

TRICIA ZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” 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 2 - Mind, Body, And Spirit Wholeness

We are mind, body, and spirit. This is called the “tripartite” nature of man. If any one of these three are unhealthy or unattended, then there is an imbalance that will play out through one of the others. I likened it to a three-legged stool that becomes wobbly if one leg needs maintenance but is unattended.

- 1) In respect to your mind, body, and spirit, can you identify one or more of these that may need your attention today?

The Mind: It is crucial that you understand that the things that you believe (truth or not) affects how you think. And what you think influences how you feel, which influences how you act or don’t act...providing you with results that you like or maybe don’t like. But it all starts with what you believe. And if you’re believing lies (lie-based beliefs) then you’re stuck in a rut.

- 2) Is there something that you can identify that is a negative pattern in your life? Can you identify a thought, that negative chatter in your head, that keeps coming up? Perhaps there’s an emotion (or emotions) or behavior that constantly shows up. Or maybe the negative pattern is a result that you get over and over that’s not what you want. Write these down on the first line as you explore each area:

Thought(s): _____

Emotion(s): _____

Behavior(s): _____

Results: _____

- 3) From the things listed above, circle the ones you can identify as a lie or are rooted in lie-based beliefs.
- 4) After identifying the lies, can you find something in the Bible that replaces it with truth? Or perhaps you could ask your heavenly Father tell you the truth? Applying a new, true belief is the first step to change. Write these truths on the second line underneath the lie.

The Body: It is important to attend to what the body needs to function well: Good nutrition, deep, restful sleep, and exercise. When we are under stress and do not attend to it, it will manifest itself in the body. It's your 'whole self' telling you "Help! We have a problem here!" Is this something you can relate to right now?

5) Take a minute to think of *one thing* you could do to facilitate each one of these better and make a commitment to implement it this week:

Good nutrition: _____

Sleep: _____

Exercise: _____

The Spirit: The spirit is the element in humanity that gives us the ability to have an intimate relationship with God. It refers to the immaterial part of us that "connects" with God, who Himself is spirit (John 4:24). Just as we need to feed our mind and feed our body to be well, we need to feed our spirit. We do this by engaging in activities that help us connect with God. These things include, but are not limited to, prayer, worship, and being in fellowship with other believers -- and most importantly, reading the Bible.

6) Which of the areas listed above do you need to give more attention to? You're welcome to include anything that you feel God is calling you to do to connect with Him more closely.

The more you are connected with God, the more free you are to be exactly who He created you to be on this earth. All of our intellect, emotions, passions, and creativity becomes *purposeful* when we can understand our place in this world as we're connected to God. You were born with a spirit that has a sole purpose of connecting with your Creator. Real life is found here. Real hope. Real satisfaction and fulfillment are found in connection with God.

7) Describe your current relationship or connection with God. Explain why you think it's that way.

8) What do you believe about who you are? And what do you think contributes to that?
