

Can I Have This Dance? **By Tim Cosby, Terra Nova Coaching**

As I ponder the dance of the last 28 months of my life I realize the power of one simple word in my life: "Yes." At a period of life when most men are thinking about doubling the contributions to their 401K's I decided to step out of a very comfortable life and career and do something new. Crazy? Perhaps. But as I think about all of the new dance steps we have learned, I can't imagine having missed this part of the journey. My life is so much richer because I decided to say "Yes" to what I thought God was asking me to do. If my life was a dance at the Ball, Jesus came up to me while I was seated on the sidelines and said, "Can I Have This Dance?"

I was raised in a very conservative Christian home where dancing was viewed as "worldly," so I can't say that I really like to dance. In fact, I'm a terrible dancer, just ask my daughter. Because I tend towards being a perfectionist, I don't like to attempt things that I'm not good at. When Diane and I are at a wedding reception where dancing is being encouraged, Diane is usually the one to pull me out on the dance floor. But when I do, it's always enjoyable, and often very humorous to those watching, I'm sure. Saying "Yes" to the opportunity to dance with Diane has deepened our relationship and resulted in some good laughs along the way.

Saying "Yes" to God has resulted in dancing in a new life direction. Sometimes that dance has resembled kicking and screaming more than dancing. Sometimes the action of my feet has resembled sticking my toe into the river more than an all-out dance. Sometimes that dance has resembled running away more than dancing. But I am dancing in a new direction and it all began when I said, "Yes" to a big question God asked of me. Saying "Yes" to God has opened the door to new and exciting possibilities.

Here are a few coaching questions around saying "Yes" to God.

In what area of your life do you think God is presently asking you a "Yes or no" question?

How would you like to respond?

Where would you most like to say "Yes" to God in your life?

What kinds of thoughts keep you from saying "Yes" to God?

What would happen if you said "Yes" to God in an area in which he has been speaking to you?

When was the last time you distinctly remember God asking you a "Yes or no" question, and you said, "Yes?" How would you describe the results of saying "Yes" to God in that situation?

What is the relationship between the frequency of saying "Yes" to the people in your life and saying "Yes" to God? What do you think would happen in your relationships if you started saying "Yes" to God more frequently?