

TAKE A GOOD LOOK

Luke 24:36-48

(Not entirely original with me)

Introduction: The Psalmist said, *"...I will lift up my eyes...."* and he was very impressed, even inspired in what he saw. One's trust in the Lord is increased and fulfilled when one stops and looks up at the Lord. After Jesus' resurrection, He appeared to His afraid and doubting disciples and He said to them: *"...Look at my hands and my feet....touch Me...."*

I. OPEN YOUR EYES AND TAKE A GOOD LOOK AROUND

1. A member of a comedy team of years ago cried out, "I can't see, I can't see.." When asked what was the matter, the man replied, "I've got my eyes closed..." and so it is with so many today. They can't see the work of God because they have their eyes closed.
2. There is a hymn that used to be sung in worship services entitled "Open My Eyes."
 - God's handiwork is all around and all one has to do to see it is to open his/her eyes.
 - God is in control and those who are emotionally, intellectually and spiritually blind cannot see that God is in control.
3. The Psalmist said, *"...I lift up my eyes to the hills - from where will my help come?....
"...My help comes from the Lord who made heaven and earth....." ...The Lord will keep your life...."* (Psalm 121)
 - If God can create a world, He can most certainly take care of His children here and for all eternity.
4. If YOU are feeling down, not sure about things, uncomfortable, full of questions, then take a good look around and see all that God has done and is doing.

II. LOOKING AROUND CAN HAVE DIFFERENT EFFECTS

1. Taking a good look around can have some very positive effects but there are some sad things to be seen also.
 - There is pain and suffering all around the world.
 - There are tragedies that happen caused by ungodly, mean, cruel people (wars, killings).
 - There are also natural tragedies such as fires, floods, storms, earthquakes, disease, etc.
2. There seems to be little that one can do to help bring ease to those who are suffering and in a great hurt and that is true all over the world.

III. THE BEST DIRECTION TO LOOK IS UP!

1. After Jesus was crucified and buried in a tomb, His disciples hid themselves in fear and in great sadness. All hope was gone, all dreams were gone, and their lives were in danger.
 - Jesus appeared to them and told them to take a look at His hands and feet, He told them to touch Him..."
 - They did and immediately their fear and sadness left them.

2. It still works today. Getting in touch with Jesus:
 - Through prayer
 - Through reading the Bible
 - Through worship
 - Through fellowship with other believers
 - Enables one to be able to overcome and live through the difficulties of everyday life.
3. It is not some preacher, pastor, evangelist, teacher that one is to set his/her eyes on and try to be like, but it is Jesus!
 - It is Jesus who is the example for the believer, not some other person.
4. ***"...Let us fix our eyes on Jesus, the author and perfecter of our faith..." Hebrews 12:2***
 - The only way to stay up is to LOOK UP to Jesus.

CONCLUSION:

1. When one is down, he/she needs to remember the Gospel.
 - Remember Jesus
 - Remember how Jesus conquered death and has assured the same for all who believe in Him.
2. When Jesus appeared to His disciples upon His resurrection, He said,
"...Peace be with you...." (Luke 24:36)
3. Christian, when you are down, look around and see the work of God and then look up and see the resurrected Jesus who intercedes for your day and night and who has prepared a place for you that you will one day occupy.
 - You can live with the peace that passes all understanding when you keep looking up.