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led by Mary Lowman

## Eyes on Heaven, Feet on Earth

**Ephesians 2:8 – 9:** *For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast.*

### Heaven or Hell?

The current destination for people who are not yet born again through faith in Jesus Christ is Hell. It's referred to in the Old Testament as Sheol and Abaddon, and in the New Testament most often as Hades. It is described as a place of torment, where people are fully conscious immediately after they die.

**Proverbs 27:20** (ESV): *Sheol and Abaddon are never satisfied, and never satisfied are the eyes of man.*

In his book, *One Minute After You Die*, Pastor Luzer makes the point that “In hades, an alcoholic will thirst for a drop of liquor, but none will be given to him. The drug addict will crave a shot of heroin, but will not receive it. The immoral man will burn with sexual desire, but never be satisfied. . . There will be increased desire with decreased satisfaction” (p. 37).

**Revelation 20:14:** *Then Death and Hades were thrown into the lake of fire. This is the second death, the lake of fire.*

So, as believers who have died in the Lord are now in the present Heaven, those who have died without accepting Christ, whose names are not in the Book of Life, are in Hades.

**Revelation 20:15:** *And if anyone's name was not found written in the book of life, he was thrown into the lake of fire.*

Remember, God is just. He always does what is right. We all deserve death/hell. It is only God's amazing grace that allows us to avoid it.

**Psalms 145:17:** *The Lord is righteous in all his ways and faithful in all he does.*

### Too Heavenly Minded?

Oliver Wendell Holmes, Sr., is attributed with the quote “Some people are so heavenly minded that they are of no earthly good.” It's a catchy turn of phrase, but it's totally wrong. When you are truly focused on Heaven, what God has in store for you as a believer, you will be infinitely more effective doing what God has called you to do on this earth.

C.S. Lewis wrote:

*If you read history, you will find that the Christians who did most for the present world were just those who thought most of the next. The apostles themselves, who set on foot the conversion of the Roman Empire, the great men who built up the Middle Ages, the English Evangelicals who abolished the Slave Trade, all left their mark on Earth, precisely because their minds were occupied with heaven.*

In fact, the Bible instructs us to fix our eyes—our minds and thoughts—on heavenly things.

**2 Corinthians 4:18:** *So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.*

**Colossians 3:2:** *Set your minds on things above, not on earthly things.*

**Hebrews 12:1 – 3:** *Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.*

Being earthly minded means most of what you do has no eternal value.

**1 John 2:15, 17:** *Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. The world and its desires pass away, but whoever does the will of God lives forever.*

**Matthew 6:19 – 21:** *Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.*

**2 Timothy 4:9-10:** *Do your best to come to me soon. For Demas, in love with this present world, has deserted me and gone to Thessalonica. Crescens has gone to Galatia, Titus to Dalmatia.*

### **Becoming More Heavenly Minded**

This passage gives us explicit instructions of what it means to be heavenly minded:

#### **2 Peter 3:10 – 14:**

But the day of the Lord will come like a thief. The heavens will disappear with a roar; the elements will be destroyed by fire, and the earth and everything done in it will be laid bare. Since everything will be destroyed in this way, what kind of people ought you to be? You ought to live holy and godly lives as you look forward to the day of God and speed its coming. That day will bring about the destruction of the heavens by fire, and the elements will melt in the heat. But in keeping with his promise we are looking forward to a new heaven and a new earth, where righteousness dwells. So then, dear friends, since you are looking forward to this, make every effort to be found spotless, blameless and at peace with him.

If you really believe that a time is coming when this sin-infested earth is going to disappear, why do you/would you invest so much time and energy and money in this earth that is going to disappear?

#### **Hebrews 12:1 – 3(ESV):**

*Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.*

## Throwing Off the Weights

### 1. The Weight of Comparison

Not sinful—but exhausting.

Constantly measuring ourselves against other women steals joy and confidence in how God uniquely made us.

#### Question:

- Where are you most tempted to compare yourself (ministry, appearance, parenting, gifts)?
- How does comparison slow your spiritual race?

God designed you intentionally. You can't run well looking sideways.

### 2. The Weight of People-Pleasing

Serving others is good. Living for their approval is heavy. When our identity is wrapped in being liked or affirmed, we run for applause instead of obedience.

#### Question:

- Whose approval do you find hardest to release?
- How would your decisions change if pleasing God was your only goal?

Freedom comes when obedience matters more than opinion.

### 3. The Weight of Busyness

Ministry, family, church, volunteering—all good things. But overcommitment drains spiritual vitality. Sometimes we're doing so much *for* God that we neglect being *with* him.

#### Question:

- What good thing might be crowding out time with the Lord?
- Where do you need margin?

Fruitfulness flows from intimacy, not activity.

### 4. The Weight of Unrealistic Expectations

The “perfect Christian woman” image—always patient, always organized, always spiritually strong. These expectations aren't from God; they're often cultural or self-imposed.

#### Question:

- What expectation do you carry that God never actually gave you?
- What would grace look like in that area?

God calls you faithful—not flawless.

### 5. The Weight of Distraction

Endless scrolling, news cycles, constant noise. Not sinful in themselves—but they dull spiritual hunger.

#### Question:

- What regularly pulls your attention away from the Lord?
- What small boundary could help?

Focus fuels endurance.

**“The weight I most need to throw off right now is \_\_\_\_\_.”**



Five practical things to help us become more heavenly-minded, and therefore more earthly good.

### 1. The "First 5" Rule

#### Give your first five minutes every day to God.

For many that probably means *don't touch that phone first thing*.

- **Action:** Leave your phone in another room or on "Do Not Disturb" and read one Psalm or offer a simple prayer of surrender for the day.

### 2. Practice "Sanctified Indifference"

Remind yourself that your identity is hidden in Christ, not in your reputation.

- **Action:** When you feel a "need" for earthly validation, consciously say, *"This is temporary; God's approval is eternal."*

### 3. Audit Your "Inputs"

If you spend 10 hours a week on entertainment and 10 minutes on spiritual growth, your mind will naturally be earthly.

- **Action:** Use your commute or chore time to listen to a Bible-centered podcast or an audiobook of a Christian classic. This "re-seeds" your mind with heavenly thoughts while you do earthly work.

### 4. The "100-Year"/24 Hour Perspective

When you are stressed about a minor inconvenience, ask yourself: *"Will this matter in 100 years/24 hours?"*

- **Action:** This simple question instantly exposes earthly-minded anxiety. If it won't matter in eternity, give it less "mental rent" today.

### 5. Intentional Generosity

Earthly mindedness is rooted in accumulation. Heavenly mindedness is rooted in stewardship. Nothing breaks the grip of materialism faster than giving things away.

- **Action:** Identify one "earthly treasure" you are clinging to (money, clothes, time) and give it away to someone in need this week.
- Perform one "heavenly" act of service or generosity in **complete secret**. Do not tell a single soul—not even your spouse or best friend.

"Just think about it. What if you woke up every morning with a heart full of expectation for the hope that awaits you and the goodness coming to you? Your courage would be at an absolute all-time high, and your confidence would be contagious. This is the picture we get throughout all of Scripture — that those who have their hope set on the future live differently in the present. They are more courageous, more generous, and more willing to serve. In other words, there is no such thing as being too heavenly minded to be of any earthly good.

This is our story —and it is only the cover and title page. There is more joy, more hope, and more wonder coming than we could ever imagine. Perhaps this is why the Apostle Paul writes, "Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen" (Ephesians 3:20-21)." (Blake Stanley of The Bible Memory Project).

