

Countenance – The Eye of The Body

Countenance – refers to a person's face or facial expression, serving as a direct reflection of their inner emotions, character, or spiritual state.

(Matthew 6:22-23 nkjv)

²² “The lamp of the body is the eye. If therefore your eye is ^[g]good, your whole body will be full of light. ²³ But if your eye is ^[h]bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great *is* that darkness!

- Your physical eyes that you see from, play an important role on how you perceive things
- I strong believe that what we watch has the ability to affect our soul. We see an example of this with lot, Abraham's nephew.

(2 Peter 2:7-8 nlt)

⁷ But God also rescued Lot out of Sodom because he was a righteous man who was sick of the shameful immorality of the wicked people around him. ⁸ Yes, Lot was a righteous man who was tormented in his soul by the wickedness he saw and heard day after day.

- Our eyes is an entrance to our soul but I believe that Matthew 6:22 is deeper than our physical eyes
- If a person is born psychically blind or became blind physically how can this scripture, then be applied for everyone

- I believe the eye that is the lamp of the body is the Heart

(Matthew 6:22-23 nkjv)

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- Scripture points out that if your eye is bad your whole body will be full of darkness, if the light that is in you is darkness, how great is that darkness
- In context darkness is compared to light. So if good and bad is compared to light. Then could it be possible that the substance of the light is knowledge of good and evil
- When the serpent tempted the women look what he said to her

(Genesis 3:1-11 nkjv)

3 Now the serpent was more cunning than any beast of the field which the Lord God had made. And he said to the woman, “Has God indeed said, ‘You shall not eat of every tree of the garden’?”

2 And the woman said to the serpent, “We may eat the fruit of the trees of the garden; **3** but of the fruit of the tree which *is* in the midst of the garden, God has said, ‘You shall not eat it, nor shall you touch it, lest you die.’ ”

4 Then the serpent said to the woman, “You will not surely die. **5** For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil.”

6 So when the woman saw that the tree *was* good for food, that it *was* ^[a]pleasant to the eyes, and a tree desirable to make *one* wise, she took of its fruit and ate. She also gave to her husband with her, and he ate. **7** Then the eyes of both of them were opened, and they knew that they *were* naked; and they sewed fig leaves together and made themselves ^[b]coverings.

8 And they heard the ^[c]sound of the Lord God walking in the garden in the ^[d]cool of the day, and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden.

9 Then the Lord God called to Adam and said to him, “Where *are* you?”

10 So he said, “I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself.”

11 And He said, “Who told you that you *were* naked? Have you eaten from the tree of which I commanded you that you should not eat?”

- the serpent told the women that if they ate from the tree their eyes would be opened knowing good & evil
- when God created Adam and the women he created them in his image and likeness. They were Holy, righteous and sinless and God said it was good
- so the eyes that the serpent was referring to wasn't their physical eyes because they could see fine. The woman saw that the tree was good for food, pleasant to the eyes and desirable
- no one told them they were naked they just knew. Which means knowledge come from the heart
- when God created them they were suppose to know about evil only good but because they disobey that mankind knows about good and evil, light & darkness

(Genesis 3:22 nkjv)

²²Then the Lord God said, “Behold, the man has become like one of Us, to know good and evil. And now, lest he put out his hand and take also of the tree of life, and eat, and live forever”

- the substance of light is knowledge. The more understanding of truth you know, the more you know about Christ the more of light you will be filled in your heart. But if you don't grow in your knowledge of Jesus then the light you have is darkness
- when Paul heard about the faith of the Ephesians, he prayed for them constantly that the eyes of their understanding be enlighten

(Ephesians 1:15-18 esv)

¹⁵ For this reason, because I have heard of your faith in the Lord Jesus and your love^[g] toward all the saints, ¹⁶ I do not cease to give thanks for you, remembering you in my prayers, ¹⁷ that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, ¹⁸ having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints,

- your mind and your heart are connected.

(Proverbs 23:7 nkjv)

For as he thinks in his heart, so *is* he. “Eat and drink!” he says to you, But his heart is not with you.

- From the heart comes evil thoughts

(Matthew 15:18-19 nlt)

¹⁸ But the words you speak come from the heart—that’s what defiles you. ¹⁹ For from the heart come evil thoughts, murder, adultery, all sexual immorality, theft, lying, and slander.

- So now that we have an understanding that our thoughts and our heart are connected
- No one can know a person’s thoughts except that person own spirit

(1 Corinthians 2:11 nlt)

¹¹ No one can know a person's thoughts except that person's own spirit, and no one can know God's thoughts except God's own Spirit.

- The spirit of man can know its own thoughts and if it know its own thoughts then it knows his own heart
- Remember the eye is the lamp to the body. And if the eye is the heart. Then the spirit of man should be the lamp because the spirit of man knows its own thoughts which is connect to the heart

(Proverbs 20:27 nkjv)

The spirit of a man *is* the lamp of the Lord, Searching all the ^[e]inner depths of his heart.

- If your eye is healthy then your body will be full of light which means you'll have a good heart bearing good fruit

(Luke 6:43-45 nkjv)

⁴³ “For a good tree does not bear bad fruit, nor does a bad tree bear good fruit. ⁴⁴ For every tree is known by its own fruit. For *men* do not gather figs from thorns, nor do they gather grapes from a bramble bush. ⁴⁵ A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil ^[i]treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.