

The Healing Gaze: How Fixing Our Eyes on Jesus Neutralizes Present Pain

Pain has a way of narrowing our vision. It convinces us that the present burden is all there is, making suffering feel permanent and hope seem distant. Yet throughout Scripture, God often begins not by changing our circumstances but by changing what we are looking at. Before He transforms our situation, He redirects our gaze. The greatest battles of faith are fought not in our surroundings but in the direction of our eyes. What we continually behold shapes what we believe, how we endure, and ultimately who we become.

Hebrews 12:2 commands believers to "fix our eyes on Jesus." The Greek verb *aphoraō* (ἀφοράω) means to look away from every competing object in order to focus completely on one. It is an intentional turning from distractions to Christ. Pain naturally draws our attention to fear, disappointment, and human limitation, but faith deliberately redirects our focus to the One who reigns above every circumstance. Healing often begins not when the storm ceases but when our vision is anchored in Christ.

Peter's experience on the Sea of Galilee illustrates this truth. As long as he kept his eyes on Jesus, he walked on water. The sea remained violent, yet the miracle continued because his attention remained fixed on Christ. The moment he looked at the waves, fear displaced faith, and he began to sink. The storm had not become stronger; his focus had changed. Likewise, many believers are overwhelmed not because their trials exceed God's power, but because their attention has magnified the problem more than the Savior. Looking at the storm enlarges fear, while looking at Christ enlarges confidence in His power.

Jesus Himself demonstrated this heavenly perspective. Hebrews 12:2 says that "for the joy set before Him He endured the cross." The Greek word *hypomenō* (ὑπομένω) means to remain steadfast under crushing pressure without abandoning one's position. Jesus did not ignore the agony of Calvary, but neither did He allow it to define His future. Beyond the cross He saw redemption, resurrection, and the salvation of humanity. Heaven's perspective transformed history's darkest moment into the pathway to eternal glory.

Looking to Jesus is therefore more than seeking comfort—it is receiving Heaven's interpretation of earthly events. Pain declares, "This is the end," while Christ says, "This is preparation." Discouragement whispers that God has abandoned us, but Jesus reveals that the Father is accomplishing purposes beyond our immediate understanding. Every look toward Christ lifts our hearts above temporary circumstances into the atmosphere of Heaven, where hope never expires, peace is never threatened, and God's purposes remain secure.

The atmosphere of Heaven is defined not by the absence of suffering but by the presence of the King. Where Christ is present, fear gives way to peace, confusion yields to wisdom, and despair is replaced with hope. His presence does not always remove the valley, but it transforms the traveler. We learn to breathe the air of eternity while still walking through the dust of this world.

"The eye that remains fixed upon Christ will always see farther than the pain before it. Every glance toward Jesus opens a window through which Heaven breathes courage into weary hearts."— Charles Obiye

Throughout the Gospels, miracles began when people looked beyond their limitations to Jesus. Blind Bartimaeus saw hope where others saw impossibility. The woman with the issue of blood looked beyond twelve years of disappointment and reached for Christ. Mary and Martha discovered that the One standing before Lazarus' tomb possessed authority greater than death itself. Their circumstances did not define Jesus; Jesus redefined their circumstances. Faith refuses to enthrone pain and instead keeps its gaze fixed on Christ until Heaven's reality becomes more convincing than earthly appearances.

One of Satan's greatest strategies during suffering is to persuade believers that today's pain is the final chapter. Yet Paul reminds us, "We fix our eyes not on what is seen, but on what is unseen" (2 Corinthians 4:18). Present suffering belongs to time, but God's promises belong to eternity. Time changes constantly; eternity governs time.

When we look to Christ, perspective is restored. Despair enlarges problems until they appear greater than God, while faith magnifies Christ until every obstacle assumes its proper size. David understood this when he faced Goliath. Israel measured the giant against themselves; David measured the giant against the living God. The giant did not shrink, but David's vision expanded. Faith does not deny reality—it simply refuses to believe that reality is greater than the God who created it.

Isaiah expressed this principle beautifully: "You will keep him in perfect peace whose mind is stayed on You" (Isaiah 26:3). The Hebrew word *shalom* (שָׁלוֹם) describes completeness, wholeness, harmony, and well-being. Biblical peace is not merely the absence of conflict but the presence of God's order within the heart. It flows not from favorable circumstances but from unwavering attention to Christ.

This explains why Paul and Silas could worship while imprisoned. Though their bodies were chained, their vision remained free. Their prison determined where they stood physically, but it could not dictate the atmosphere within them. Worship invited Heaven into a place designed to produce despair. Before the prison doors opened, their hearts had already been liberated because their eyes were fixed on the Lord rather than their chains.

The same principle applies today. Focusing on our limitations breeds anxiety, while fixing our attention on Christ produces supernatural peace. Fear yields to confidence because Jesus reigns. Anxiety gives way to trust because He is faithful. Loneliness is overcome because Emmanuel is "God with us." Hopelessness fades because the resurrection proves that death never has the final word. As we meditate on Christ's character, we gradually begin to think with Heaven's perspective rather than earth's limitations.

"The devil fights for your attention because he knows your attention eventually becomes your meditation, your meditation becomes your expectation, and your expectation shapes your

experience. Guard your gaze, for where your eyes continually rest, your destiny quietly follows."— Charles Obiye

Our deepest questions often begin with, "Why has this happened?" Jesus gently redirects them toward a greater purpose: "How will My glory be revealed through this?" Martha saw Lazarus' death as final; Jesus saw an opportunity for God's glory. Joseph viewed betrayal through the lens of divine providence and later declared, "You intended to harm me, but God intended it for good." Heaven consistently interprets suffering differently from earth. Earth sees interruption; Heaven sees preparation. Earth sees delay; Heaven sees perfect timing. Earth sees endings; Heaven announces new beginnings.

Perhaps the greatest gift of fixing our eyes on Christ is that we gradually become like the One we behold. The gaze of faith is transformative. As we remain in His presence, courage replaces fear, hope overcomes despair, patience triumphs over frustration, and joy rises where sorrow once ruled. We discover that Jesus is not merely waiting at the end of our journey—He is walking with us through every step of it.

When Christ becomes the center of our vision, suffering loses its authority to define us. His glory shines brighter than our darkest valley, and His presence becomes the place where weary hearts recover strength, broken spirits find restoration, and earthly pain is steadily overshadowed by the eternal reality of Heaven.