

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 97 - Overcome Fear

Fear is a natural human response to changing or challenging circumstances in our lives. Whether that be fear of what the future may hold, fear not being able to find peace and joy again, fear of being overcome by grief at the loss of a loved one, fear of being alone, fear of being financially strapped, fear of not making the right decisions. Can you identify with any of these?

1) What is it that you fear?

Fear is not of God, it’s the enemy’s handiwork. I shared that as I bowed to fear, the enemy got busy messing with my mind. I began to think: “I must deserve this. I must not be good enough, important enough, lovable enough to live in ease and comfortableness. I *must* be abandoned. I *must* be forgotten. I *must* be left alone. I *must*, because I deserve it. I’m not enough. Not worthy.”

2) What messages are you entertaining in your mind surrounding your fear?

There are three specific things you can do to overcome fear: 1) Check your belief system that fuels your thoughts, 2) Formulate your thoughts based on those beliefs, and 3) Hand your fears over to the Lord and anticipate His intervention.

3) What is your belief system surrounding your fear?

4) What part of your current belief system is based on lies? Once you've identified the lies, follow them with God's truth.

5) Based on your fear, what are your new thoughts that are fueled by a new belief system?

6) Use this space to lay your fears and concerns before the Lord, confessing your faith in expectation of His showing up in your circumstance:

I believe fear is a natural human response to changing or challenging circumstances in our lives, and it's okay. Nothing has gone wrong. It is normal. The phrase "fear not" is in the Bible 365 times! Why would that message need to be spoken 365 times if we humans were not prone to fear? What we don't want is to let fear overcome us. Use this guide to work through each fear you face to overcome!

Friend, if fear has risen up and has taken up too much of your mental and emotional energy *and* you're having a difficult time working through this guide, then I'd love to be your Life Coach and help you navigate through the process of overcoming fear. Feel free to email me at: coaching@triciazody.com.