

“Positive Energy—Part 3”

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BIG SANDY, Texas—At our Bible study on Wednesday night, I continued with the short series about positive energy. In this particular presentation (Part 3), I discussed two reasons why we lose positive energy.

Two reasons

Here are the two reasons why we lose positive energy.

1. We lose positive energy because of sin—because we allow negative energy to replace our positive energy.
2. We lose positive energy to help people. (When we distribute positive energy to others, we need to replace it with more positive energy—positive energy flowing in and positive energy flowing out.)

As we continue with this discussion, I want to discuss the second reason first.

To help people

Positive energy leaves us when we help people. Notice the example of the Son of God.

Positive energy left the Son of God as He was helping people.

When we distribute positive energy to others, we need to replace it with more positive energy—positive energy flowing in and positive energy flowing out.

- Mark 5:25-27—A certain woman had a flow of blood for 12 years.
- Mark 5:28—She said: “If only I may touch His clothes, I shall be made well.”
- Mark 5:29—When she touched Him, she was healed of her affliction.
- Mark 5:30—When the Son of God immediately knew that power had gone out of Him, He asked: “Who touched My clothes?”
- Mark 5:31—The disciples wondered why He asked who touched Him.
- Mark 5:32—When the Son of God looked around, He saw the woman who had touched Him.

- Mark 5:33-34—When He saw that she was afraid, He reassured her.
- Luke 6:17-18—People came to the Son of God to be healed of their diseases and to be freed from the torment of unclean spirits.
- Luke 6:19—The people wanted to touch Him—for power to go out from Him and for them to be healed.
- Luke 8:43-48—Luke repeated the event that Mark recorded in Mark 5:29-34 (that was mentioned earlier in this article).
- Luke 8:46—The Son of God said: “Somebody touched Me, for I perceived power going out from Me.”

Because of sin

Positive energy leaves us because of sin. Let’s notice three specific ways how sin saps our positive energy.

Sin we commit

When we sin, we lose positive energy and it is replaced by negative energy. (Confession and repentance to God will replace the positive energy.)

- Psalm 51:1-19—It took David’s repentance to renew the positive energy in his life.
- Matthew 26:75—Peter wept bitterly.
- Matthew 27:3-5—Judas hanged himself.

Sin committed against us

When people sin against us, we often lose positive energy, and it is often replaced by negative energy.

While there are valuable actions that can help us be renewed in a positive spirit, connecting with our Heavenly Father is the most important action.

- Psalm 6:8—Receiving the Father’s help in dealing with workers of iniquity.
- Psalm 18:3—Receiving the Father’s help in dealing with enemies.
- Psalm 55:3—Receiving the Father’s help in dealing with the voice of the enemy and the oppression of the wicked.
- Psalm 57:4—Receiving the Father’s help in dealing with people who are set on fire, whose teeth are spears and arrows and whose tongue is a sharp sword.

Observing sin committed against others

When we see sin committed against other people, we often lose positive energy and it is often replaced by negative energy.

- Nehemiah 1:1-3—When Jewish people returned to Jerusalem after the Babylonian exile, survivors were in great distress.
- Nehemiah 1:4—The people wept and mourned for them.
- Proverbs 29:2—When a wicked person rules, the people groan.
- Romans 9:1-5—The apostle Paul had sorrow for his countrymen.
- Hebrews 4:15—Since the Son of God experienced the emotions of the rest of society, He at times mourned for people.
- Luke 19:41-44—The Son of God wept over Jerusalem.
- Luke 23:27-28—The Son of God was concerned for the hurting people.

Remember the lessons

1. We lose positive energy because of sin—because we allow negative energy to replace our positive energy.
2. We lose positive energy when we help people. (When we distribute positive energy to others, we need to replace it with more positive energy—positive energy flowing in and positive energy flowing out.)

Reminders

- Positive energy flows from God.
- Positive energy flows toward other people.