

The Benefits of an Eye Covenant

There's more to gain from this vow than meets the eye

With this one simple declaration, dozens of everyday decisions become so easy. The eye covenant helps you determine:

- Which movies and programs to watch
- Which books and magazines to read
- The kinds of music and videos you keep in your home and on your computer
- Your response to seductive images or people
- Your language in social contexts
- How you use the Internet and social media
- How you touch others
- How you look at others
- How you dress
- How you look to Christ for your identity

As you adhere to your eye covenant, a host of potentially tempting situations are immediately thwarted. What a gift!