

“Obey my commands and live! Guard my instructions as you guard your own eyes. Tie them on your fingers as a reminder. Write them deep within your heart.” Proverbs 7:2-3 NLT

## lectio // Proverbs 7:1-27

Just some very practical advice for everyone! There was a note, “guard them like the pupil of your eye.” Once, when I was about 16 yrs old I was whittling a piece of bamboo with my knife. I accidentally flicked a small splinter of wood into my eye and there was instant searing pain. No matter what I did, eyes open, eyes closed, water flushed or not, my eye was on fire. I found my mom and told her what happened. She spent several minutes looking into my watery, bright red eye. Afterwards, she said, “I don’t see anything in your eye, you probably scratched your cornea.” “WHAT?,” I cried. She said, “go lay down and let your eye heal, just stay calm.” I went and laid down and after trying to not focus on the pain and the feeling like something was still in there, I fell asleep. I slept for a couple hours, but when I woke up and opened my eyes, the pain was gone. It was still super red and watery, but the pain had subsided. I have always been protective of my eyes since then. Proverbs says that how we should guard the instructions from wisdom - like the pupil of our eye. It is that critical! And when our life is damaged it can be just as searingly painful as getting poked or scratched in the eye.

## oratio

pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

Maybe my eyes are the windows to my soul and should be protected as such. Not to only protect wisdom and your commands with voracity, but also with what I see with my eyes!

## contemplatio

rest in the presence of God, allowing the words revealed to take root