

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 159 – When God Sits You Down

Sometimes our lives are full of wonderful opportunities, fun activities, busy ministry, and even our work. then sometimes all of that seems to come to a halt and it leaves us confused.	And
1) Describe a time when things you've been busy with have come to a halt:	
2) What was your response? How did you feel and act?	
James 1:5 says, "If any of you lacks wisdom, let him ask God, who gives generously to all without repro- and it will be given to him."	ach,
3) What are somethings you'd like to ask God about this season?	

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4)	If you've taken some time to ask God some questions about this season, what do you feel like He may be showing you?
rel	e Sabbatical Year of rest for the people's land was a time to grant a release: to forgive all debts and ease all servants and slaves. Considering your life as the "land," holding on to "debts owed you" begin to dup as a heavy weight you carry around. Intentional forgiveness is critical for freedom and healing.
5)	Make a list of the people and any "debts" you think they owe you due to past hurts:

If God has been orchestrating things to make you slow down, you can be sure that He has a very good

Take a few minutes to ask God to help you forgive those on your list. You are able to release them when you realize that their hurt towards you had more to do with their own heart condition than anything else. We can then release them to God and let them go. When you feel like you have released each one, use a red pen or marker (representative of the blood of Jesus and His forgiveness) to cross them off the list. Take your time with this and communicate with the Holy Spirit for help here.

Friend, if this is where you find yourself, be sure to rest and quiet yourself enough to hear what God is trying to tell you. He knows what the most important thing is. So anytime God sits you down, know that it's for your own good and for His glory.

If you need help breaking the cycles of negative thoughts that adversely affect your wellbeing, I can help you. Feel free to email me at: coaching@triciazody.com