

5.

## “A Healthy State of Mind”

#005, 1/1/2016

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

I suppose it's a bit late to talk about gifts, but let me ask you a question. Did you ever go to someone else's birthday party and expect to receive a gift, and if you didn't get one or more were you disappointed.

Perhaps that's a silly question, but isn't that what we do at Christmas?

Every day of every year we receive gifts from God and most of the time we don't even acknowledge them. Who doesn't marvel at the beauty of His creation- snow capped mountains, redwood trees, butterflies, squirrels playing in the trees? We can soak up the sun of summer, we can burn God's trees for warmth, polish His stones for jewelry, grind His flowers for perfume. Those gifts are easy to receive. They come to us without a threat. But if someone gives us a nice gift and we have no gift to give them, we feel uncomfortable, we don't want to be obligated.

Maybe that's why people have such a hard time accepting Jesus Christ. Becoming a Christian is a gift from God.