

## Fresh Air Part 4: Good Medicine

*(Job 33:4 NLT) "For the Spirit of God has made me, and the breath of the Almighty gives me life."*

*(2 Timothy 1:16 TLB) "May the Lord bless Onesiphorus and all his family because he visited me and encouraged me often. His visits revived me like a breath of fresh air."*

*(2 Timothy 3:1-3) "But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving..."*

- ✓ **Ungrateful**
- ✓ **Unholy**
- ✓ **Unloving**
- ✓ **Unforgiving**

*(John 10:10) "The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full."*

*(Proverbs 17:22) "A cheerful heart is good medicine."*

*(Nehemiah 8:10) "The joy of the Lord is your strength."*

## Good Medicine

### 1. Make the choice every day.

*(Hebrews 12:1) "Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us."*

*(Psalm 19:14) "May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer."*

## **2. Develop a high appreciation for life.**

*(Psalm 90:12NLT) "Teach us to realize the brevity of life, so that we may grow in wisdom."*

*(1 Thessalonians 5:16-18) "Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus."*

## **3. Find something positive in everything.**

*(Philippians 4:8) "Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things."*

## **4. Turn everything over to God.**

*(Philippians 4:6-7) "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

*(Philippians 2:5-11) "Your attitude should be the same as that of Christ Jesus: Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself and became obedient to death-- even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father."*

## **Fresh Air Principle #4 - Choose a Christ-like attitude of faith.**