



## God is Good...

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All the time...and all the time...God is good! When I began this blog in 2017, it was called "Staying Positive." I chose that theme because, sometimes, we can get bogged down in the conditions of our lives and start to take on a negative outlook. I am quite guilty of this. The blog theme helped me to be intentional about looking for something positive to share each week. I have changed the theme to "Sighting Light," and since Jesus is the light of the world, it is still positive.

Regardless of our daily experiences - what we see on the news, on our social media, or how we feel we may have been wronged, God is good, all the time. What can we do if negativity seems to be on our tracks? The best suggestion I have is that we look to God's word. In Genesis, God looks upon His creation and says that it is very good (Gen. 1:31) Have you taken the time to look upon God's creation recently? Scientists agree that 2 hours of nature each week can, "lower a person's stress levels, decrease blood pressure and reduce the risk of asthma, allergies, diabetes and cardiovascular disease, while boosting mental health and increasing life expectancy." All of those things are good!

If we move to the New Testament, we see the best example of goodness is the life of Jesus, the Son of God, who went around doing good. (Acts 10:38) For us to experience God's goodness, we must do good to others. For us to experience a positive life, we must make the life of someone else positive. We face choices each day in how we respond to those we encounter, we can give nasty looks, say bad words, make embarrassing posts, flip off poor drivers - it is our free will to do these things. The Bible says, "You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love." (Galatians 5:13)

We must live in the world, but we are not of the world. "Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them." (1 John 2:15) We must think beyond this world, we must think beyond our mortal lives. Rather than becoming wrapped up in worldly things we must think of our lives as a mist that appears for a little while, but will vanish. (James 4:14) But before we vanish, we must choose how we will spend our eternity. Again, there

is a negative and a positive, a bad or a good. “Do not let your hearts be troubled. You believe in God; believe also in me. <sup>2</sup>My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? <sup>3</sup>And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. <sup>4</sup>You know the way to the place where I am going.” (John 14:1-4) The way to the positive place, the place that is good, the place that Jesus has prepared, is through our belief in Him. And it is the only way. Amen.

If you would like more information about Jesus, the way the truth, and the life (John 14:6), please do not hesitate to reach out to me, or someone else who can help you make this important decision.

God is good...All the time!  
Everyone, have a positive week!  
AMEN!  
Kim