

# “Positive Energy—Part 1”

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BIG SANDY, Texas—At our Bible study on Wednesday night, I began a short series about positive energy. At this time, I am uncertain about how many sessions that I will include in this series.

But this was certainly part one.

## **Some basic premises**

I began the discussion by listing five basic premises—without taking the time to turn to any scriptures.

- We are born with positive energy.
- We are immediately receptive to negative energy.
- There are factors that cause our energy level to be more positive or to be more negative.
- It is important to recognize how dangerous negative energy is to a person.
- It is important to understand how to grow and to maintain positive energy.

## **Three sources of positive energy**

At that point in the study, I mentioned that I was going to discuss three sources of positive energy.

They were: the breath of life, the spirit of man and the Spirit of God.

### **Breath of life**

Here are a few of the verses that I read about the breath of life.

Genesis 2:7—“The LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being.”

Job 33:4—[Elihu said] “The Spirit of God has made me, and the breath of the Almighty gives me life.”

Psalm 146:3-4—"Do not put your trust in princes, nor in a son of man, in whom there is no help. His spirit departs, he returns to his earth; in that very day his plans perish."

At this time, I would like to mention that many atheists and some religious people will quote Genesis 2:7 to support their conclusion that abortion is not a sin—because they say that a baby does not have life until he breathes the breath of life.

First, I would like to point out three verses that indicate God's involvement with the life of a child in the woman's womb.

- Psalm 139:13

- Jeremiah 1:4-5

- Luke 1:41

Second, I would like to compare two scientific views on the subject.

- It is true that some scientists say: "Babies don't truly breathe in the womb. Instead, the umbilical cord provides the baby with oxygen until the first breath after birth."

- Yet other scientists say: "Fetal breathing is readily detectable as early as 10 weeks' gestation. Fetal breathing occurs for 10 percent to 20 percent of the time at 24 to 28 weeks' gestation, increasing to 30 percent to 40 percent after 30 weeks' gestation."

### **The spirit in man**

- Genesis 2:20—After God created Adam, He acknowledged that the man had superior traits to cattle, birds of the air and every beast of the field.

- 1 Corinthians 2:11—The apostle Paul noted that a person knows the things of a man by the spirit of man in him.

### **The Spirit of God**

- Romans 8:16—The apostle Paul wrote that the Spirit of God bears witness with our spirit.

- 1 Corinthians 2:11—The apostle Paul wrote that no one knows the things of God, except the Spirit of God dwells in him.

- 1 Corinthians 2:12—The very next verse mentioned that the spirit of the world is different from the Spirit that comes from God.

The Spirit of God should be flowing.

- John 3:8—The Son of God described the Spirit of God like wind blowing.

- John 7:37-38—The Son of God described the Spirit of God like water flowing.

Have you ever seen a small pool of water dry up because no water was flowing into it?

Have you ever seen a small pool of water stagnate because no water was flowing out of it?

- Positive energy must be flowing in from God.
- Positive energy must be flowing out to others.

### **Questions to consider**

- What kind of energy is flowing into your life?

Recognize the negative energy coming toward you.

Recognize the positive energy coming toward you.

- What kind of energy is flowing out from you toward other people?

Recognize the negative energy that you are sending toward other people.

Recognize the positive energy that you are sending toward other people.