



20/20

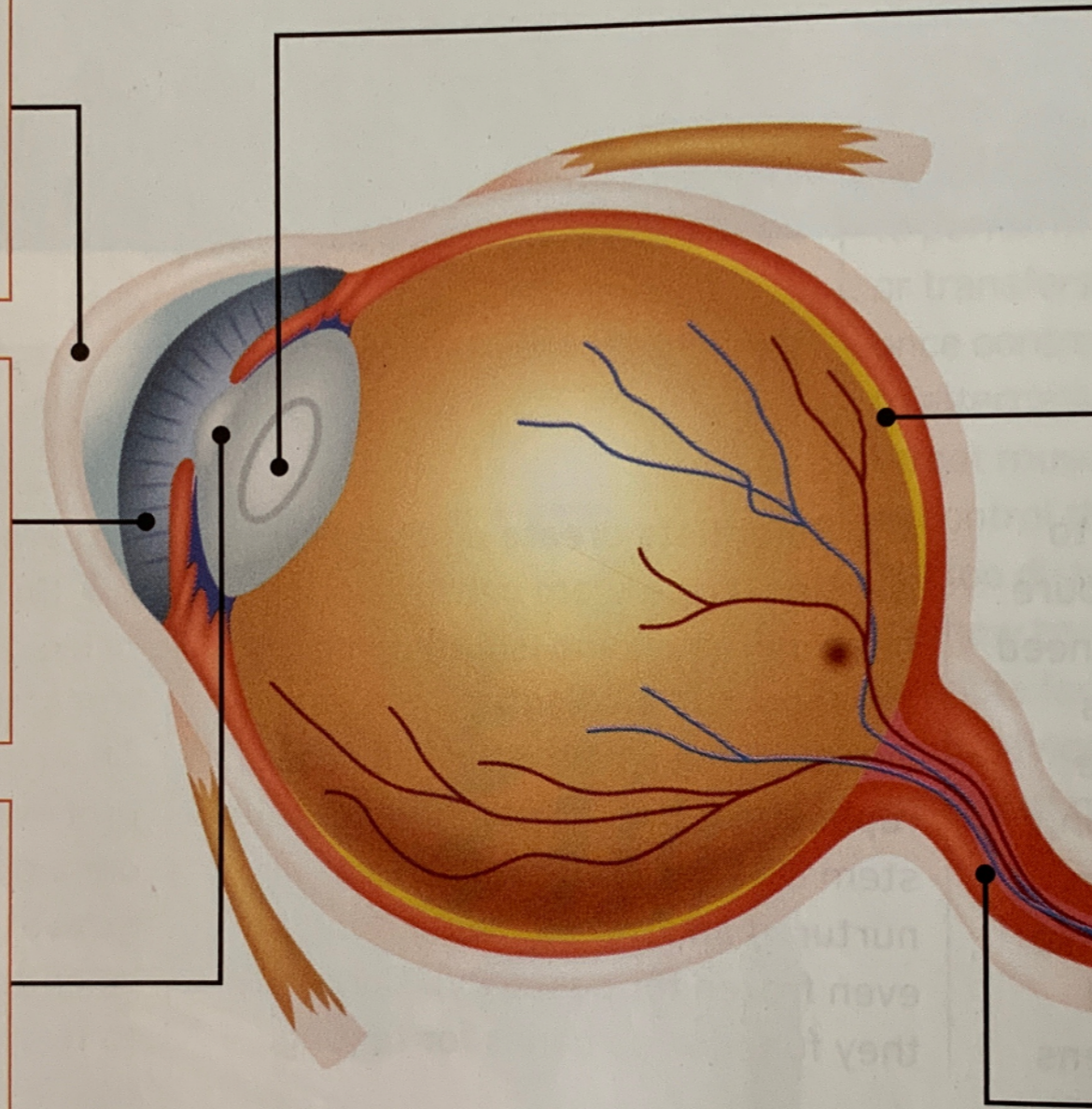
LifeRejuvenated

## How It Works

**Cornea:** Light reflected from an object enters the eye through the cornea, the clear, dome-shaped surface that covers the front of the eye.

**Iris:** Behind the cornea is the iris, the colorful part of the eye. The tiny muscles of the iris control how much light goes through the pupil.

**Pupil:** In the center of the iris is a round opening called the pupil. This controls the amount of light that enters the eye.



**Lens:** Behind the pupil is a transparent structure called the lens. Light hits it, and the lens in turn focuses light onto the photoreceptors of the retina as an upside-down image.

**Retina:** The retina, found at the back of the eye, converts light into electrical impulses.

**Optic nerve:** The optic nerve carries the electrical signals of light, dark and colors to the brain, which assembles the signals into an upright image and interprets what we see.

Maybe that's what the National Eye Institute means when it says we "see" with our brain.



# Choose to See Reality

“God blesses those who are poor and realize their need for him”

Matthew 5:3



# Choose to See Reality

The first choice we must make in 2020, is to realize that we are not God and that we desperately need His greater power to impact our current reality.

We must stop trying to control 1) our image by hiding behind masks, 2) other people through manipulation, 3) our problems in our strength, and 4) our pain by avoiding it, denying it, escaping it, medicating it, drowning it or postponing it!

20/20

LifeRejuvenated



# Choose to See Reality

Are you willing to admit that these 4 issues are affecting you right now?

1. FEAR what if someone finds out about me, will they reject me?
2. FRUSTRATION I want to do what is right, but I do what I don't want to.
3. FATIGUE I'm losing strength as I try to keep it all up and I need to open up.
4. FAILURE we will never succeed in life by hiding. We must confess.



# Choose to See Reality

<sup>14</sup> So the trouble is not with the law, for it is spiritual and good. The trouble is with me, for I am all too human, a slave to sin.

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.

Romans 7:14-15 (NLT)



# Choose to See Reality

When will most of us see significant change and growth this year?

“Most people we will see change not when they see the light, but when they feel the heat. Pain will prompt us to grow because of the pressure it provides. If we could have solved our problems on our own, we would have done so by now! But we need God’s help and power to change and grow.”

20/20

LifeRejuvenated



# Choose to See Reality

Here are 3 Important Realities to accept:

1. I am powerless to change my past
2. I am powerless to control other people
3. I am powerless to cope with my hurts, habits, and hang-ups.





# Choose to See Reality

“God opposes the proud, but gives grace to the humble”

James 4:6

20/20

LifeRejuvenated