



## Teaching Guide: The Eye as the Lamp of the Body

### Opening Thought

Matthew 6:22–23 is a short verse, but Jesus packs a lot of meaning into it.

He says:

*“The lamp of the body is the eye. If your eye is clear or single, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness.”*

This verse brings together physical truth, spiritual truth, and Hebrew and Greek ideas that make the message much deeper than it seems.

In the following translation we see how this verse expands:

*““The eyes of your spirit allow revelation-light to enter into your being. If your heart is unclouded, the light floods in! But if your eyes are focused on money, the light cannot penetrate and darkness takes its place. How profound will be the darkness within you if the light of truth cannot enter!”*

*Matthew 6:22-23 TPT*

Before we dig into this, I want to take a moment to notice a theme that runs throughout Scripture: lamp and light imagery. The Bible often speaks of lamps and light as symbols of God’s guidance, our inner life, and the choices we make.

Here are a few examples:

- Psalm 119:105 – “Your word is a lamp to my feet and a light to my path.”  
God’s Word illuminates our journey and shows us the right way.
- Proverbs 20:27 – “The spirit of a man is the lamp of the Lord, searching all the inner depths of his heart.”  
Our inner life reflects God’s light and reveals what is in our hearts.
- Matthew 5:14–16 – “You are the light of the world... Let your light so shine before men...”  
When our inner light is healthy, it shines outward for others to see.
- Proverbs 13:9 – “The light of the righteous rejoices, but the lamp of the wicked will be put out.”  
Our alignment with God affects whether our inner light burns or dims.
- Psalm 18:28 – “For You will light my lamp; the Lord my God will enlighten my darkness.”  
God is the source of all illumination; He fills the darkness with His light.

What we notice from these verses is that a lamp or light in the Bible is not just about physical sight. It symbolises guidance, moral and spiritual clarity, and the condition of our hearts and lives.

Matthew 6:22–23 is part of this same theme. Jesus calls our attention to the *“eye as the lamp of the body,”* showing us that what we focus on, how we see life, and the attitude we carry will determine whether our lives are filled with light or darkness.

In this teaching we will see how our focus, attention, generosity, and inner world affect our whole life—emotionally, spiritually, and even physically.

### **The Greek Meaning — What Jesus’ Words Actually Say**

Jesus used very specific Greek words that carry layers of meaning:

#### **a) “Eye” – Ophthalmos**

This means the physical eye, but also the inner eye—your way of seeing life, your perception, your focus, your mindset.

#### **b) “Lamp” – Lychnos**

A lamp gives light to a house. So Jesus is saying: Your way of seeing is what lights up the rest of your inner life.

#### **c) “Clear / Single” – Haplous**

This word is rich:

- single
- undivided
- simple
- healthy
- sincere
- generous

A single eye means:

- an undivided heart,
- a generous attitude,
- a focused life,
- and clear moral and spiritual vision.

#### **d) “Evil eye”**

The opposite of haplous is a “bad,” “unhealthy,” or “evil” eye—clouded, divided, distracted, jealous, or stingy.

### **Simple summary:**

A “single eye” = undivided, generous focus.

A “bad eye” = divided, distracted, jealous, or self-focused outlook.

## **The Hebrew Background — “Ayin Tovah” and “Ayin Ra’ah”**

Jesus was a Jewish Rabbi speaking to Jewish listeners, so His words are full of Hebrew idioms.

### **a) Hebrew word for eye: Ayin**

Besides the physical eye, ayin means:

- attitude
- perspective
- moral outlook
- generosity or stinginess

### **b) Jewish idiom: “Good eye / Bad eye”**

This was a common teaching in Judaism.

- Good eye (Ayin Tovah): generous, open-hearted, kind, trusting, blessing others
- Bad eye (Ayin Ra’ah): stingy, jealous, resentful, suspicious, withholding

### **c) The Hebrew letter AYIN (א)**

In ancient thought this letter represents:

- seeing
- spiritual perception
- insight
- the ability to notice what God is doing

So, when Jesus said “the eye is the lamp of the body,” His listeners heard both:

- physical sight,
- and the idea of generosity, attitude, and moral/spiritual perception.

### **Simple summary:**

In Hebrew thinking, the “eye” is your inner attitude.

A “good eye” means a generous, faith-filled outlook.

A “bad eye” means fear, envy, or withholding.

## **4. The Physical & Neuroscience Meaning — How the Eye Affects the Body**

Jesus’ metaphor also lines up with scientific reality in an amazing way.

### **a) Light through the eyes affects the entire body**

The eyes don’t just help you see.

Light entering the eyes affects:

- your brain,

- your hormones,
- your sleep rhythms,
- your mood,
- your level of alertness,
- your stress response.

There are special cells in the eye that send signals to the brain's clock (the SCN) that controls circadian rhythm.

So literally:

If your eyes receive proper light, your whole body works better.

If your eyes receive wrong light (darkness, or too much screen light at night), your whole body gets disrupted.

### **b) The eyes show the state of your nervous system.**

Your pupils, gaze, and eye movements reveal:

- fear
- stress
- interest
- emotional activation
- attention
- overwhelm

Your eye patterns reveal whether you are:

- regulated
- anxious
- focused
- dissociated
- stressed

### **c) What you focus on physically changes your brain**

Attention shapes neural pathways.

What you consistently look at forms:

- habits,
- cravings,
- fears,
- desires,
- and emotional patterns.

### **Simple summary:**

The eye is literally the gateway to the whole body's rhythms, stress levels, mood, and health. What we focus on physically and mentally changes our internal world.

## **5. The Biblical / Spiritual Meaning — Light & Darkness Inside Us**

Jesus is teaching a spiritual truth:

### **a) Light = God's truth, presence, revelation**

In Scripture, “light” symbolises:

- God's presence
- clarity
- moral purity
- wisdom
- revelation

### **b) Darkness = confusion, deception, sin, divided heart**

Darkness is:

- moral blindness
- divided priorities
- anxiety from wrong focus
- deception
- envy
- fear
- spiritual dullness

God designed us to live in light—mentally, spiritually, physically.

### **c) Jesus' main point in Matthew 6**

The entire chapter is about:

- where you place your treasure
- what you focus on
- which kingdom you align with
- whether your heart is divided
- generosity vs greed
- trust vs fear
- heaven vs earth

So when He says “your eye,” He is talking about:

- your attention
- your desires
- your direction in life
- the lens you see God, yourself, and others through

### **Simple summary:**

Your perception becomes your path. Whatever fills your “eye” will either light your whole life or darken it.

## 6. Bringing It All Together — What Jesus Means in Modern Language

Here is the whole verse in simple words:

What you focus on, how you see life, and the attitude you hold will shape your whole inner world.

If your focus is clear, generous, undivided, and God-centered, your whole life will be filled with light.

But if your focus is clouded, jealous, fearful, or divided, darkness will fill the rest of you.

This integrates:

- Greek: eye = perception; single = undivided, generous
- Hebrew: good eye = generous; bad eye = stingy or fearful
- Neuroscience: your focus shapes your brain, moods, body rhythms
- Spiritual: light vs darkness inside you

## 7. Practical Application

### a) Ask: What is my eye full of right now?

- comparison?
- fear?
- worry?
- shame?
- insecurity?
- distraction?
- social media images?
- God's truth?
- generosity?
- gratitude?
- heavenly priorities?

### b) Where has my “eye” become divided?

- divided loyalties
- trying to please people
- fear of not being enough
- material distraction
- spiritual fatigue

### c) Cultivate a “single eye”

Here are practices that align with the teaching:

- Scripture meditation → re-focuses the inner lens
- Generosity → produces a “good eye” in Hebrew thought
- Presence with God → fills the inner world with light
- Reducing visual clutter (screens, comparison, etc.)
- Gratitude practice → re-trains the nervous system

- Healing work → clearing emotional fog so vision becomes clearer

#### **d) Emotional/Somatic reflection**

- What are your eyes constantly drawn to?
- Does what you look at fill you with peace or stress?
- What images or thoughts steal your light?
- What would a 'single eye' look like in your season?

### **8. Closing**

Jesus isn't warning us about our eyeballs.

He is inviting us into:

- a pure focus,
- an undivided heart,
- a generous spirit,
- and a life aligned with His Light.

The "eye" represents:

- how we see God,
- how we see ourselves,
- how we see others,
- and what we focus on.

And Jesus' promise is powerful:

"If your eye is clear... your whole body—your whole life—will be full of light."

This is a doorway into healing, clarity, and alignment with the Kingdom.

Thank you for reading. If this resource has helped you, please share it with others.  
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