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God Says "Be Positive"!

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Things can look very depressing when you look and pay attention to all the negative things going in the world, and our personal lives. As I write this, October 1st, 2017, our country seems to be in much turmoil; Hurricanes Irma and Maria have devastated millions of lives; an earthquake in Mexico has taken many lives; the threat of nuclear war and civil unrest in the United States plague the newscast.

In my personal life, it's been challenging. As an inmate here at USP Tucson, I have to deal with not only negativity from inmates around me, but hatred by many officers who regularly abuse their authority behind the cloak of the Bureau of Prisons. As for the former, I hear more profanity in 10 minutes here than in 10 years at home. As for the latter, I've never seen people treat human beings with such hatred simply because we're inmates.

All this can have you in a serious depression, thinking that life is near worthless. But God is saying to anyone who will believe, "Be Positive!"

I'd like to examine a few scriptures to help you see that no matter how bad things look, God is still in control. Psalm 112:7 actually says that; "He will not be afraid of evil tidings, his heart is steadfast, trusting in the Lord". This leads me to Proverbs 3: 5&6, "Trust in the Lord with all your heart, and lean not on your own understanding; In all your

ways, acknowledge Him, and He'll direct your paths".

I think depression, and being negative, is based on the idea that there isn't anyone to help you out of a tough, or impossible situation. It's like being down 60-3 in the 4th quarter with a minute left- and the opponent has the ball- on YOUR goal line. But when you're dealing with God, or looking to Him for help, nothing is impossible in your life, no matter how things look. But for you to be positive, you've got to trust in a Source that is willing and able to help you. When you do, then the negatives won't take root in your life- notice I didn't say it wouldn't come. It won't STAY, because your trust is in God.

And once you know that, depression loses out to optimism. Proverbs 12:25 says, "Anxiety in the heart of man causes depression, but a good word makes it glad". When you're worried, anxious or depressed, you need to hear a good word- something positive and encouraging to lift your spirits. A good word- God's Word- gives you hope.

When the judge tells your son, "I sentence you to life", don't panic and think some person in a robe can dictate what will happen to another. Trust in God, in the scripture, "Who executes justice for the oppressed, Who gives food to the hungry, the LORD gives freedom to the prisoners". That good word will make you glad.

Proverbs 13:12 says, "Hope deferred makes the heart sick, but when the desire comes, it is a tree of life". When you are depressed, there is little hope, but when you see that there is hope, you gain strength in your life, believing that things can turn around. How then do you get that desire? By

focusing on God's Word, which gives you hope.

Proverbs 15:30 says, "The light of the eyes rejoices the heart, and a good report makes the bones healthy." Depression can make you sick; positive news keeps you healthy. When you're feeding positive and inspirational info in your eyes, head and heart, you become stronger in the midst of circumstances, knowing that there IS an answer; there IS a way to change the circumstances. Of course, all this is by trusting in God, because we are too limited,

But note this positive energy not only must be in your eyes, head and heart, but it must come out your mouth too. Proverbs 15:23 says, "A man has joy by the answer of his mouth, and a word spoken in due season, how good it is!" It is important, in fact critical, that you not only think positive, you must SPEAK it as well.

God wants you to overcome every circumstance, but He knows you can't do it without Him. Remember, you have an enemy- Satan- and he comes to steal, kill and destroy. But if you'll trust God by not trying to figure everything out, but instead by keeping God's Word and promises before you, and speaking God's Word over any circumstance, you're guaranteed to get answers to your prayers. If you know this, then you're on your way to miracles and answered prayer.

Just remember, be positive- after all, God is on YOUR side; that alone is worth rejoicing about!