

## POSITIVE ENERGY – Part 5

1/31/24

- Tonight – Opportunity to give a Bible study
  - Comment – Will conclude the series about positive energy
  - Title – Positive Energy – Part 5
  - Purpose – To recommend a 3-prong 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
- 

### Part 1 – 3 sources of positive energy

1. The breath of life
2. The spirit in man
3. The Spirit of God

### Part 2 – 5 factors which cause energy level to be positive or negative

1. Heredity
2. Environment
3. Reasoning skills
4. Conscience
5. Experiences

### Part 3 – 2 reasons why we lose positive energy

1. When we help people
2. Because of sin
  - sin – committed by you
  - sin – committed against you
  - observing sin – committed against others

### Part 4 – The 5 senses

1. Smelling
2. Tasting
3. Touching
4. Hearing
5. Seeing

### Part 5 – Reminder of 3-prong approach

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

Before we look at Biblical examples, I want to remind you that you should fill your senses with truth from more sources than just the Bible.

In a presentation last Saturday, I said – “This presentation will give you some actions to do”

It is not my purpose – to encourage you to seek salvation based upon actions

It is not my purpose – to encourage you to feel worthy of salvation

However, I believe it is my responsibility to do the following

1. To help you to accept the calling from the Father
2. To help you to accept salvation through the Son of God
3. And to help you live a way of obedience that leads to blessing

An article in 2012 – listed 32 “Deepest Values Checklist”

1. What kind of energy have you absorbed in your life?
2. What kind of energy are you absorbing now?
3. What kind of energy are you projecting now?

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

- Here are some things that healthcare professionals suggest that you can do for depression
  - try to keep doing activities you previously enjoyed
  - stay connected to friends and family
  - exercise regularly, even if it's just 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 healthcare provider

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

Matt. 4:2	fasted 40 days
3-4	word of God > hearing, smelling and tasting
5-7	word of God > hearing
8-10	word of God > hearing and seeing
11	the angels came and ministered to Him
Matt. 26:2	the Son of God will be delivered up to be crucified
37	sorrowful and deeply distressed
38	exceedingly sorrowful – even to death
39-42	prayed twice
Luke 22:43	an angel strengthened Him
Luke 23:34	Father, forgive them – for they do not know what they are doing
John 12:23	the hour has come for the Son of God to be glorified
27	My soul is troubled
36	He was hidden from them
John 16:33	in Me, they may have peace
John 17:26	that the love with which you loved Me may be in them