

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 176 – The Magnifying Glass on Your Life

Certain events or holidays, like Christmas, can leave you feeling melancholy. The blues. They can be emotional magnifiers, making your feelings feel bigger and worse.

1) Describe the last time you felt the holiday blues or melancholy. What was the experience like?

2) Name the resulting feelings you had?

Your feelings of loneliness, fear, sadness, sorrow, etc., are created or a result of what you are thinking. The way you are thinking is actually what’s making you feel miserable, or sad, or empty, or any of the other negative emotions. You can use this as an opportunity to uncover something more about yourself – what you are thinking, and why, and where that line of thinking is coming from. Like, why you are inclined to think that particular way? This is processing for awareness.

3) What are some of the thoughts that were brought up from the event or holiday?

What you are thinking magnifies your emotions that make you act in ways that you really don't want: sulking, lashing out, accusing, withdrawing, becoming resentful or bitter, throwing yourself a pity party...

4) What are some ways you act out of your emotions?

Learning how to process through things keeps you from getting stuck in "melancholy." This is processing for awareness. It's a powerful tool for significant and meaningful personal growth, and leads to living a beautiful, full, abundant, Zoë life that Jesus said we can live in John 10:10. Regardless of our life's circumstances. Yes, it's possible to live in less than desirable circumstances and still feel like your life is full and abundant. I am living proof. But it takes intentionality on your part to have this and live this way.

5) Write out John 10:10 and your thoughts about this truth in light of your circumstance?

The most beautiful thing about processing for awareness that leads to changing our minds is that it also changes our hearts and clears the blurry lens so we can focus on "whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise..." (Philippians 4:8) This scripture says to think about these things. That is, magnify them in your mind. You have the opportunity to redirect your thoughts and focus to something and Someone better and bigger than yourself...to magnify Him who is bigger than your malady.

6) Use this space to magnify God according to His character and His promises for you:

This magnifier gets to work and makes all those bad things – your past trauma, feelings of loneliness and loss, emotions surrounding unresolved relationship conflict, pain, sorrow, loss – the magnifier gets to work to make those things come under the obedience of Christ; to become subject to the work of the Holy Spirit that reminds us of truth, and leads us in the abundant life found in our Messiah, Jesus Christ.

If you have any questions or would like to talk about shifting your perspective on the unexpected, email me at coaching@triciazody.com.