

TURN YOUR EYES UPON JESUS

A BIBLE STUDY

Discovering the richness of daily worship and praise is an infinite journey—one that can never be exhausted. Imagine incorporating this practice into your daily routine, inviting your children to join in or sharing these moments with your spouse, parents and family.

Day 1

Lord, I thank You for the joy You give when we turn our hearts to You.

- **Sing or meditate:** “In Thy presence is fulness of joy; and at Thy right hand are pleasures forevermore.”
- **Scripture Verse:** “*Weeping may endure for a night, but joy cometh in the morning*” (Psalm 30:5).

Day 2

Thank You, Lord, for Your forgiveness, that You wipe the slate clean.

- **Sing or meditate:** Oh, the blood of Jesus, Precious blood of Jesus; Oh, the blood of Jesus, It washes white as snow.
- **Scripture Verse:** “*Through which He hath made us accepted in the Beloved; in whom we have redemption through His blood, the forgiveness of sins according to the riches of His grace*” (Ephesians 1:6-7).

Day 3

Precious Lord, we thank Thee this day for Thy great faithfulness to us. In how many ways has God been faithful to me?

- **Sing or meditate:** Great is Thy faithfulness! Great is Thy faithfulness! Morning by morning new mercies I see; All I have needed Thy hand hath provided. Great is Thy faithfulness, Lord, unto me.

- **Scripture Verse:** “*And the heavens shall praise Thy wonders, O Lord; Thy faithfulness also in the congregation of the saints*” (Psalms 89:5).

Day 4

Lord, I thank You that You have brought me to the place where I have (again) committed all to You.

- **Sing or meditate:** Committed to His will that I may know Him, surrendered to His Spirit every hour, If by any means I might attain His likeness, that I may know Him and His resurrection power. I never will discover the fullness of His blessing if just a path of roses I should take, If I would know its fragrance and fellowship His suffering I oft must let the earthen vessel break.
- **Scripture Verse:** “*Commit thy way unto the Lord; trust also in Him, and He shall bring it to pass*” (Psalms 37:5).

Day 5

Blessed be the Lord, “*for His mercy endureth forever*” (Psalm 106: 1).

- **Sing or meditate:** “Surely goodness and mercy shall follow me, all the days of my life, and I shall dwell in the house of the Lord forever. And I will feast at the table spread for me. Surely goodness and mercy shall follow me, all the days of my life.”
- **Scripture Verse:** “*Have mercy upon me, O God, according to Thy lovingkindness*” (Psalms 51:1).

Day 6

Thank You, dear Lord Jesus, that You gave your Peace to us - not the kind

of peace that the world gives but the peace that can come only from You.

- **Sing or meditate:** “Peace, peace, wonderful peace, coming down from the Father above! Sweep over my spirit forever, I pray, In fathomless billows of love!” Verse 3: “I am resting tonight in this wonderful peace, Resting sweetly in Jesus’ control; For I’m kept from all danger by night and by day, And His Glory is flooding my soul!”
- **Scripture Verse:** “*And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus*” (Philippians 4:7).

Day 7

Thank You, Heavenly Father; how can I not give thanks when I remember all the wonderful things You have done for me, and all the wonderful promises You have made to me? How can I not give thanks when I remember that You have said, and Your word is true, “*All things work together for good to them that love God, to them who are called according to His purpose*” (Romans 8:28).

- **Sing or meditate:** “Jesus, I just want to thank You, thank You for being so good.”
- **Scripture verse:** “*Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ*” (Ephesians 5:20).

Day 8

Lord, restore unto me the joy of Thy salvation. Thank You that You have made Your joy so readily available to us as we partake of You.

- **Sing or meditate:** The joy of the Lord is my strength. (Nehemiah 8:10, “*...the joy of the Lord is your strength*”).
- **Scripture verse:** “*But the fruit of the Spirit is love, joy, peace...*” (Galatians 5:22).

Day 9

Oh, Lord God, when I behold Thy beauty, my heart just overflows.

- **Sing or meditate:** “My Jesus, I love Thee, I love Thee I do. Thy beauty enravels me, Thy love hath filled my soul. My Jesus, I love Thee, I love Thee I do.”
- **Scripture verse:** “*And let the beauty of the Lord our God be upon us:...*” (Psalms 90:17).

Day 10

Lord Jesus, help me to believe You with my whole heart.

- **Sing or meditate:** Only believe, only believe; All things are possible, only believe.
- **Scripture verse:** “*For therefore we both labor and suffer reproach, because we trust in the living God, who is the Savior of all men, specially of those that believe*” (1 Timothy 4:10).

Day 11

Heavenly Father, help us to trust You in all things.

- **Sing or meditate:** “Trust and obey, for there’s no other way, To be happy in Jesus, but to trust and obey.”
- **Scripture verse:** “*The Lord is good, a stronghold in the day of trouble, and He knoweth those who trust in Him*” (Nahum 1:7).

Day 12

Lord, I pray that I may be so faithful to Thee and to Thy calling in my life, that I may hear You say, “*Well done, thou good and faithful servant. Enter thou into the joy of the Lord*” (Matthew 25: 21).

- **Sing or meditate:** By Thy Spirit use me, by Thy Spirit use me, Make me wholly Thine, I pray, By Thy Spirit use me (A variation on “With Thy Spirit Fill Me”).
- **Scripture verse:** “*So that I might finish my course with joy, and the ministry, which I received of the Lord Jesus, to testify*

the gospel of the grace of God” (Acts 20:24).

Day 13

Oh, Lord God, I have just read in Thy Word that, “*Thou art a God ready to pardon, gracious and merciful, slow to anger, and of great kindness, ...*” (Nehemiah 9:17). Oh, that, by Thy Spirit, I might be more like Thee.

- **Sing or meditate:** Make me more like You, Jesus, make me more like You. Give me a heart that’s filled with love, and make me more like You. (A variation on “Make Me More Like Thee”).
- **Scripture verse:** “*As Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been planted together in the likeness of His death, we shall be also in the likeness of His resurrection*” (Romans 6:4-5). “*Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when He shall appear, we shall be like Him; for we shall see Him as He is*” (1 John 3:2).

Day 14

O Lord, I need Your hiding place this morning. How often I need to come to that precious hiding place. Oh, for that day that I might abide there forever!

- **Sing or meditate:** “Precious hiding place, precious hiding place, In the shelter of His love. Not a doubt or fear, since my Lord is near, And I’m sheltered by His love. Verse 3: Tho’ the night be dark around me, I am safe for He is near; Never shall my foes confound me, While the Savior’s voice I hear.”
- **Scripture verse:** “*He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty. He shall cover thee with His feathers, and under His wings shalt thou trust:...*” (Psalms 91:1,4).

Day 15

Oh, Father, I am so discouraged today. Everything seems so dark; I hardly dare to hope.

- **Sing or meditate:** “How many times, discouraged, we sink beside the way! About us all is darkness, we hardly dare to pray; Then, from the mists and shadows, the sweetest voice e’er known says, “Child, am I not with thee, never to leave thee alone”? No, never alone! No, never alone! He promised never to leave me alone!”
- **Scripture verses:** “*Let not your heart be troubled: ye believe in God, believe also in Me*” (John 14:1). “*For He hath said, I will never leave thee, nor forsake thee*” (Hebrews 13:5).

Day 16

Heavenly Father, help us to be as yielded to Thee as the clay is to the potter’s hand.

- **Sing or meditate:** “Have Thine own way, Lord! Have Thine own way. Thou art the Potter; I am the clay. Mould me and make me after Thy will, While I am waiting, yielded and still.”
- **Scripture verse:** “*But now, O Lord, thou art our Father; we are the clay, and Thou our potter; and we all are the work of Thy hand*” (Isaiah 64:8).

Day 17

Lord Jesus, we thank you that you are our Shepherd. You said that you are the Good Shepherd and that we shall not want.

- **Sing or meditate:** “Saviour, like a Shepherd lead us, much we need Thy tender care...”, or “Gentle Shepherd come and lead us, for we need You to help us find our way. Gentle Shepherd come and feed us, for we need Your strength from day to day. There’s no other we can turn to who can help us face another day. Gentle Shepherd come and lead us, for we need You to help us find our way.”

- **Scripture verse:** *“He shall feed His flock like a shepherd: He shall gather the lambs with His arm, and carry them in His bosom, and shall gently lead those that are with young”* (Isaiah 40:11).

Day 18

Oh, Lord, You told us to be holy, as You are holy. Oh, how I want that, Lord. I also want to be beautiful as You are beautiful. Oh, Lord, grant that I might have that inner beauty that comes from You, that nothing can take away or destroy.

- **Sing or meditate:** “Something beautiful, something good; All my confusion He understood; All I had to offer Him was brokenness and strife, But He made something beautiful of my life.”
- **Scripture verse:** *“Thou art beautiful, O my love...”* (Song of Solomon 6:4). *“In that day shall the branch of the Lord be beautiful and glorious...”* (Isaiah 4:2).

Day 19

Being holy is a transformative state of being that transcends mere moral conduct; it embodies a profound dedication to spiritual purity and righteousness.

- **Sing or meditate:** “Holy, Holy, Holy, Lord God Almighty! Early in the morning, our song shall rise to Thee; Holy, Holy, Holy! Merciful and mighty! God in three persons, blessed Trinity.”
- **Scripture verse:** *“For if the first fruit be holy, the lump is also holy; and if the root be holy, so are the branches”* (Romans 11:16). *“That ye present your bodies a living sacrifice, holy, acceptable unto God...”* (Romans 12:1). *“That we should be holy and without blame before Him in love...”* (Ephesians 1:4).

Day 20

Oh, Lord, help me to love You with my whole heart!

- **Sing or meditate:** “With my whole heart, I give thanks to thee; With my whole heart I bow down to thee; With my whole heart I give Thee praise.”
- **Scripture verse:** *“I will praise Thee, O Lord, with my whole heart;...”* (Psalm 9:1).

Day 21

We thank Thee, Lord, that Thou dost inhabit the praises of Thy people. Help us to evermore praise Thee.

- **Sing or meditate:** “I’ll praise His name for evermore. I’ll praise His name for evermore. I’ll praise, I’ll praise, I’ll praise, I’ll praise, I’ll praise His name for evermore.”
- **Scripture verse:** *“But thou art holy, O thou that inhabitest the praises of Israel”* (Psalm 22:3).

Day 22

Oh My Father, “How good and how pleasant it is for brethren to dwell together in unity” (Psalm 133:1).

- **Sing or meditate:** “I love this family of God, so closely knitted into one. They’ve taken me into their hearts, And I’m so glad to be a part of this great family.”
- **Scripture verse:** *“We know that we have passed from death unto life, because we love the brethren”* (1 John 3:14).

Day 23

Oh Lord God, when I but catch a glimpse of You, my heart just melts, and I can only exclaim, “My God, how great Thou art!”

- **Sing or meditate:** “O Lord my God! When I in awesome wonder, Consider all the worlds Thy hands have made. I see the stars, I hear the rolling thunder; Thy power throughout the

universe displayed. Then sings my soul, My Savior God to Thee; How great Thou art! How great Thou art!”

- **Scripture verse:** *“For great is the Lord, and greatly to be praised:...”* (1 Chronicles 16:25).

Day 24

Lord, I need Your wisdom today. I need to know how You think about the situations that I’m facing right now. I do not understand what is happening in my life.

- **Sing or meditate:** “Farther along we’ll know all about it, Farther along we’ll understand why, Cheer up, my brother, live in the sunshine, We’ll understand it all by and by.”
- **Scripture verse:** *“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths”* (Proverbs 3:5-6).

Day 25

For all those, oh my God, whose hearts cry unto Thee, hear their cry and deliver them. For those, oh Lord, who do not know Thee, but there is a crying out from deep within them, remember them this day; for have we not all, at some time cried out to Thee from the depths of our beings?

- **Sing or meditate:** “Hear my cry, O God; attend unto my prayer. From the end of the earth will I cry unto Thee. When my heart is overwhelmed; lead me to the rock that is higher than I. For Thou hast been a shelter for me, A strong tower from the enemy. I will abide in thy tabernacle forever; I will trust in the covert of Thy wings.”
- **Scripture verse:** *“I will cry unto God most high; unto God that performeth all things for me”* (Psalms 57:2). *“When I cry unto thee, then shall mine enemies turn back: this I know; for God is for me”* (Psalms 56:9).

Day 26

Lord, I feel so discouraged today. Things are not going the way I think they should. I feel that I have failed You in so many ways. Dear Lord, revive me again.

- **Sing or meditate:** “Sometimes I feel discouraged, And think my work’s in vain, But then the Holy Spirit revives my soul again. There is a Balm in Gilead to make the wounded whole; There is a Balm in Gilead to heal a sin-sick soul. Verse 2: If you cannot preach like Peter, If you cannot pray like Paul, You can tell the love of Jesus, And say, ‘He died for all’”
- **Scripture verse:** *“My soul cleaveth unto the dust: quicken thou me according to Thy word. My soul melteth for heaviness: strengthen Thou me according unto Thy word”* (Psalm 119:25,28).

Day 27

Oh Lord, there are troubles all around me. My heart aches because of them. Thank You for sharing these burdens with me, and then lifting them off so that I can worship You.

- **Sing or meditate:** “There’s not a single heartache That the Lord will not heal, There’s not a single sorrow That His heart does not feel, There’s not a single problem, There’s not a single care, There’s not a single burden That He will not bear.”
- **Scripture verse:** *“Cast thy burden upon the Lord, and He shall sustain thee: He shall never suffer the righteous to be moved”* (Psalm 55:22). *“Bear ye one another’s burdens, and so fulfill the law of Christ”* (Galatians 6:2). *“For every man shall bear his own burden”* (Galatians 6:5).

Day 28

Lord God, we pray with our brother Paul that the grace of our Lord Jesus Christ be with all in Thy church, which is Thy body; and we pray with

our brother Peter that we may all grow in Thy grace.

- **Sing or meditate:** “He giveth more grace when the burdens grow greater; He sendeth more strength when the labors increase, To added affliction He addeth His mercy; To multiplied trials, His multiplied peace. His love has no limit, His grace has no measure, His power has no boundary known unto men; For out of His infinite riches in Jesus, He giveth, and giveth, and giveth again!”
- **Scripture verse:** “*And great grace was upon them all*” (Acts 4:33). “*Let us have grace, whereby we may serve God acceptably with reverence and godly fear*” (Hebrews 12:28).

Day 29

We seek to do Thy will, oh Lord!

- **Sing or meditate:** “My stubborn will at last hath yielded; I would be Thine, and Thine alone; And this the prayer my lips are bringing, ‘Lord, let in me Thy will be done.’ Sweet will of God, still fold me closer, Till I am wholly lost in Thee; Sweet will of God, still fold me closer, Till I am wholly lost in Thee.” Verse 2: “I’m tired of sin, foot-sore and weary, The dark-some path hath dreary grown, But now a light has risen to cheer me; I find in Thee my Star, my Sun.” Verse 3: “Thy precious will, O conqu’ring Savior, Doth now embrace and compass me; All discords hushed, my peace a river, My soul a prisoned bird set free.” Verse 4: “Shut in with Thee, O Lord, forever, My wayward feet no more to roam; What power from Thee my soul can sever? The center of God’s will my home.”
- **Scripture verse:** “*Thy kingdom come. Thy will be done...*” (Matthew 6:10).

Day 30

We just love You and thank You, Lord Jesus.

- **Sing or meditate:** I love Him, I love Him, I love Him best of all; or “I’m in love, deeply in love, With the lover of my soul; I will sing praise to my King, While the years of eternity roll. His love is in my heart, Never to depart, His blood has made me whole: I’m in love with Jesus, He’s the lover of my soul.”
- **Scripture verse:** “*Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love. In this was manifested the love of God toward us, because that God sent His only begotten Son into the world, that we might live through Him. Herein is love, not that we loved God, but that He loved us, and sent His Son to be the propitiation for our sins. Beloved, if God so loved us, we ought also to love one another*” (1 John 4:7-11). “*We love Him, because He first loved us*” (1 John 4:19).

Day 31

Dear Lord Jesus, put blinders on my eyes so that I will not be drawn away by the lusts of the world, but that I may look only unto You.

- **Sing or meditate:** “Turn your eyes upon Jesus, Look full in His wonderful face, And the things of earth will grow strangely dim In the light of His glory and grace.”
- **Scripture verses:** “*The light of the body is the eye: therefore when thine eye is single, thy whole body is full of light;...*” (Luke 11:34). “*Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God*” (Hebrews 12:2).

Consider maintaining this practice of seeking the Lord daily. Whether it’s turning your gaze upon Jesus during breakfast or bedtime, you may find solace in incorporating this meaningful time into your routine.

For instance, you may find yourself singing, “Wonderful, Wonderful Jesus.” Take a moment to reflect on the marvels of Jesus. Jot down your thoughts—express why Jesus is wonderful to you. Whether it’s for salvation, answered prayers, a loving family, or good friends, capture these heartfelt sentiments in writing. It’s easy to believe you won’t forget, but memories fade, making it important to record what Jesus impresses upon your heart. Open the concordance in the back of your Bible, and search for the word “wonderful.” Discover passages like Isaiah 9:6, “*His name shall be called Wonderful,*” or Isaiah 28:29, “*The Lord of hosts, who is wonderful in counsel.*” Keep it simple; Jesus communicated in straightforward terms that resonated with all.

Let us all turn our eyes upon Jesus, look full in His wonderful face! ✝

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