

G-3 Group Weekly Bible Study Guide



LIFT UP YOUR EYES AND GAZE

PSALM 25:15

Week 4/19/2026

Five-Day Devotional on refocusing our lives to gaze upon God and His purposes.

Lifting up our eyes is the deliberate, faith-filled act of turning our attention away from the noise, pressures, and distractions of earth so we can behold the God who reigns above it all. It is choosing a higher vantage point where we fix our gaze on His character, His Word, and His purposes. We keep gazing until His reality becomes the lens through which we see our own. When we lift our eyes, we stop living by what is immediate and start living by what is eternal. We remember that God is working, leading, and inviting us into His mission. Our fears shrink, our hope rises, and our steps align with His calling. To lift up our eyes is to re-center our lives on the One who never changes and to pursue His purposes with clarity, courage, and joy.

This week's sermon focused on three ways we should lift up our eyes to refocus on God and his purposes, and one reminder that if we set our eyes on the right person, we should strive not to stop gazing upon him daily.

Andrew Murray

“Fix your eyes on Jesus; the more you look to Him, the more you will love Him.”

Work Cited

Andrew Murray, *With Christ in the School of Prayer* (London: James Nisbet & Co., 1885).

Day 1 – Lift Up Your Eyes to See the Lord as Your Help

Scripture: Psalm 121:1-2 – “I lift up my eyes to the hills—where does my help come from? My help comes from the Lord...”

Instruction: Please read chapters 121 through 123 of the Psalms and see if you can see a recurring theme.

Reflection

The psalmist lifts his eyes not to the hills for help, but beyond them, to the Lord who made them. Lifting our eyes is an act of dependence. It is choosing to look away from selfreliance and toward the God who never sleeps, never fails, and never abandons His people. When we lift our eyes, we remember that our help is not natural origins but it is supernatural.

Application

Name the burden you’ve been carrying in your own strength.

Release it to God in prayer.

Ask Him to show you one practical way to trust Him today.

Prayer

Father, I lift my eyes to You. You are my help, my keeper, and my strength. Teach me to rely on You instead of myself. Guard my steps and steady my heart as I trust in Your faithful care. Amen.

Day 2 – Lift Up Your Eyes to See God’s Promise

Scripture: Genesis 13:14–15 – “Lift up your eyes... for all the land which you see, I will give to you.”

Instructions: Please read Chapters 12 and 13 to get the full context of God’s promise.

Reflection

Abraham stood in a moment of loss and separation. It looked like Lot had taken the best land. Yet God invited him to lift his eyes, not to what was taken, but to what God was giving. Lifting our eyes begins with trusting that God’s provision is bigger than our present limitations. When we look up, we stop measuring life by scarcity and start seeing the abundance of God’s promises.

Application

Identify one area where you’ve been looking at what you lack instead of what God has promised.

Speak God’s promises over that area today.

Take one step of obedience that reflects trust in God’s provision.

Prayer

Lord, lift my eyes above what feels limited or lost. Help me see Your provision, Your promises, and Your faithfulness. Teach me to trust You more deeply and walk forward with confidence in what You have spoken. Amen.

Day 3 – Lift Up Your Eyes to See God’s Power and Majesty

Scripture: Isaiah 40:26 – “Lift up your eyes on high and see who has created these stars...”

Instruction: Please read chapter 40 of Isaiah. What are some of the thoughts about God that should give you comfort?

Reflection

Isaiah calls God’s people to look up at the night sky and remember who holds the universe together. When we lift our eyes to behold God’s greatness, our problems shrink to their proper size. Lifting our eyes restores awe. It reminds us that the God who names the stars also knows our name, our needs, and our future.

Application

- Spend a few minutes outside or by a window. Look upward and reflect on God’s greatness.
- Write down three attributes of God that you need to remember today.
- Worship Him intentionally for who He is, not just what He does.

Prayer

God of all creation, lift my eyes to see Your majesty. Restore wonder in my heart. Let the greatness of who You are silence my fears and strengthen my faith. You are powerful, present, and perfect in all Your ways. Amen.

Day 4 – Lift Up Your Eyes to See the Harvest

Scripture: John 4:35 – “Lift up your eyes and look on the fields, for they are white already to harvest.”

Instruction: Please read chapter 4 of John. Place yourself back at the well.

Reflection

Jesus challenges His disciples to see what He sees. He sees people who we believe are too lost to be ready to encounter God. Lifting our eyes moves us from comfort to calling. It shifts us from an inward focus to an outward mission. When we lift our eyes, we begin to see people not as interruptions but as opportunities for God’s love to be revealed.

Application

- Ask God to show you one person today who needs encouragement, prayer, or the gospel.
- Take a simple step: a conversation, a text, an invitation, a prayer.
- Pray for spiritual sensitivity to see people the way Jesus sees them.

Prayer

Jesus, open my eyes to the harvest around me. Give me compassion, boldness, and love for the people You place in my path. Use me today as Your hands and voice. Let me see others with Your eyes. Amen.

Day 5 – It is Good to Gaze Upon Him

Instruction: Please read the scripture below and ponder, am I gazing or glancing at God?

Core Scriptures on Fixing Our Eyes on God

1. Hebrews 12:1–2 – Fixing Our Eyes on Jesus

“Fixing our eyes on Jesus, the pioneer and perfecter of faith...”

This is the central New Testament command: look away from distractions and lock your gaze on Christ.

2. Isaiah 26:3 – A Steadfast Mind on God Brings Peace

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”

A fixed gaze produces supernatural peace.

3. Psalm 25:15 – Eyes Toward the Lord for Rescue

“My eyes are ever toward the Lord, for he will pluck my feet out of the net.”

A picture of constant dependence and deliverance.

4. 2 Corinthians 4:18 – Looking to the Unseen Eternal Things

“As we look not to the things that are seen but to the things that are unseen...”

Fixing our gaze on eternity reshapes how we endure the present.

5. Colossians 3:2 – Setting the Mind on Things Above

“Set your minds on things that are above, not on things that are on earth.”

A call to heavenly focus and spiritual priorities.

6. Proverbs 4:25–27 – Fixing Your Gaze Straight Ahead

“Let your eyes look straight ahead; fix your gaze directly before you...”

A wisdom call to focus, purity, and intentional direction.

7. Matthew 6:22 – The Eye as the Lamp of the Body

“If your eye is healthy, your whole body will be full of light.”

Jesus teaches that what we focus on shapes our entire inner life.

8. Psalm 119:37 – Turning Eyes from Worthless Things

“Turn my eyes from looking at worthless things...”

A prayer of consecration and spiritual discipline.

9. Psalm 141:8 – Eyes Toward God for Refuge

“But my eyes are toward you, O God, my Lord; in you I seek refuge...”

A declaration of trust and dependence.

Prayer:

Father, lift my eyes above the noise, the hurry, and the weight of this world. Teach me to gaze upon You with a steady heart and an undivided mind. When distractions pull at my attention, draw my vision back to Your beauty, Your strength, and Your unchanging presence. Let my eyes rest on You, the faithful, holy, merciful, and God who is near. As I behold You, reshape my desires, renew my thoughts, and realign my steps with Your purposes. May my gaze be fixed not on what is temporary, but on what is eternal. And as I look to You, fill me with peace, courage, and clarity for the path ahead. My eyes are on You, Lord. Amen.