

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 158 – Pain and the Complainer

We know that the negative things you entertain and say to yourself can have an adverse effect on your body and show up as things like pain, disease, and gut issues. But did you also know that the reverse is true? Pain in your body can adversely affect your mental wellbeing, leaving you feeling depressed and in despair.

- 1) How have you noticed the mind and body connection in your life? Can you describe a time your brain affected your body, or your body affected your mind?

Matthew Henry’s commentary on Psalm 13 says, “Long afflictions try our patience and often tire it. It is a common temptation, when trouble lasts long, to think it will last always; despondency then turns into despair, and those that have long been without joy begin, at last, to be without hope.”

- 2) What are some of the messages that you tell yourself when you are in pain?

- 3) What were the results from entertaining those messages?

Over the years, there have been many empirical studies that show that gratitude or thankfulness has a direct correlation with life satisfaction. God already knew that thankfulness would positively affect our well-being. In Colossians 3:15, He inspires Paul to directly link living a peaceable life to being thankful. Verse 15 says, “And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.”

4) In the middle of your pain or problem, where can you find thankfulness? Use this space to start a list:

Thankfulness fills you up so much so on the inside that your heart is made whole again. That is what I’ve just experienced. Life’s circumstances and challenges will always come. And since our brains are wired towards the negative, we will always be battling our mind to think of what is true, and right, and honorable. I had to remind myself over and over again, “This is just temporary.” This helped me get a new perspective, calmed my mind, and brought me to a place of peace.

5) What is it that you need to remind yourself of over and over again that will create a mind shift and bring you peace?

Physical pain truly does affect the way our brains work. But isn’t it exciting to know that just by thankfulness you can experience so much peace? I’m praying you will make this concentrated and intentional effort with me towards thankfulness for your personal wellbeing.

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