

Christ's Death Brings Life

Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins. **1 John 4:10.** {UL 223.1}

Satan had declared to his synagogue that not a single human soul would maintain his loyalty to God's commandments. One soul saved would prove this statement to be false. One soul saved would demonstrate the righteousness of God's government. Created in the image of God, man must not be left for Satan to rule and ruin. Christ came to this earth, and by a life of obedience showed that man could obey. He canceled the guilt resting upon the sinner. That the sinner might stand before God clothed with His robe of righteousness, He clothed Himself with the robe of sorrow. {UL 223.2}

Who can fathom the suffering of Christ in the Garden of Gethsemane, as He felt to its fullest extent the weight of the sin of the world? So keenly did He feel the sinfulness of sin that for a moment the cup trembled in His hand, and all heaven heard the agonizing cry, "O my Father, if it be possible, let this cup pass from me" (Matthew 26:39). "Nevertheless, not my will, but thine, be done" (Luke 22:42). The omnipotent God suffered with His Son. {UL 223.3}

Stand before the cross of Calvary and learn from it the cost of redemption. With breaking heart, the holy Sufferer upon the cross of Calvary looks up to God, and cries, "My God, my God, why hast thou forsaken me?" (Matthew 27:46). The angels of heaven sympathized with their loved Commander. Gladly would they have broken their ranks and gone to His assistance. But this was not God's plan. Our Saviour trod the wine press alone, and of the people there was none with Him. {UL 223.4}

The plan of redemption was laid to bring salvation within reach of sinners. Christ has carried out His purpose. His death has brought eternal life to all who will accept Him as a personal Saviour. But many, many of those He died to save refuse to return their loyalty. The world is fast becoming as it was before the Flood.... {UL 223.5}

Christ declares, "As the days of Noe were, so shall also the coming of the Son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of man be" (Matthew 24:37-39). {UL 223.6}

Let not those who have had great light fold their hands, content to do nothing.— Manuscript 66, July 28, 1901, "Fragments: Work in the South." {UL 223.7}

THE GLORY SONG

When all my labors and trails are o'er,
And I am safe on that beautiful shore,
Just to be near the Lord I adore,
Will through the ages be glory for me.

Refrain

O that will be

O that will

Glory for me, Glory for me,

Be glory for me, Glory for me,

Glory for me; When by His grace

Glory for me;

I shall look on His face,

That will be glory, be glory for me.

When, by the gift of His infinite grace,
I am accorded in heaven a place,
Just to be there and to look on His face,
Will through the ages be glory for me.

Friends will be there I have loved long ago;
Joy like a river around me will flow,
Yet, just a smile from my Savior, I know,
Will through the ages be glory for me.

OPENING PRAYER

Let not those who have had great light fold their hands, content to do nothing.
Lord lead us not into temptation but deliver us from evil. In Jesus precious name I
pray. Amen

Positive thinking: Stop negative self-talk to reduce stress.

Positive thinking helps with stress management and can even improve your health. Practice overcoming negative self-talk with examples provided.

Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life, your attitude toward yourself, and whether you are optimistic or pessimistic — and it may even affect your health.

Indeed, some studies show that personality traits such as optimism and pessimism can affect many areas of your health and well-being. The positive thinking that usually comes with optimism is a key part of effective stress management. And effective stress management is associated with many health benefits. If you tend to be pessimistic, don't despair — you can learn positive thinking skills.

Understanding positive thinking and self-talk

Positive thinking does not mean that you keep your head in the sand and ignore life's less pleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.

Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you are likely an optimist — someone who practices positive thinking.

The health benefits of positive thinking

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

It is unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.

It is also thought that positive and optimistic people tend to live healthier lifestyles — they get more physical activity, follow a healthier diet, and don't smoke or drink alcohol.

Identifying negative thinking

Not sure if your self-talk is positive or negative? Some common forms of negative self-talk include:

- **Filtering.** You magnify the negative aspects of a situation and filter out all of the positive ones. For example, you had a great day at work. You completed your tasks ahead of time and were complimented for doing a speedy and thorough job. That evening, you focus only on your plan to do even more tasks and forget about the compliments you received.
- **Personalizing.** When something bad occurs, you automatically blame yourself. For example, you hear that an evening out with friends is

canceled, and you assume that the change in plans is because no one wanted to be around you.

- **Catastrophizing.** You automatically anticipate the worst. The drive-through coffee shop gets your order wrong and you automatically think that the rest of your day will be a disaster.
- **Polarizing.** You see things only as either good or bad. There is no middle ground. You feel that you have to be perfect or you're a total failure.

Focusing on positive thinking

You can learn to turn negative thinking into positive thinking. The process is simple, but it does take time and practice — you are creating a new habit, after all. Here are some ways to think and behave in a more positive and optimistic way:

- **Identify areas to change.** If you want to become more optimistic and engage in more positive thinking, first identify areas of your life that you usually think negatively about, whether it is work, your daily commute or a relationship. You can start small by focusing on one area to approach in a more positive way.
- **Check yourself.** Periodically during the day, stop and evaluate what you are thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.
- **Be open to humor.** Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.
- **Follow a healthy lifestyle.** Aim to exercise for about 30 minutes on most days of the week. You can also break it up into 10-minute chunks of time during the day. Exercise can positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. And learn techniques to manage stress.
- **Surround yourself with positive people.** Make sure those in your life are positive, supportive people you can depend on to give helpful advice and

feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.

- **Practice positive self-talk.** Start by following one simple rule: Don't say anything to yourself that you would not say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you. Think about things you are thankful for in your life.

CLOSING THOUGHTS

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CLOSING PRAYER

Stand before the cross of Calvary and learn from it the cost of redemption. With breaking heart, the holy Sufferer upon the cross of Calvary looks up to God, and cries, "My God, my God, why hast thou forsaken me?" (Matthew 27:46). The angels of heaven sympathized with their loved Commander. Gladly would they have broken their ranks and gone to His assistance. But this was not God's plan. Our Saviour trod the wine press alone, and of the people there was none with Him. Father Your Son died that we might live, cleanse us from all our unrighteousness and prepare us the way to meet our lord. In His precious name I pray. Amen.