

POSITIVE ENERGY – Part 1

1/3/24

- Tonight – Opportunity to give a Bible study
- Comment – Starting a new series
- Title – Positive Energy – Part 1

- Some basic premises

1. We are born with positive energy
2. We are immediately receptive to negative energy
3. There are factors which cause our energy level to be more positive or more negative
4. It is important to recognize how dangerous negative energy is to person
5. It is important to understand how to grow and to maintain positive energy

- Following are 3 sources of positive energy

1. The breath of life

- (“sama” – Strong’s #5397 – breath, blast of breath – by extension “life, life force, spirit”)

Gen. 2:7 the Lord God breathed into his nostrils the breath of life
 Job 33:4 the Spirit of God has made me – the breath of the Almighty gives me life

- (“ruah” – Strong’s #7307 – breath, wind – by extension spirit” – “spirit” 227 times, “wind” 81 times and “breath” 27 times)

Psalm 18:15 the channels of waters were seen & the foundations of the world were discovered at your rebuke, Oh Lord, at the blast of the breath of your nostrils

Psalm 33:6 by the word of the Lord were the heavens made – and all the host of them by the breath of His mouth

Psalm 104:29 if You take away their breath, they die and return to their dust

Psalm 146:3-4 don’t put your trust in people, because they can’t help you – when their breath returns to the earth, in that very day, his thoughts perish

Eccle. 3:19 surely people and animals have one breath

