



GOSPEL *for* LIFE

A Short Guide to Spiritual Disciplines Season 4, Episode 7 Transcript

Announcer [00:00:00]:

Welcome to the Gospel For Life podcast. We help churches make disciples. And now here's your host, Darryl Dash.

Darryl Dash:

Welcome back to the Gospel for Life podcast.

As you know, I am interested in what it means to grow spiritually, and I'm always on the lookout for books that talk about how to grow. And that's why I'm glad to talk to today's guest. His name is Mason King, and he's written a really helpful book called [A Short Guide to Spiritual Disciplines how to Become a Healthy Christian](#).

Now, I was talking to Mason before I hit the record button. My main complaint with this book is it convicted me in a few points, and we're going to talk about some of those areas.

This is a book that goes beyond just basic spiritual practices. Most of us know what to do. We know that if we read the Bible and pray and pursue God through the spiritual disciplines, we will grow. And yet many of us still feel kind of stuck. Many times, Mason does a good job of talking about why that is, and he talks about some of the areas that we sometimes neglect when we talk about how to grow things like our attention, our emotions, and our limits. And that's why I'm excited to talk to him today.

Mason serves as the pastor at the Village Church in Flower Mound, Texas, and he also serves as executive director of the Village Church Institute, leadership development and groups. And he's a busy guy. He already has a doctorate of ministry and Executive leadership and is currently completing a PhD in church history from Southwestern Baptist Theological Seminary. He's a native Texan, and he and his wife Carly, have three kids and two labs. He really does care about God's heart for his people, how our habits shape who we are becoming, and discipleship in a secular age. He reads, writes, teaches, and preaches to point to what is true, good and beautiful within God's world. Mason, it's so good to have you on the podcast today.

Mason King [00:02:07]:

Thanks for having me.

Darryl Dash [00:02:08]:

People can't see your office there, but I love it. Tell us a little bit about what is hanging on your wall back there.

Mason King [00:02:15]:

Oh, sure, yeah. So in my office there are bookshelves, but within my bookshelves, there is a red stag that my grandfather, who is a rancher and a banker. My grandfather used to buy animals from the zoo in my hometown, and then he would take them out to our ranch and we would have small herds. And so we had a herd of buffalo, we had a herd of elk, and this elk was on the door next to their kitchen in their house. And so as their grandchild, every time I went in and out of the kitchen, this elk that we called Hartford was hanging there. And so when my grandparents passed, I took buffalo and the elk, and they're either in my office or in my son's bedroom right now.

Darryl Dash [00:02:58]:

That's amazing. I love it. It makes me a little bit jealous. I don't know if you've seen Ray Ortlund's office.

Mason King [00:03:03]:

Yeah.

Darryl Dash [00:03:04]:

I have office envy every time I see it. So when I hope to go see it in person, that's amazing.

Well, Mason, thank you for your book. I really did appreciate it. I've been devouring it over the past week. There are so many books on spiritual growth and spiritual disciplines, and yet you decided to write one, and I think it has a unique take on the topic. What made you decide that you wanted to write this book?

Mason King [00:03:33]:

I love thinking through and having conversations around who God is, what he wants for us, and who he wants us to be. And so on a weekly basis, I'm teaching in our kind of theological environments here. And I'm having conversations with people who are struggling through that, how they've interpreted who God is, how they've thought through who God is based on people they've known or their own thoughts, and how that really shapes both what they believe they should be and then what they do day to day. And a few years ago, my wife and I were talking about if I was ever to write something, what would I want to do? And I said, Well, I think there's plenty of things that I could write on, but my heartbeat is discipline and habit, and that's what I've, for the last 25 years, studied and wanted to help have conversations in.

So an opportunity came along not just to get to write on it, but to write on it in a way that would be accessible with a layperson for the people I work with week to week in our classes and to have conversations in an age that I think really needs to hone in on reclaiming some of the things we've given away. And so I was really excited about it. It was a fun project. I benefited personally from writing it, and I'm enjoying the conversations about it.

Darryl Dash [00:04:49]:

Well, you're singing my tune, and you and I have a very similar interest on this topic, and that's one of the reasons I'm so excited to talk to you today.

Basically, in the first part of the book, you help us understand what a healthy life with God looks like. And I find that's a really good place to begin because a lot of us misunderstand what spiritual maturity is so unpack. That a little bit for us. What are some things that we tend to misunderstand about spiritual growth?

Mason King [00:05:15]:

I think we misunderstand who God is and who he says we are. And so we often will project how we've interpreted ourselves based on responses from other people or life experiences we've had, how we've interpreted things. We will take those things and say, well, that must be how God treats me, because that's how I treat me. That's how other people treat me. And when we do that, as some theologians call like that's, doing theology from below, not from above, and it's not allowing God to tell us who he is.

So that's the importance of being biblically literate and theologically sound, to know this is who God says he is, this is who he reveals himself to be, and this is who he says I am. It's not what I think he says about me, it's what he says about me. And that's why it's important to look to Jesus who says, hey, I the Father, are one. You've seen me, you've seen the Father. And so I spend a lot of time talking through how to deal with yourself in light of what you think God thinks about you. And do you have a good view of that?

An illustration I use is that for years I would say God loves me. I'm just not sure he likes me. And so he loves me. I'm allowed in the house, but I'm going to hang out near the front door, like where you keep the umbrellas and the shoes. And I was like, at some point he's going to figure out I was a bad buy, he needs a refund or I'm going to round a grace. And it kept me from delighting in him. And I think delight is what drives us and will help us move towards the things that are actually good for us. So thinking through, hey, how do you view God? What does God say about you and what do you really want?

And are your desires pointed in the right direction? So I think disciplines help us get there.

That's why I want to talk about really the metaphor of a tree runs through the whole book and trees grow and they're planted next to water. So there's a sermon included from Jonathan Edwards about Psalm One. And I try and point towards trees take time and trees have to be planted in the right places. So that's what a healthy, vibrant life is, is to make sure you're planted in the right place again and again and again.

Darryl Dash [00:07:13]:

Yeah. Psalm One is, I think, my favorite psalm. And that reading from Edwards was powerful. It's so good.

In the book, you talk about the fact that God is not waiting for a future version of you to love. And I think that's the trap we fall into a lot of the time, that one day God's going to like me, but there's no way God could like me right now. My life is a mess. Why is it that we believe we can even preach? I know pastor friends of mine that can preach a powerful sermon on God's love, and yet they have a hard time believing that God could love them. They don't experience that love. Why is that? And what can we do about it?

Mason King [00:07:53]:

Gosh, it's such a great question. I can attempt an answer at that. I think a lot of us don't love ourselves well and we think that as a Christian, to love ourselves is inherently selfish or it's not good. And we have a misunderstanding of who we are. So I come from a Reformed camp of thinking about that god's choosing me in salvation is his work, it's not mine. Even though I grew up Baptist and walked a lot of aisles and in thinking through it, I don't write about this in the book that we have come to associate ourselves with the phrase of being dirty rags and thinking I'm no good. There's nothing good in me. So God can't love me. Or if he does love me, he most tolerates me and gosh. What's true is the things that I have both been born into and the things that I do are displeasing to God. He wants me to be made new because he cares about me.

And having that kind of mindset to both grow out of what you've told yourself and to receive love from God takes a lot of reinterpretation in our own stories, a lot of looking and going, okay, where have I made assumptions? Where do I need to get some help in praying through this? That I might actually treat myself with kindness as God would treat me and realize he's not shaming me into discipline or obedience.

He's actually inviting me forward into joy. And I think it's a lot easier for us to picture crossed arms, tapping foot, frowning face than like eyes up, looking for someone, caring for them, inviting them in and being patient. We just live in a culture that we're not patient with ourselves. We don't have long horizons of faithfulness in mind. We have microwavable maturity that doesn't exist. And so I think we don't know how to be gracious with ourselves in the right way. We're too scared of being giving ourselves license instead of giving ourselves biblical grace. And we need to see how Christ treats us.

Darryl Dash [00:10:06]:

This morning I happened to be reading Ephesians 3 where Paul prays that they would understand the dimensions of Christ's love. And it just struck me today, what a powerful prayer, right? That's a need that most of us have that's right. That we would understand the height and the breadth and the length and all of that of Christ's love. So, yeah, that's so good.

Mason King [00:10:23]:

I mean, what would happen if you got it? Like if it's stuck in the height and the breadth and depth and the width of God's love for you in Christ? I think about that, of just how much if I truly it was in my guts and the cynicism and the skepticism of God being actually good or that I could change or that life could be different. What if I just chose faith? I think there's such a value of faith, hope and love being the virtues.

Darryl Dash [00:10:54]:

That we go after so good this is not an easy time to follow God. I know that no time is easy to follow God. Recently I heard somebody observe that it's not that it's harder now,

but it's different. We face unique challenges in following God today. And I really appreciated your book. I think your book is written to address some of the unique challenges that in 2023 and beyond that we're facing in our current age, secularism and screen distraction and that kind of thing. What are some of those challenges that we just need to recognize actually are endangering our walk with God?

Mason King [00:11:33]:

So in the second, or I guess the other two thirds of the book, I talk about these three categories of attention, emotions and limits. And like yourself, I spend time in the space of, like, who's having conversations about this and what does it look like and where are we in our cultural moment?

And I'm a church historian, and I love looking at trends and so helping people think through, yeah, you woke up at a moment in time, and you have inherited a lot of things that shaped you before you realized it. And depending on what family you were born into, what part of the world you were born into, what elementary school you went to, you just were shaped. And some things you get to choose and a lot you don't. But then if you look at the last 500 years of history and the monumental tidal waves of change in the way that we view God and the world, human freedom, development, progress, we have woken up in a moment. We've been born into the world in a moment that does not live with God as our reference point. We live as ourselves as our reference point. And so that's a big challenge because we don't realize that's a cultural assumption that has not always been.

And so for me, it's been just a study of, like, what are the questions that got asked before I got here that got answered? And then our culture has just said, that's how it is. And so I try and talk about that some in the book of like, hey, this is God's world. And the fact that we wake up and truth is fluid and sin isn't a real thing, and you just need to let people have their own way of being. That's a huge challenge to living as a Christian with conviction, because to live as a Christian, to have a truth claim, is to be seen as being unloving, not as to be looking going, man, God made the world. I should orient my life around his design. So that's a big thing.

And everything right now, I would say everything's a broad term. So I will say most things right now that we are consuming are meant to remove difficulty from our lives. Like, it's just a frictionless existence. So if I can order something and it shows up the next day. If it shows up that afternoon, if I get it in on time, the prime truck comes to my house, I begin to anticipate that that's how things in life go, is I want it and I get it. And if I turn on the TV and I've got 400 shows available within 30 seconds because I have high speed WiFi, it's hard for me to understand why I should sit down and read a 400 page book, because it just seems boring. And the underside of that and the dark underbelly of it is that the rewiring that happens in our brains through the dopamine hits and the way that instant gratification, it actually cuts away our ability and our muscles to have sustained attention.

And so it's what I talk about, your attention and your emotions and your limits. Like, our attention is the most precious commodity. We have billions of dollars every day get spent to grab it. If you pay attention to your instagram algorithms and look at what shows up, every click, swipe, and push is not about your enjoyment. It's about further dollars. And it's hard to realize that because it just is easy and tempting. So that's a long answer if you talk about emotions and limits.

Gosh, it's hard to know ourselves when we won't slow down, and it's hard to create space to know God and to be known by God when we feel shame over emotions or we don't have emotional maturity and vocabulary. And if we're trying to do too much, we're trying to do more than a creature can. Gosh, you're not recognizing God's good design for giving you rest.

Darryl Dash [00:15:09]:

So all three of those areas I think a lot about spiritual disciplines and how to grow. And I'm a church planter here in Toronto trying to help people grow. And yet all three areas I find, man, I haven't really given enough thought. So I really appreciate what you wrote on those areas.

Let's just break them down, the whole area of attention. And one time I went to a concert and I forgot my cell phone at home. And it was glorious. It was great. It was Bruce Hornsby. Before he came out, somebody said, Put your cell phones away. Just

enjoy the concert. And I sat there watching everybody not everybody, but about half the people in the concert with these glowing triangles in their life, even after being told to put them away and enjoy it. And afterwards, I just felt I was waiting for my wife. And I kept reaching for my pocket and realized, I am so compulsive in just reaching for my phone whenever I get a little bit bored.

We were just so used to this. How does this actually fight against paying attention to God?

Mason King [00:16:15]:

Yeah, it's a digital pacifier. If you think about Alan Jacobs, who's a scholar at Baylor in Waco, Texas, he's got a few books that I have loved, Breaking Bread with the Dead and then How to Think. And he talks about in Jonathan Edwards day with his sermons, this pastor in Connecticut in the 18th century. You had to be at a point where you felt bad about yourself. You were displeased with yourself to feel what we would call conviction. And then you're like, man, I need something outside of myself to help me because I'm not enough.

But gosh if you can get anything you want, see anything you want, distract yourself from anything you want at the click of a button or scan of your face. What do you need outside of yourself? And if at every moment you have an opportunity for stillness in your life, you reach to be distracted by something outside of where you are, how do you learn how to listen? How do you hear the still, small voice of God when you're four clicks deep in your Instagram Explore page or you've gone to your phone and you've forgotten why you were there?

It is a literal mousetrap for attention that I think, to me is a leading enemy of the of the spiritual life with God right now. If we're not paying attention to how we're stewarding it, I don't think it's neutral. I think a digital destruction. That's why I call it, actually. I say you needed to throw in the digital savior because so many of us look to our devices to save us from ourselves and our own boredom, our own discomfort. And we need to actually reclaim the ability to be still.

Darryl Dash [00:18:04]:

And that's very difficult because as you point out, the amount of expertise that is going into keeping us hooked of the infinite scrolling and the pings and notifications. So, man, what a challenge.

I was also thinking about your section on emotions. I have not seen anybody write about the importance of our emotions in our walk with God like you did, and especially as being an area to pay attention to if we want to grow spiritually. Pete Scazzero has, of course, written about the role of emotions and emotionally healthy spirituality. But talk about that because I grew up in a Reformed Baptist church as well, and I can't remember ever being taught how to steward my emotions and how to bring them to God. I don't think I was taught, but I kind of got the idea that I needed to pull myself together. And when I felt more put together and less whatever upset or angry or whatever, then I could come to God.

How can we actually come to God with the mess that we sometimes are?

Mason King [00:19:11]:

Part of it is of doing work around my family of origin and how I learned how to interpret how to be. And so I learned that managing your anger was respected and being angry was a sign of not having self control.

And so even as an adult, I will find myself getting frustrated with my children when they are angry. And I think you need to get a lid on that. Like, you need to take care of that. Instead of thinking you're seven, I need to help you mature through the emotion. Not to get rid of it, but to know how to move through it.

And so I think like the illustration there is, so many of us have been taught to either avoid, shut down or ignore our emotions. Instead of saying emotions are like I say in the book, and many people said before, they're real, but they're not reliable and they are a sign of something. So you can get curious about them. And you are not your thoughts, you are not your feelings.

And I think that's a lie of our age is that if I think it and feel it one time, it must be who I am. And so being able to handle those and hold space for the emotion to go, why am I feeling this? What does God have to say about this emotion or thought? And what do I need to do with it? And then let it go. And like, if it's like it's not healthy, I don't need that. It's not I need I don't need to go. Why did I think that need to go? Yeah, okay, I'm going to let that go. Like a fish being rereleased into a river. And part of that too.

I put a feelings wheel in the book because we don't have vocabulary. Like, I've talked with and been to enough counseling that I've heard friends go, you know, there's more emotions for men than happy and sad. Like, you're allowed to feel more and it doesn't make you less of a man or it doesn't make you more relatable in different ways and then knowing that God can be trusted with all the emotions.

That's why I love praying the psalms, looking at the psalms and reading them. All of our emotions are recognized in the prayer book of Israel. And so you see that and you're like, man, God can take my happy emotions and my sad emotions. He's able to handle them. And I tell friends all the time here, like, God is big enough for us to be in process. He's big enough. He's outside of time and he knows the span of our lives and so he's not going to freak out if we have a hard day because he knows what he's working towards at the end of our life and it's up to us to go. And I recognize I want to repent and I want to be faithful as long as I have today and can do it.

And so many of us want to be perfect every moment. Instead of taking that, I want to grow like an oak over the decades. And I think that's really important.

Darryl Dash [00:22:16]:

You're with me here because I'm the first to admit, like, I'm too distracted with my phone and sometimes like this morning was a stressful time. I was talking to my wife and realizing that I'd been carrying some stress. And then I'm reading your book and realizing the importance of bringing and processing those emotions with God.

And then you get to the whole part about limits. And, man, I tell you, I try to live my life without respect to my limits. And you had a quote in there that I just thought it was a

commentary on the Psalms that talked about how young people try to live without limits. And when I read that, I was like, man, I am so convicted.

It sounds like you're a busy guy. I mean, you're in ministry. You got a family. You're working on a PhD. I would imagine that you're writing that part on limits as somebody who sometimes has struggled with respecting your limits as well. So you're convicting me, how can we learn to live within our limits? I mean, I'm already feeling like I got to grow in all these three areas. Give me some help here.

Mason King [00:23:24]:

Well, I feel like I have to grow in all these three areas. And so friends who are writers have said, you write the book you need. And in working through this, I have researched and thought and tried to take both what the Lord has taught me, but also for me to go, hey, I'm in this lifelong process of change, and these are three areas I've got to focus upon when it comes to limits.

I turned 40 this summer, and I sat last summer and looked at the last decade three kids, a lot of pastoral challenges where I was working, and a lot of pushing past my limits. Like, I've just I've pulled more all nighters doing schoolwork than anyone in their 30s should. Like, that's for 18 year olds. Like, that's not it's not good. And at the end of it, I'll come down to, why do I think an ongoing ability to handle more and more responsibility is what I'm called to? Because at the end of the day, all that is is adding more on you until you break, and you're not designed to do that.

But I live under the lie of being omni-competent, of, like, I can do it all, and, yeah, I got it. I can make it work to the detriment of myself. And if I'm not healthy, if I'm not able to be present and pay attention to people I am charged to care for because I'm too busy doing something else, I am being irresponsible. And I've had to be convicted of that through burning out, through sitting in conversations with a counselor, with my wife, or watching my kids be disappointed that I've gone. Hey, I've over committed. So I've got to go to this thing, and it's just not worth it. The lie of the good life, being able to do it all and push past your limits, I think God's good design for us has a life that feels like more balance. And I think our culture goes against it. I think our pace of life goes against it. I think we all say we want it, but we don't make it a priority.

And you can't tell me that we don't say we want it because look at the books that are in the marketplace and tell me that the biblical doctrine of Sabbath has made such a resurgence because people in our generation have gone, man, I need self care or Sabbath. And I'm like, those are different things. There's different things. Like, one is a daily responsibility we have, the other is to the Lord and we have to live in light of that.

Darryl Dash [00:26:08]:

Your book, as I think about it, it begins by the way, I think one of the unique things about your book is that it is both theologically rich and yet it's also informed in terms of how humans work. It's not just a theological treatise, but it deals with things like emotions and the complexity of our world. So I really appreciate that it really is applicable.

So when I think of your book, I think of that Psalm 1 image of a tree and just being content with a lifetime of growth and realizing that we were planted. We happen to be planted in soil that necessarily isn't necessarily conducive to spiritual growth, but as we're planted by that water, we can grow and then recognizing the unique temptations that we face to be distracted and to bury our emotions and to live beyond our limits. And what an inviting picture to live a life that is aware of those temptations and yet grows because we're planted by Christ. So I just love that picture and that invitation in your book, basically.

Can I ask you, what are you hoping that will happen in the lives of people as they read your book?

Mason King [00:27:17]:

Yeah, I think you summed it up well. I wrote the book and they say if you write, write like you're writing one letter to one person the entire time. And my hope is that it is a winsome invitation to joy. I think that there's so many promises of where joy can be found that come through, denying our limits, giving away our attention, and ignoring our emotions. But in God's good design, we are continually submitting our lives to him and all of those things. So God, you have my attention. I'm creating space in my life for you because I believe that you are better. And so you find real joy there. And God, you have

my emotions. And so you can tell me how I should feel and help me think through what I'm feeling and teach me how to be vulnerable with other people. And then I'm going to live within limits. When I live within limits, I actually realize, hey, there's something to sleep, rest, diet, relationships, and the amount of pressure that I put on myself and that I allow others to put on me which gosh to be differentiated and to not receive pressure or anxiety from other people that make you push past your limits means that you've got to try and focus on your attention, your emotions and your limits. Because if you're a people pleaser or if you think you can do it all, it's just going to go downhill.

So my hope is that people would read the book and feel the invitation to look at Jesus to know that. I think towards the end of the book I talk about how I need the reminder every day to love God. God doesn't need the reminder. Jesus loves without a sticky note and so we can know that we are held in his hand and secure.

Darryl Dash [00:29:07]:

I wasn't planning to say this, but I think one I mean, I would recommend this book to anyone, but I was thinking especially in the area of emotions and limits this is a very helpful book for pastors to read because I think a lot of pastors, we don't know what to do with our emotions and we're really trying to live beyond our limits. We haven't got to the point where we've learned to respect those. So yeah, I think for pastors and church planters, this would be a very valuable book to read and God might use it. I know he used it in my life to sharpen me. So I'm going to have to go back and reread it and continue to work on those areas for sure.

Mason King [00:29:42]:

It's really encouraging. I hope that it is a blessing and these are conversations with friends and things the Lord has been teaching me that I'm really grateful for.

Darryl Dash [00:29:51]:

Well, let me ask you a couple of personal questions if I could. Sure. What has God been teaching you lately?

Mason King [00:29:57]:

It's this limits question. So I am an individual that I love to do a lot, and I like having a full plate. And I sat with a brother a couple of weeks ago and just expressed like, hey, anytime I lose a responsibility or have a challenge, I have this internal, like, shame response or wondering, is my position safe in what I'm doing? Which nothing outside of me would say it's not. But internally I realize, oh, I over function for my worth. And so I think learning, I love to learn. That's why I've stayed in school and I'm trying to quit and my wife and I have agreed this is the last time I go back. But there's also a thing of like I need a tighter rein on my, on my own limits so I can offer myself to those around me. Not because I'm some awesome person, but so I can be present. Like I have three children. I want to offer as much of myself as possible to my children and I want what I offer to them to be quality, not tired dad because he's too busy trying to crush it somewhere else. And I want to offer that to my wife. And I'm at midlife. And so I'm making these questions, having these conversations, looking at the next 40 years, if the Lord gives it to me and saying, I want to handle my forty s in a way that is just markedly different. Incorporating lessons from my thirty s and honoring conversations I've had with those in their fifty s and sixty s and seventy s, where they would tell me, like, hey, you just don't try and skip it. You have to go through it. And I've been grateful for that.

Darryl Dash [00:31:45]:

Ever since I've done this podcast. I've asked this question, I usually begin it by saying, it's a hard time right now. People are discouraged, and I keep hoping I can skip that part of it. But if you look at world events, it's a discouraging time. There's lots of bad stuff going on out there. What's encouraging you in the middle of all the bad news in the world right now?

Mason King [00:32:07]:

I'm really encouraged. There's been the revival in Asbury, and in my class we were talking about it. I think if you look at revivals throughout history, there's a hunger for God that manifests itself somewhere, and people in other places see it, and they say, I want that too. God is doing something there. I don't need to go there, but I want what's happening. I want to see God at work. And so in our own congregation here, I think

there's a hunger that is beyond yeah, like, I've checked the box, I've gone to service, I've lived in my Christian life. It's. Hey. God, I want you to be known. I want to believe in the world of the Bible. I want to know that you're at work. And it's trying to push past, I would say, what a fellow Canadian calls the imminent frame of trying to push past that, or even just a bubble of rationalism, where it's like, if I can't see it, if I can't test it, if I can't prove it, I don't believe in it. It's. No. God, you're real. Would you be real now, here? And I'm so encouraged by that.

It really warms my heart to think, man, let us be changed by the Holy Spirit, because he's real and he's in us. And I think it is it's a hard time for people, and I think what we focus on will kind of see how we see that. Like, if it is we're pushing on the negative news headlines and just thinking about all the cynicism and skepticism and doubt that's out there. We need to begin to look for the light and to see where God's at work and ask that we would help hold out light. And that's encouraging to me.

Darryl Dash [00:33:52]:

Mason at the end of the book, you quote, I believe it's CS. Lewis, and you say, relying on God has to begin all over again every day as if nothing else has yet been done.

Mason King [00:34:01]:

That's right.

Darryl Dash [00:34:01]:

That is such a profound quote. I copied that one. That one's going to stay with me a long time. I think in this book, you've done a good job of helping us figure out how to do that, how to wake up every day and some of the things we need to pay attention to, to rely on God afresh that day. So I'm so grateful for your book, grateful for your ministry.

It's good to meet you this way. But I hope one day I can meet you in person. And I hope so, too, get to know you a little bit better. Where can people find out more about you and your book?

Mason King [00:34:29]:

Yeah, the book is available wherever books are sold. You can find me on instagram at [@masonking](https://www.instagram.com/masonking) or my blog, masonking.org.

Darryl Dash [00:34:38]:

Well, thank you, Mason. It's good to get to know you. I hope a lot of people read your book. I'm really grateful for your contribution to this field and the way that you've challenged me. So thank you so much.

Mason King [00:34:49]:

Thanks, brother. Thanks for the conversation.