

## What You See Reflects Who You Are

If I asked you to describe a friend, what might you say? Most people would say something like this: '*He's about five and a half feet tall*' or '*He has short grey-brown hair*' or '*He's physically fit*' or even '*He has a big nose*'.

But physical descriptions like this don't really describe *the real person*. Certainly, the Bible very seldom gives these kinds of descriptions of people. We have no idea, for example, if Peter had curly hair, what colour his hair was, or how tall he was. But we know a lot about Peter just the same. We know the *kind of person* he was.

In our society we seem very concerned about our physical image and our lifestyle. Am I good looking? Is my hair style attractive? Do I look fat? Do I look cute? Will people admire the vehicle I drive? My house?

We're bombarded with this everywhere we turn, especially on social media. How we look is supposed to be important. So are the clothes we wear, the things we do, and the vehicles we drive.

It affects us. It makes us seem superficial. We spend too much time looking at people with our eyes, instead of experiencing them with our hearts. Sometimes we only see what we are interested in.

If you are a man filled with *lust*, what will you see during the day? You will focus on the women you have seen with low-cut tops or short skirts. If you are full of *envy*, what will you see? You will remember a neighbour's new car, or a co-worker's expensive watch.

What you see, or what draws your attention, could be a reflection of *what fills you*.

How do we get away from this obsession with outward appearances? What are you full of? What would you *like* to be full of? Is it the grace of God?

Wouldn't it be pleasing to God if you were full of the Holy Spirit and faith? Then when you looked at other people, you'd see *what they really are*. What they look like wouldn't matter.

And that's all that's really important.

*"Do not let your adorning be external - the braiding of hair and the putting on of gold jewelry, or the clothing you wear - but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious". (1 Peter 3:3-4)*

*Adapted from 'Pocket Devotions; Day 140', an email newsletter*