

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 138 – In 5 Minutes: Take No Offense

We don’t have to take offense. Ever. Taking offense by someone’s actions, behaviors, or words just leads to resentment and anger, which ultimately results in bitterness. Taking offense always makes us want to defend ourselves. It’s the way we save face. Needing to defend ourselves makes us want to prove the other person wrong. This leads to bitterness.

- 1) Describe a time when you took offense to someone’s actions, behaviors, or words and how you responded:

- 2) How would you have liked for them to behave instead?

Curiosity leads to Compassion. And compassion and Bitterness cannot coexist. The way to be curious is to ask ourselves: What if their words, actions, or behaviors have nothing to do with me, and everything to do with them?

- 3) What reason could you come to if you believed the offense has got nothing to do with you, and everything to do with them?

When you get curious, you can get your eyes off of yourself and seek to understand where they're coming from, what they've been through or experienced, or what they're currently facing that might make them act the way they do.

- 4) What insights could you bring to understand why they might be behaving the way they do? If you're not exactly sure, let your mind wander to make speculations.

When we know someone has unhealed wounds, or at the very least we can speculate, it gives us an opportunity to extend grace and show them compassion in our response, and to not take it personally.

We can have great compassion for people who are not living a life that is free to love and to receive love, a life that is overflowing with joy and hope and happiness, the abundant life Jesus said He came to give us.

- 5) How would you like to respond to this offense now?

Making an honest effort to understand others will keep resentment, anger, and ultimately bitterness out of your life. Because bitterness and compassion cannot coexist. Curiosity leads to compassion, which always gives you the opportunity to take no offense.

If you'd like some help in the area of reconciliation, I'd love to be your Life Coach. Feel free to email me at: coaching@triciazody.com