

Reset Chapter 7 (Positive perspective)

Questions for discussion

1. Is the Positive and negative competing inside you?

I guess it might come down to toleration. These days we hold that dear to our hearts. We tolerate others who are negative towards us. We tolerate the negative responses we tell ourselves in the mirror. Is it responsible to our wellbeing to tolerate the negative? I dislike people being negative towards the world. I also dislike positive people who bury the truth for the sake of being positive. There is a balance of knowledge and understanding that we can learn from within the negative. That is a positive thing for us.

The negative life seems to be all we have. Rich people get divorced at a higher rate than poor people. Poor people die at a higher rate than the rich. Don't you just love all this negative talk? I thought this chapter was called "Positive perspective"? We both just spent 6 chapters complaining about why our lives have sucked. We can blame people, the church, God, or sin, but either way, something crapped on your day. I am not one of those happy monkeys that spew flowers on everything. Sometimes things just suck.

I know a guy who is Mr. Positive. Everything is by Gods will and it always works out. He makes people around him sick. He used to pinch, hug, and kiss his first wife all the time. I almost hated going there because it made my marriage look terrible. Behind the scenes they were in a horrible marriage. They got divorced and he remarried. Some of his kids are a mess; his relationships are strained, and his second marriage is failing. Still Mr. Positive is remaining to be up-beat on life. That guy lives in the shoes of an ostrich with his head firmly shoved in some hole that's for sure. Chapter 1, p, 1

2. We are more than meets the eye aren't we?

There is more inside the mirror than we are willing to admit much of the time. I have had trouble looking into my eyes some days. If I had a list of all my positive traits, would I embrace them, defend them, use them? We are serious, funny, kind, and stubborn all at the same time. We are many things to many people. A Lawyer is not just a lawyer. He or she is also the person behind the Lawyer mask. Do you know or want to know who you really are?

If I wasn't important then why did God make me? If there is no God then why am I here? Someone will say we are like leaves in the wind. We just exist by dumb luck and are just blowing around, like dust, until we pass away. If that is so then why am I self-aware of the world around me? Descartes said "I think therefore I am." We are communicating through my words. I guess we exist, so I think.

Does a leaf care about looking good in the mirror? Does a dog mind if his words are offensive? Dogs don't talk dumb ass. Humans are different than other parts of

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creation. I believe we are here for a reason. We are just too complicated to just exist. We invent things to survive. A tree lives based on everything around itself. Its existence is relying solely on weather and soil. A person goes in a cave or grows food to eat and survive. We are more than meets the eye. Chapter 7, p, 3

3. To be yourself you need to see yourself

I have met so many unhappy people. I read their comments on Facebook. They are searching for meaning in this tough world. I feel that much of the time we miscast ourselves in the things we do. Divorce people seem to change. Why? They find freedom to express who they are. Really they are just deciding to search for meaning. They could have stayed in the relationship if a couple will search together. We define and miscast ourselves within the things we do far too often. Who are you?

Be yourself. How can I say it any better. Be yourself. I find that church is the worst place for talent. People are drawn to a church. Many times they don't know why. Inside they find that there is no service available for their talents. She might be a painter but there is no painting ministry. He might be an evangelist but this church does not do that, yet God draws these people into your church. I find that Pastors have agendas that fit who they are and not what God brings to them. It seems to become more about whom the Pastor is rather than what God is orchestrating around him.

In a nut shell the Pastor is a Shepard. He cares for a flock of people. In the Bible some sheep were white while others were speckled. The Shepard uses the differences to his advantage. A church should look like a tool box. Do you think the twelve apostles were all the same type of guys? Oh no, they certainly were not, Peter was a rough leader and perfectly bull headed to move the church forward. Phillip was an evangelist and he did it very well spreading the young gospel message. Judas was the money guy (ok that didn't work). John was the writer. Jesus used these differences to further the kingdom of God. Chapter 7, p, 6

4. Are you your own worst enemy?

We see ourselves and think "I can't." Once I tried riding a motorcycle. I crashed into a car. I realized it was not really me. I was just trying to be something for someone else. It's good and healthy to try different things. Sometimes we just know it's not me. I can be my own worst enemy with negative talk about myself. That also works in letting myself be used in the wrong place. Know who you are and insist on being used in those areas you are good at. It's in those places that our best work will show up.

The very first king of Israel was a king of the people. He turned out to be a bad king. God says in 1 Sam 16:7 But the Lord said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him. For the Lord

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sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.” Who we are inside is what we need. It is what you need too. The real you has been a real blessing and a real curse to those around you. That seems strange but you have heard it said “You are your worst enemy.” Miscast people cause a tremendous problem most of the time because they are unhappy doing the wrong thing. The curses you have experienced just might be miscast people.


Ask yourself this “What drives you passionately”? What do you love to do? What kind of friends do you keep? My closest friends from high school were a map maker, sailor, and space geek. I was a DJ and played hockey as a goalie. My friends did none of those things. I am a deeper person these days because of my friends. They complete me. My talents complete them too. Anyone in a church that rejects you because of your talent has got it all wrong. Chapter 7, p, 8

5. Do you believe you are something special?

Know how to define yourself. My thoughts on a reset are to give “You” perspective on “You.” To see what God already knows about you. I can’t stress enough that this world is far too complicated not to have God in it. Random did not make this place. One guy compared the Big Bang Theory and random evolution to a print shop exploding and out comes the dictionary. We were designed to be more than something special. You have to see that before you can thrive.

I said earlier that a reset is really about getting perspective. It’s about stopping, smelling the roses, and seeing yourself as you are. Yes, see yourself. It’s so important to be yourself. I can’t stress it enough. You can’t really be yourself until you see yourself. In the first year of my divorce I spent way too much time looking in the mirror. I kept looking for me. Who was I? I thought I was my “Ex’s” husband: wrong. I thought I was non-Christian: wrong. I had been told for 33 years I was supposed to be anything but me. From my parents to my Ex-wife I have been told I am less than stellar. Yet, in the mirror I began to see something else.

What did I see in the mirror? Well it began one day when someone in a group said that God values us. What? That was just plain ridicules. I knew who I was because everyone (And I mean everyone) told me that I sucked as a person. Remember, my Dad told me it was my fault for the break-up. My mom wanted an apology for my choice in a wife. My Pastor said I needed help. A teacher told me not to pursue school because he said I would fail. Well let me tell you, night school, a University degree, a new marriage, and several books later they were all dead wrong. They are all dead wrong. Chapter 7, p, 10



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6. Seeing the positive is seeing a new perspective on you

Seeing the positive is good for your soul, and the souls of others you meet. Being positive is a good thing. Understanding the negative is good too. Not every day is a good day. There are more good ones than bad. Challenging yourself to be the best “You” is a good thing. Understanding what sin is and how it works is uplifting. To see life through Gods eyes leads to understanding. We need to see ourselves through positive eyes. That begins with knowing yourself and understanding Gods perspective on things.

The positive part is perspective. There are so many good things to learn from the trials we have gone through. Being Mr. Positive does not bring only the positive in life. Life has its own way. We are intertwined with other people. They negatively and positively affect us all the time. What is positive is that you can make an inspirational difference in others' lives. How you live your life will affect you and those around you. What kind of life do you want to lead? Do you want a positive one? Then read on my friend. It's time to open our eyes and mind on how to begin a reset. Chapter 7, p, 15