your family? What is the vision of the church? How do those things intersect? What is your dream for the future? If resources and opportunity were not an obstacle what would you do? Write it down, make it plain. Without clear vision there is no clear direction.

2. A vision has to be carefully stewarded.

This is how one should regard us, as servants of Christ and stewards of the mysteries of God. Moreover, it is required of stewards that they be found faithful. (1 Cor 4:1-2).

The vision doesn't belong to you. It came from God and you are simply striving to faithfully steward the mystery in this moment. If stewarded correctly, you hand it off to the next steward just as Moses did to Joshua. One day your children will carry the vision, those who follow you carry on in your footsteps.

Daily pray into and take steps towards the vision.

3. A vision has to be continually seen.

Where there is no prophetic vision the people cast off restraint Pro 29:18

A vision has to constantly stay before our eyes. Remember, we become what we gaze upon. Provide 29:18 is a reminder from Israel's history that as long as the people of God kept their eyes upon the Lord and His law, they were led towards blessings. However, when they took their eyes off the Lord they lost their vision and found destruction.

Take your written vision and frame it. Put it in places where you see it on a daily basis. Share it often. Keep it before the eyes of those to whom it matters.

4. A vision has to be constantly refreshed.

"And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise" (Deu 6:6-7).

Vision becomes more clear the more you pursue it. For the children of Israel, vision of a land flowing with milk and honey became a real place with rich natural resources. You will find that as you daily walk the journey that vision will become more clear and simple. The vision statement you write at

the beginning will likely be rewritten and become more refined over time. Keep it fresh in your heart and in the hearts of those to whom it matters.

A healthy vision is essential for a healthy life!

Questions:

1. What is the vision statement for your life? What is the vision statement for your ministry? Write it down.
2. How often do you pray over this vision? Is it set before your eyes?
3. How will you communicate the vision and keep it continually before the eyes of those who matter?