



## Episode 00: Introducing The Next Right Thing Podcast

It's advice we've heard many people give, advice I've taken, forgotten, then remembered again.

It's held me up through young motherhood, through grief, indecision, frustration, vocational boredom, and spiritual confusion.

A version of this advice has been famously quoted by Mother Teresa, Reverend Martin Luther King, Jr., Theodore Roosevelt and Anne Lamott. It's a guideline for living in Alcoholics Anonymous, it's become a common catch phrase for coaches and athletes, in boardrooms and corporate motivational speeches.

So what exactly is that advice? Simply do the next right thing.

It's good advice - great advice, actually. But it didn't sink in for me fully until I started noticing it in the Gospels.

So often right after Jesus would perform a miracle, he would give a simple next thing to do:

To the leper he said, "Tell no one, but show yourself to the priests."

To the paralytic he said "Get up, pick up your bed, and go home."

He told Jairus and his wife, after raising their daughter from the dead to "Give her something to eat."

In some ways, it seems he should give them a life plan, a clear vision or a 5 year list of goals, instead these people were given clear instructions by Jesus about what to do next - but only *next*. Not indefinitely.

He had their attention. Their souls were awake, attentive, and alive to his voice.

For them, He made the next right thing unmistakably clear.

But what about for us?

How are we to know what our next right thing is?

This is a question that gets my attention and what I want to explore with you in this podcast.

I'm Emily P. Freeman wife to John, mom of three - I got my start writing on a blog and now I've written four books so far. I'm a writer and I love connecting with you, fellow readers, co-journeyers, and friends.

But the truth is, after eleven years of writing down words on the internet and books, I've become smitten with the spoken word as well.

Listening engages our hearts and minds in a different way than reading does.

It's true that we typically consume audio while doing other things - chances are good right now you're on the commute, a walk, doing errands or chores.

But it's also true that audio can consume US in a way the written word can't - the human voice telling stories with inflection, tone, sarcasm, humor and compassion.

Now, I haven't done the research myself, but I've heard smart people say our brains process language differently when we hear it compared to when we read it.

So while I'll always be a writer first, I'm trying on a different medium. I'll continue to do here what I've always done in my writing - to help create space for your soul to breathe so that you can have room to consider your next right thing.

So welcome to *The Next Right Thing* - a podcast where we'll talk about the things that really matter but will rarely make the headlines.

If you are chronically hesitant to make a move or simply struggle from decision fatigue, this is a place for you to take a deep soul breath so that you can discern your next right thing in love.

Whether you are in the midst of a major life transition or if you simply suffer from the low-grade anxiety that daily life can sometimes bring - you always have decisions to make, big or small.

I hope you'll join me for the very first episode next week Tuesday, August 15.

Until then, you can find me at [emilypfreeman.com](http://emilypfreeman.com) , on instagram at emilypfreeman and you can learn more about this podcast at [thenextrightthingpodcast.com](http://thenextrightthingpodcast.com).

As long as we live, we'll be making decisions. Like you, I want to make good ones. If you're facing something and you don't know where to start, receive the words of Anne Lamott who said: "You start where you are, is the secret of life. You do the next right thing you can see. Then the next."