

TRICIA ZODY
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 107: How To...Make A Decision

If you’re a Christian, you don’t just want to make any decision. You want to make a godly decision. You want to make a decision that is right, that’s in line with God’s will. One that puts you in the most favorable place of God’s blessings and gets you to His purpose for your life.

Some decisions are easy. But there are some decisions that we have to make that send us right into panic mode. Some decisions could actually be life or death decisions; some life-changing; and some decisions that are scary or hard to make because you just have no idea what to do or what the outcome might be. Sometimes we get stuck because of our decision-making history. If we’ve made some decisions that led to something going wrong, then we doubt ourselves, or worse beat ourselves up about it. We then create a story that we’re not very good at making decisions; that we always make bad decisions. We fear making another bad decision and regretting the outcome. So, it keeps us frozen and indecisive.

What is your decision-making history and how do you feel about it and/or yourself?

Follow this pattern to help you make a godly decision:

- 1) Prayer** - Prayer is merely a conversation with God, telling Him all the things about needing to make this decision. Like the messages swirling in your head that you’ll mess up and you just don’t know what to do.. You might tell Him *why* you’re having a hard time making a decision. Tell Him everything in this conversation.

2) **Search the Word of God** - Write out scriptures or ideas that speaks to the subject of your decision.

3) **Seek counsel from godly people you trust** - List their names, seek their counsel, and write any direction they might give you here:

4) **Consider Your Emotions** - Your emotions are powerful directors. They can help steer you in one way or another. But they could also steer you *away* from the very best decisions. What emotions are you feeling surrounding your decision? How are they affecting your decision-making process?

5) **Consider Your Core Values** - Core values are those things that represent your highest priorities, your deepest held beliefs, and the passions that drive you. Write your top 5 here:

6) **Trust God in you** - Trust that the Holy Spirit is constantly moving you to the left or to the right to keep you on the right path. God is going to use everything that you're experiencing in life for your good and for His glory. This should give you great confidence knowing that good things will come from every decision. God will make sure of it. Learning to trust God in us is what allows us to trust ourselves. Write a "new story" about your ability to make a good decision based on this truth:

Going through each of these six things when you need to make a decision will help you feel more free and confident to move forward. God wants to help you make that decision. You've got this!

If you'd like some help to help you navigate through this process, I'd love to be your Life Coach and help you do this. Feel free to email me at: coaching@triciazody.com.