

“Positive Energy—Part 5”

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By Dave Havir

BIG SANDY, Texas—At our Bible study on Wednesday night, I concluded the short series about positive energy. In this particular presentation (Part 5), I recommended a three-pronged approach.

1. Begin with a foundation of positive energy from the Father.
2. Fill your senses with truth.
3. Renew positive energy from the Father.

Actions for blessings

Before I share some scriptures, I want to remind you about my habit of giving you some actions to do.

I realize that some religious teachers merely stress the concept of “believing on Jesus.”

And, while I like to start with a foundation of a relationship with the Father and the Son, I also like to stress other practical behavior (truth) to help you.

At this point, I want to assure you of the following—it is not my purpose to encourage you to seek salvation based upon actions.

You are saved by grace. My recommended actions are to help you have blessings.

Let me remind you how I view my responsibility toward you.

- I want to help you to accept the calling from the Father.
- I want to help you to accept salvation through the Son of God.
- And I want to help you live a way of obedience that leads to blessings.

Values checklist

At this time, I want to introduce you to a “values checklist” to help you analyze the positive energy in your life.

When you read the following list of traits, I want you to analyze each trait with the following three questions.

- Did you absorb that particular positive trait earlier in your past (thereby giving you a positive foundation in your past)?
- Are you presently absorbing that particular positive trait into your life (thereby allowing positive traits to flood your life today)?
- Are you presently projecting that particular positive trait to other people (thereby sharing positive energy with others today)?

32 traits

Consider asking the previous three questions about the following 32 traits.

- Authenticity
- Balance
- Commitment
- Compassion
- Concern for others
- Courage
- Creativity
- Empathy
- Excellence
- Fairness
- Faith
- Family
- Freedom
- Friendship
- Generosity
- Genuineness
- Happiness
- Harmony
- Health
- Honesty
- Humor
- Integrity
- Kindness
- Knowledge
- Loyalty
- Openness
- Perseverance
- Respect for others
- Responsibility
- Security

- Serenity
- Service to others

Positive energy to deal with depression

Here are seven pieces of advice for dealing with depression.

- Try to keep doing activities you previously enjoyed.
- Stay connected to friends and family.
- Exercise regularly, even if it's a short walk.
- Stick to regular eating and sleeping habits as much as possible.
- Avoid or cut down on alcohol, and don't use illicit drugs.
- Talk to someone you trust about your feelings.
- Seek help from a health-care provider.

Biblical examples

Now, let's look at the three concepts (mentioned at the beginning of the article) through the perspective of biblical examples.

1. Begin with a foundation of positive energy from the Father.
2. Fill your senses with truth.
3. Renew positive energy from the Father.

Matthew 4

- Matthew 4:2—The Son of God began the temptation with fasting.
- Matthew 4:3-10—The Son of God filled His senses with truth—specifically the Word of God.
- Matthew 4:11—After the temptation, the Father sent an angel to strengthen Him.

Matthew 26

- Matthew 26:2—The Son of God was prepared to face His future.
- Matthew 26:37-42—When the Son of God understood the emotional stress of the situation, He prayed earnestly.
- Luke 22:43—After the intense prayer, the Father sent an angel to strengthen the Son of God.
- Luke 23:34—The Son of God asked the Father to forgive the tormentors—without requiring their repentance or apology.

John 12

- John 12:23—The Son of God was prepared to face His future.
- John 12:27—The Son of God understood the emotional stress of the situation.
- John 12:36—The Son of God was hidden from His friends—as I suspect in earnest prayer.
- John 16:33—The Son of God encouraged His friends in the way of peace—because He overcame the world (with the positive energy from His Father).
- John 17:26—The Son of God wanted the love of the Father (the greatest positive energy in the universe) to be shared with His friends.