



“And when He came near the gate of the city, behold, a dead man was being carried out...” – Luke 7:12



Guarding the Senses

Part 1

Introduction

- The body as a Royal Palace
 - Upper room = head
 - Inner most chamber = heart
 - Messengers = thoughts
 - Passageways = nerves
 - Doors = 5 senses
- *“...the whole soul is joined to the whole body and not a part to a part; nor is the soul contained by the body, but rather it contains the body as fire contains iron.” (St. John Damascene)*





Introduction

➤ Rational vs Irrational soul

- Irrational – led and ruled by the body and its senses
- Rational – leads and rules the body and senses
- *“Thus when he would desire something, he has the authority either to overrule that desire or to follow it.” (St. John of Damascus)*



Purpose of the Senses

- Openings to the world around us
- To receive spiritual nurture and pleasure
- **“For from the greatness and beauty of created things the Creator is seen by analogy.”** (Wis. 13:5)
- **“For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead...”** (Rom. 1:20)

1. Sense of Vision



- **“The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. 23 But if your eye is bad, your whole body will be full of darkness.”** (Matt. 6:22-23)
- *“The eyes are two bodiless arms with which the soul may reach out and touch from afar the visible things it loves. For whatever we cannot touch with our hands, these we can touch and enjoy without eyes.”* (St. Basil the Great)
- **“But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.”** (Matt. 5:28)



1. Sense of Vision

► Discipline

1. Cut off and redirect
2. Be watchful of your gaze
 - **“Let your eyes look straight ahead, and your eyelids look right before you.”** (Prov. 4:25)
3. Take refuge in prayer
 - **“Deliverance comes only from the Lord.”** (Ps. 3:8)

2. Sense of Hearing

- ▶ Ex: Slander
- ▶ *"Each slanderer is unjust to three persons: to himself for lying, to the hearers who may be misled and deceived, and to the person slandered for destroying his good reputation and honor."* (St. Basil the Great)



2. Sense of Hearing

► Discipline

1. Separate yourself from slander
2. Listen to the words of God
3. Listening to hymns
 - Melismatic singing



3. Sense of Smell



- Smell can evoke strong emotional reactions.
- We must not ignore the effects of smell upon us. It can incite the soul to gluttony, fornication and other sins.
- Incense
 - **“Then another angel, having a golden censer, came and stood at the altar. He was given much incense, that he should offer it with the prayers of all the saints upon the golden altar which was before the throne. 4 And the smoke of the incense, with the prayers of the saints, ascended before God from the angel's hand.” (Rev. 8:3-4)**



Recap



- Our body is like a Royal Palace
- We are to have rational souls that have authority over our senses.
- The purpose of our senses is to facilitate communion with God.
- Sense of Vision
 1. Cut off and redirect
 2. Be watchful of your gaze
 3. Take refuge in prayer



Recap

- Sense of Hearing

1. Separate yourself from slander
2. Listen to the words of God
3. Listening to hymns

- Sense of Smell

- Next week...

- **Senses of Taste and Touch**

- **How are the senses brought under the obedience of the soul?**

- **Final remarks**