

#012, 1/18/2016

Welcome to “A Healthy State of Mind”! This is your host, Bo Deaton.

When my children started to school, we were concerned about what was happened in their life, as they began their education. So a piggy bank was place in the middle of the dinner table. It was paramount that the entire family have dinner together.

As a family, we decided when we met for dinner, each person would share something good, and something bad that happened to them that day. Those who refused to share would put a dime in the piggy bank. When the money in the piggy bank amounted to ten dollars we would give ourselves a party.

Needless to say there was never a dime in that piggy bank. It worked! The lines of communication were always open. It’s hard to have a relationship with those you love, if you aren’t willing to share with each other.

My Heavenly Father wants us to share the good and the bad things of our life. He is the problem solver, the healer, and joy giver of life. Talk to Him, He will listen!