

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 153 – It’s Time To Wake Up!

Revelation 3: 1-2 says, “I know your works. You have the reputation of being alive, but you are dead. Wake up, and strengthen what remains and is about to die, for I have not found your works complete in the sight of God.”

1) What comes to mind regarding your life when you read this verse?

This verse is the Lord’s admonition and warning to be very careful not to be lulled to sleep. This can easily happen. We get lulled to sleep by the comforts of this world; The luxuries we get to enjoy; Our human nature and fleshly desires call to us to prove our worth and get plaudits from man; We get on the hamster wheel and run for dear life, chasing the carrot and get lulled to sleep. And then we miss what our true calling is.

We can also get lulled to sleep by the inner voices that tell us to be good girls and boys. Or, on the flip side, get out there and grab as much as you can. We’re left with feelings of inauthenticity because we’re afraid people won’t like who we really are, even if we don’t know who we really are. Our essence – our personal being – gets dulled and eventually lulled to sleep. We’re no longer really alive. We may give the impression, or have the reputation, of being alive, but in reality, we’re dying inside. Little by little.

2) Do you feel like you might actually be asleep? If so, what do you think has lulled you to sleep?

Sometimes we keep ourselves so busy so that we don't have to look at what's really wrong. And we don't even have time to notice that we're dying inside. Or maybe you're very well aware. Little by little, month by month, year by year, you feel yourself getting smaller, finding that you're less and less yourself. Maybe you've never really known who you are in the first place. Maybe you're so used to people pleasing, play acting, pretending, that you have no idea who you are, what you like, what makes you happy and brings you life. These are somethings that keep us from living out our God-given purpose.

Ephesians 2 verse 10 tells us that before we were even born, God prepared and determined good works for us, something very specific for each individual to do in their life. But it is true that the wounds of the past can keep us from completing what God intends for our life.

3) What are some things you're currently aware of that are standing in your way of living out your God-given purpose?

Many times, we are looking for external solutions for an internal problem.

4) What "internal problem" could exist that you're trying to fill with external solutions?

It's time to wake up and strengthen what little remains. It's time to slow down enough to allow yourself to see the real you. It's time to uncover what's been hidden – intentionally or unintentionally. And to discover all that God has designed for you to be. Free to be you. Just as you are. Not like anyone else. Beautifully, uniquely you.

5) Write a prayer to God asking Him to wake you up and set you free from the things that have kept you hidden:

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