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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.

I have a friend who is married to a lovely lady, both are in their ninety's. They love to dance. When you talk to my friend about dancing he gets very excited. He also told me that his wife always lets him lead.

I have another friend who loves to dance, but his wife died a few years back. I saw him the other day and ask him what he had been up too. He said, “Bo, life is really good, I've just been dancing with God”!

He told me how difficult it was following his wife's death. How he had always been the head of the family, but suddenly his wife's illness became the problem he couldn't solve. He learned that when you Dance with God you can no longer lead, He must be in the lead and you must follow. When I learned to let God lead my life my problems seemed to dissipate. “Seek first the Kingdom of God and His righteousness, and all these things will be given to you as well. Life will be wonderful, when we let God lead.” Matthew 6:33