



Daily Verse and Comment

1 John 2:16

(16) Because everything that is in the world—the lust of the flesh, and the lust of the eyes, and the pretentious pride of physical life—is not from the Father, but is from the world.

A Faithful Version

The apostle John notes three powerful pulls that must be controlled. These, he says, are not of the Father but of [the world](#), therefore they are not part of the standard that we must strive to live according to. If we follow them, we will continue to be conformed to the world.

Our eyes make us the recipients of a multitude of impressions. Many of them can excite us to desire something evil, and if we are complacent, we can be trapped in a [sin](#) almost without thinking. That is precisely the problem! We must be thinking to control what we have power and responsibility over and turn from such things as if a hot poker were about to be jabbed into our eyes! When Joseph was about to be lured into sin, he ran, controlling his own part in that unfolding drama ([Genesis 39:11-12](#)).

The body and mind possess appetites and needs that can easily lead to sinful excesses if not controlled. They can lead any of us away in a hundred different directions from the supreme devotion to Him that He desires for our good. Note the senseless luxury of this present generation, the exaggerated care of the physical body, and the intemperance in eating and drinking, which are a curse and shame on America! Our culture has molded us to seek ample provision for the flesh and material comforts far beyond our needs, drowning the spirit and producing needless anxieties. We have to learn to subordinate the drive to satisfy these insatiable appetites so they do not master us and lead us into sin.

— John W. Ritenbaugh

To learn more, see:

[The Fruit of the Spirit: Self-Control](#)

Related Topics:

[Appetite, Control of](#)

[Desire](#)

[Joseph](#)

[Love of the World](#)

[Lust](#)

[Lust of the Eyes](#)

[Lust of the Flesh](#)

[Pride](#)

[Pride of Life](#)

[Self Control](#)

[World's Influence](#)

[Worldliness](#)