

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 12 - Something New: Part 1

Moving forward can be difficult, particularly if you've lost a loved one, had a devastating set back, or experienced something traumatic in your life. But sometimes, these things make us eager to leave that all behind and start something new.

When I was facing this for the first time, I was afraid of moving into a new year without my husband after he passed away. I didn't want to leave him behind, so I definitely wasn't ready for something new.

1) Describe a time when you felt like you couldn't or didn't want to move forward in your life:

A scripture that carried me into the new year was Psalm 23: 6 - "Surely goodness and mercy shall follow me all the days of my life." With this truth, I figured that if I was moving into a new year, then goodness and mercy were coming with me. I also realized that all of the memories of the past, good and bad, were coming with me, too. So, there was no real reason to want to stay stuck in the past.

2) What is it that you would like to carry with you as you move forward to create something new?

New is a word that conjures up imagines of bright hope and life for me. And the beauty of living is that we get the chance to decide, at any time, to begin anew. For others who long for something different from the pain, sorrow, and grief of the past year, or even years, it may feel like "newness" is just out of reach.

3) What feelings come up when you think of moving into something new?

We find that emerging into something new is a process of growth with decisions made one on top of another, like building blocks in order to find or even create that something new. If you have experienced devastating losses, of any kind, you are developing and growing, so that you arise out of, move away from, and emerge into something new - to come forth *as* something new.

4) What would you like to see happen in your life so that you could move to something new? What decisions do you need to make?

Part of the definition of “emerge” says, “to recover from a difficult situation.” The word “recover” means to return to a normal state of health, mind, or strength. And interestingly, synonyms for “recover” are: recuperate, get better, regain one's strength, get back on one's feet, improve, heal.

5) Where are the areas you feel like you need to “recuperate”, “get better”, “get back on your feet”?

Synonyms for “emerge” are: arise, develop, grow.

6) Can you see where you have grown as you move forward after loss? Record that new growth here:

Friend, I pray you find that even in the emergence, God is doing the work of redeeming and salvaging the "experience." He is growing and developing you into something new and beautiful so that you can live with wisdom and understanding. But He's also making sure the "experience" is "redeemed." God is training you with understanding so that you emerge stronger, healthier, and wiser. And you will have a new understanding of what is truly excellent. Your focus will shift more and more to heavenly matters. Your desires will be spiritually shaped. Your longings will be for things of the eternal. Your heart will be undivided. You will recover. You will emerge as something new.