

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 120 – Commit To Love

We were made for love. God made us that way. We crave it from the moment we’re born. We’re made for relationships. We’re *in* relationships; some that we have to navigate and manage, and others that we want to cultivate and grow. And love – *in varying degrees and affections* – impacts all of these types of relationships. Our desire and ability to love, or lack thereof, will determine the degree to which we are feeling satisfied, content, and full in our lives.

1) As you take an honest assessment of your life, how satisfied, content, and full do you feel?

2) Identify your most significant relationships and describe the *type* of love you have there (Eros, Storge, Philia, Agape):

The Hebrew word Ahavah means "Love as strong as death; a "no matter what" kind of love; an “I’m not going anywhere” kind of love; “No matter what.” It’s loyalty. *And*, it’s a choice. We’ve been conditioned to believe that love is something we feel coming *from* someone else. When, actually, love is a feeling that we generate on our own, within ourselves, based on the thoughts we are *choosing* to think about someone.

3) To strength your Ahavah love for someone, use this space to write out the loving thoughts you *choose* to think about them:

Another way to strengthen your love is to “Commit To Love” – the first of the 4 Commitments To Fix Any Relationship. Being committed to love means to believe that love exists between you and the other person. You commit to loving them and believe that they love you - regardless of the way things are currently going, of what just happened, or what has occurred in the past. Without question. Your belief system fuels all of your thoughts.

4) Use this space to “commit to love” in your most significant relationships. Make this your manifesto!

Your manifesto/belief system to commit to love will fuel all of your thoughts about a person when something happens that you don’t like. You will be able to carry out 1 Peter 4:8 much easier. “Above all, love each other deeply, because love covers over a multitude of sins.”

The fourth of the 4 Commitments To Fix Any Relationship is “Commit to taking 100% of the responsibility for the relationship.” You can’t take responsibility for the other person - how they show up, what they do and say. But you *can* take full responsibility for your own behavior and your own feelings in any relationship. Take 100% of the responsibility, because one person can change any relationship. When you change the way you react, the people in your life will change, in response, too.

5) In what areas can you see that you can take 100% Responsibility for the relationship? What are you willing to do or change to get a difference response from the people in your significant relationships?

Friend, you get to decide how you’re going to experience your relationships. Choose love. Commit to love.

If you’d like to get the 4 Commitments To Fix Any Relationship sheet, click this link:

<http://www.triczody.com/4commitments>

If you discover that you’re having a hard time committing to love in your relationships, it would be my privilege to be your Life Coach and help you uncover those things that are keeping you from experiencing the fullness of life. I coach Christian women on all the topics that we face in life. Feel free to email me at: coaching@triczody.com.