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## “A Healthy State of Mind”

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

Sometimes when I am alone, I wonder if God knows who I am and what I am doing with the life He has given me. I know if I was the Creator and I created someone like me, I would give them what they need and then expect them to give their very best effort, every day.

However, many today seem to be angry with their Creator and believe God has forsaken them or doesn't really care. I sure hope you are not one of them. Psalm 139 the Psalmist talks about our Creator.

<sup>14</sup> I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well.

<sup>16</sup> Your eyes saw my unformed body;  
all the days ordained for me were written in your book  
before one of them came to be.

<sup>17</sup> How precious to me are your thoughts, God!  
How vast is the sum of them!

<sup>18</sup> Were I to count them,  
they would outnumber the grains of sand—  
when I awake, I am still with you.

