

Another Beautiful Life

Podcast Worksheet

This worksheet is intended to use as a complement to my podcast “Another Beautiful Life.” It would benefit you most if you listen to the episode before continuing. 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 10 - Love Smothers Fear

Fear feels like a real thing to me. It’s like it has a life of its own. As if it’s a real entity with substance. Something tangible. Like a gremlin. And the only way to get rid of it is to snuff its life out. And I imagine it getting smothered...like with a pillow, smothering its ability to breathe or sustain life. And to me, love does that. Love smothers fear and its life and power over me.

I shared a story of when I had to sell my late husband’s Suburban at the dealership. It was an emotional, gut wrenching thing to have to do. One more loss. I left a mess. Fear had won. Despair had won. I was defeated. I forgot that love smothers all fear.

1) Have you ever experienced something that left you overcome with fear? Write a few details here:

God’s love is so real and intense for you and me, and His love always wins over fear. When you are afraid of something or face something daunting, the solution – quite easily – is to remember that this real, intense love is *for* you, is *with* you in that very moment to face and handle whatever is at hand. When we can get and *own* the truth that a love-relationship with Him is better than life - better and more real than anything else - that His love is more *valuable* to us than anything else, then we find that everything becomes second in importance.

2) What would you have to believe to own the truth that a love-relationship with Him is better than life?

When everything becomes second in importance, this is the “enoughness” of Jesus. It’s having a heart understanding that if we lost *everything* in this world that having a love relationship with Jesus would be enough. And *then* we’re able to handle the things that we need to attend to here with less attachment to things...holding things loosely.

Before the truth is applied – that is, that a love-relationship with God is the highest, most-valuable gain – we are groping around in the darkness. We stumble over things, like selling a Suburban. We run into things, like the fear of an unknown future. And we get disoriented to where we are, thinking the life that we’re now living is “it.” And we think we’d better squeeze out every bit of the goodness there is *now*, because there’s nothing better or more important to come.

3) What is it that you stumble over or run into that’s making you forget that His love is the highest gain?

The truth *is* the light. And when the light switch is turned on, then you are able to “see” the situation from a different perspective, bringing truth to the lie – the lie that fear, loss, and despair are your only companions. Seeing means you’re no longer blind. This kind of “seeing” brings healing to your disordered, chaotic, fear-fraught life. Now you can see things you face correctly, heavenly, rightly, eternally – and you’re wide-eyed to the schemes of the devil and trappings of this world. And the trappings of this world include the fear of not having enough, fear of being misunderstood and rejected, fear of being lonely, fear of being without comforts and pleasures of the world. And, now being no longer “blind” means that you can fight in the light because now you can see! And all you have to do is head-on face the situation with the truth that love- His love, your love together - smother fear.

4) What is it that you fear? What is it that needs the light of truth shone on it so that you can see rightly?

5) Do you believe that a love-relationship with God is the highest, most valuable gain? Use this space to tell Him your fears, and ask Him to show you how His love could be better than life & smother all fear:

Friend, I believe we must make the decision to let God’s love smother our fear. Everything we face, we face *with* this powerful, deep, intense love for us. It’s a love so powerful it’s enough to smother *all* fear. I pray you, too, will know, move, live, and exist in this love today.