

# Tunnel Vision

“When they looked up,  
they saw no one except Jesus.”

Matthew 17:8 (NIV)

**A** very important spiritual discipline is the time we—as Christians—spend concentrating our attention on Jesus, while excluding everything else.

While it sounds like a fairly easy practice, there always seems to be an abundance of distracting thoughts that take our attention away from The Lord.

We usually end up in a bigger mental battle that we planned on at the outset, because it can sometimes be difficult to **“...take captive every thought to make it obedient to Christ.”** 2 Corinthians 10:5 (NIV)

Regardless of how important this exercise is, Satan can easily frustrate our efforts.

Acquiring spiritual *tunnel vision* can be surprisingly difficult.

The disciples in our verse

today had just finished a truly remarkable experience with Jesus. After leading them up the mountain, He became luminous right before their eyes.

After that happened, Moses and Elijah suddenly appeared and began talking with Him.

Out of fear, Peter spoke up and suggested that the disciples build three shelters—one for Jesus, Moses, and Elijah.

**“While he was still speaking, a bright cloud covered them, and a voice from the cloud said, ‘This is my Son, whom I love; with him I am well pleased. Listen to him!’”**

Matthew 17:5 (NIV)

The apostles fell on their faces in extreme fear, but Jesus came and touched them.

**“Get up,’ he said. ‘Don’t be afraid.’”** Matthew 17:7

(NIV)

When they got up they saw no one except Jesus.

Why not pray to Jesus and and ask Him to show Himself to *you*?

There’s no one, or any teaching that will help you the way He will. His gentle touch, His gracious words, His redemptive activity is all that sinners need to be made into new people.

Come to Jesus, meet Him in the Gospels, pray to Him, and read what the apostles wrote about Him.

Seek Him with all your heart and He’ll certainly make Himself wonderfully known to you.

This is the best kind of *tunnel vision* anyone can possibly have.

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