

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 119 – When Life Doesn’t Go As Planned

Life doesn’t always go like we planned or what we thought it should. Early on, we tend to map out plans according to the stages of life, believing everything would just fall into place exactly as we planned.

1) As you look back at your “young, dreamer self,” what plans did you make for your future?

Maybe your life looks nothing like you thought it would. Maybe your marriage isn’t looking like you thought it would. Or maybe it’s your career. Or your passion or purpose. Or financial status.

2) In what ways does your life look different than you thought it would?

When things aren’t panning out the way we expected, there can be so much disappointment, confusion, and longings unfulfilled. It can bring up so many other emotions, too.

3) What feelings come up for you knowing your life is not going “as planned”?

In the episode, I shared with you my questions: “Why God? Why does life have to feel so hard sometimes? Why must I feel such suffering? Why can’t I have what I want? Like having all of my children living within a few miles of me raising their own children? Why don’t I get to be a grandmother that’s physically involved in their grandchildren’s lives? Go to their birthday parties, and first dance recital, or soccer game? Why don’t I get to pick them up on a random day just to treat them to ice cream or a movie. Or a sleepover? Grandma camp. That’s what all the other grandmas get to do. Why not me? Why does this feel so much like suffering?”

4) What are your questions for God?

We know that negative thoughts produce negative results in our lives. To combat this, we can seek the Lord to give us a right and different perspective. With His help, we can refuse to feel sorry for ourselves. We can bring in all the logic and reasoning our adult brain has to reconcile the fact that life isn’t a fairytale. Things aren’t always as we want or expect them to be.

5) As you ask the Lord your questions, what can you see that is good? What are the possibilities of what “can be”? What is a new “right and different perspective” that helps you move forward?

With a new perspective you can re-write your story from one of lack and disappointment to one of hope and peace. This *is* possible with the Lord’s help...even when life doesn’t go as planned.

I’d love to be your Life Coach and help you navigate through these deep waters. I coach Christian women on all the topics that we face in life. It would be my privilege to help you. Feel free to email me at: coaching@triciazody.com.