**Lift Up My Eyes**

**I will lift up mine eyes to the mountain from whence comes my help.  
*(Psalm 121:1)***

**Lift up your eyes all around and see;**

**they all gather, they come to you.**

***(Isaiah 49:18)***

**And looking up, they saw that the stone was rolled back.**

***(St. Mark 16:4)***

**And Jesus took the five loaves of bread and the two fish,**

**and looked up to heaven and blessed them, and broke and gave them**

**to his disciples to set before the people. And they all ate and were filled; and they took up fragments of what was left over, twelve baskets.**

***(St. Luke 9:16-17)*  
Do you not say that after four months comes the harvest?**

**Behold, I say to you, Lift up your eyes and look at the fields**

**which have turned white and have long been ready for the harvest.**

***(St. John 4:35)***

**You know people with “acrophobia” when on high buildings are afraid to look down. There’s an opposite. Some people in the street afraid to look up at high buildings have what’s called “anablepophobia.” *(L. M. Boyd)*Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them and try to follow where they lead. *(Louisa May Alcott)***

**A remarkable thing about this Ark that Noah built -- there was only one window in it. It was not a little porthole on the side of the ship. And it wasn’t a skylight. Noah was preparing for heavy rain and he probably had had some experience with skylights and how leaky they can be. The only window was up under the roof as high as it could be put. Why was the window there? Because of what I call the Golden Key. It was constructed in this way so that Noah and those with him in the Ark would be obliged to look up at the sky. Up! That was the only way they could look out. In this way they could not look around at the flood and fill themselves with more fear. *(Emmet Fox, in Diagrams for Living, p. 49)***

**One day my grandson and I were swinging on his swing set when he asked me, “Granny, do you know there’s a bird’s nest in that tree?” “No,” I said. “Show me where.” “When we swing high, look up at the top of the tree,” he said. Sure enough, there was a nest. “Granny,” he went on to say, “you really need to look up more.” Ah, the wisdom of a child. *(Norma Beyer, in Country magazine)***

**We need to learn to set our course by the stars, not by the lights of every passing ship. *(Gen. Omar N. Bradley)***

**As an emergency medical technician, I was called to a nursing home for a routine transport. There I encountered four of the residents enjoying the warm day relaxing in lounge chairs, all staring up at the sky. When I looked up, I saw a flock of large birds flying by. Then one resident spoke up. “Margaret,” she teased, “for goodness’ sake, wiggle or something. Those buzzards are getting closer!” *(Bill Stilianessis, in Reader’s Digest)***

**A farmer whose corn crop hadn't done well, decided to “borrow” from his prosperous neighbor's field. With a large sack tucked under his arm, and his small son dogging his footsteps, he hurried to a distant corner of the field. On arrival, he peered cautiously to the left, to the right, ahead and behind, to make sure he was not observed. Just as he reached out a hand to pluck the first ear of corn, the lad spoke: “Daddy,” he reminded, “you didn't look up!” *(Parts Pups)***

**There is an old saying that a donkey may carry a heavy load of precious sandalwood on its back and never know its preciousness -- only its weight. You may go through life feeling only the weight of circumstances, never able to appreciate the precious nature of life. Contrasting the view from the high building, it is like viewing the city from the sewer. With your head bowed down and your eyes fixed on the ground, you perceive a world of lack and limitation, and you attract to yourself conditions of financial chaos. How great is the need for the grateful heart which will attract to itself great things. *(Dr. Eric Butterworth, in Spiritual Economics, p. 87)***

**Grandma: “Oh, are you drawing a picture of Grampa, Nelson?” Nelson: “Uh huh.” Grandma: “Good job! It looks just like him. You really look up to your Grampa, don’t you?” Nelson: “I try not to look up at him. Nose hair kind of grosses me out.” *(Brian Crane, in Pickles comic strip)***

**My eyes are lifted to the light and I can see. For when I keep the law of love, then love keeps me. *(Fenwicke L. Holmes)*  
  
Sorrow looks back, worry looks around, faith looks up. *(Quoted in Guideposts Magazine)***

**Something flew off the hood of the car as I drove down the winding pass into town. I pulled over, got out and saw it was my husband's key ring that had gone flying. At home, I dangled the keys in front of him. Larry groaned, then sheepishly explained he'd left his glasses on the hood too. But he couldn't find them. Larry made an appointment with the optometrist. Oddly enough I felt compelled to search again. I said a prayer first. Then I combed through the leaves and twigs on the side of the road. Still no glasses. “Lord, I thought you were going to help me.” The answer was immediate: “Why are you looking down there? I'm up here." I looked up. Tacked to the tree in front of me was a cardboard sign. “Found -- glasses.” Larry wasn't the only one seeing more clearly after we retrieved them. *(Valerie Stevens, in Guideposts)***

**Standing on the windswept shores of Lake Michigan one wintry night, ready to throw himself into the freezing waters, a 32-year-old bankrupt dropout happened to gaze up at the starry heavens. Suddenly, he felt a rush of awe, and a thought flashed through his mind: “You have no right to eliminate yourself. You do not belong to you. You belong to the universe.” R. Buckminster Fuller turned his back to the lake and began a remarkable career. Best-known as the inventor of the geodesic dome, by the time of his death he held more than 170 patents and was world-famous as an engineer, mathematician, architect, and poet. *(Alan Loy McGinnis, in Reader’s Digest)***

**To “hunger and thirst for righteousness” is to want to be helped and healed to the extent of renewing the mind. If a person is in the gutter, the only way he can get out of the gutter is to look up and reach something higher. He can be helped. He can rise out of the gutter of life, but first he must begin thinking “out-of-the-gutter” thoughts. This is true at every level of human experience. If a person is ill in mind or body, before he can get out of the experience of sickness, he must begin to think out of it. He must look up. He must entertain the possibility of something different in his life. He must desire it enough to reach for it--and reaching is actually accepting. *(Dr. Eric Butterworth, in Discover the Power Within You, p. 64)***

**A cockney asked a Roman Catholic co-worker's help in choosing a bride. “I'm torn between Betty and Maria,” he said. “How do you Catholics make decisions?” “I go to church,” said his pal. “Then I look up and pray, and the answer comes to me.” Next day the cockney was all excited. “I did what you told me, mate, and the answer was given to me!” “What happened?” “I went to your church, knelt in prayer, looked up and there it was! Written in gold, high abovea stained-glass window.” “What did it say?” “It said, “Ave Maria.” *(The Jokesmith)***

**If you’re ever in the lobby of San Francisco’s Hyatt Regency, look up. That ceiling is 17 stories high. *(L. M. Boyd)***

**If you do not raise your eyes, you will think that you are the highest point. *(Antonio Porchia)***

**My eyes are lifted to the light and I can see; For when I keep the law of love, then love keeps me. *(Fenwicke L. Holmes)***

**The unfinished beams in the roof are veiled by cobwebs. They are lovely, I think, gazing up at them with new eyes; they soften the hard lines of the rafters as grey hairs soften the lines on a middle-aged face. I no longer pull out grey hairs or sweep down cobwebs. *(Anne Morrow Lindbergh, in Gift From the Sea)***

**Love is like ball bearings used out in space with no friction (there is no friction out there). You have to lift it higher to get rid of friction. *(Walter Fiscus)*All other creatures look down toward the earth, but man was given a face so he might turn his eyes towards the stars and his gaze upon the sky. *(Ovid)***

**I was once a messenger at the photo lab where I work. As I was leaving a building one day, I was paged on my beeper. Instructed to pick up a package at an unfamiliar company with a 12-syllable, tongue-twisting name, I looked skyward and said, “God, where am I supposed to go?" Just then my pager came on again, this time with the client's address. A man nearby witnessed this scene. Raising his arms to the heavens, he cried, “Why don't you ever answer me?” *(David Dycus, in Reader's Digest)***

**Billy: “If you don’t look down, my room isn’t so messy.” *(Bil Keane, in The Family Circus comic strip)***

**Grandpa: “I don’t care for these new shoes of yours.” Grandma: “You don’t like me being taller than you, do you?” Grandpa: “No. I don’t like looking up at you.” Grandma: “Well, I don’t like looking down on you. You look even balder from up here.” *(Brian Crane, in Pickles comic strip)***

**Because the small-town parish was not a wealthy one, the pastor was dependent on parishioners for upkeep and maintenance of the church. Thus, the pastor asked Sam, a parishioner, to rewire the confessionals. Since the only way to reach the wiring was to enter the attic and crawl over the ceiling while balancing on the rafters, Sam's wife, concerned for her husband's safety, insisted on waiting in a pew below. Unknown to her, however, some parishioners had congregated in the vestibule in the meantime. But they paid little attention to her, assuming she simply had stopped by to pray. Worried about her husband, Sam's wife -- after a time -- looked up toward the ceiling. “Sam,” she called, “are you up there? Did you make it OK?” You can imagine the outburst from the vestibule moments later, as Sam's hearty voice echoed back. “Yeah,” he hollered, “I made it just fine!” *(St. Gregory Church bulletin, Plantation, Florida, in Catholic Digest)***

**A visitor in an art gallery remarked to a woman scrubbing the floors, “There are so many beautiful pictures here.” “I s’pose so,” the woman answered, “if a body has time to look up.” *(Edgar Chrisemer)***

**One night I stood on the bridge of a small British freighter somewhere near the middle of the Atlantic. I was talking to a young junior officer who had been looking around to see if he could spot the lights of any other ships on the horizon. And he told me that the way to do this is not to look at the horizon but to look at the sky just about the horizon. I discovered that he was right. Since then I have learned that it is also the way to see other things. *(Frederick Buechner, in Reader’s Digest)***

**Show me a man who walks with his head held high, and I’ll show you a man who hasn’t quite gotten used to his bifocals! *(Reminisce magazine)***

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**If you look constantly to the heavens for a full hour on a clear night, sky watchers claim, you should see at least 10 shooting stars. *(L. M. Boyd)***

**In skywriting, the average letter is nearly two miles high. *(Russ Edwards & Jack Kreismer, in The Bathroom Trivia Digest, p. 92)***

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**The little boy is throwing the ball up into the air and then catching it. When someone asks him what he is doing, he says, “I am playing catch with God.” *(Unity’s Minister’s Retreat)***

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