

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 21 - Blessed To Be Broken: Part 1

Friend, are you feeling broken or in the valley of life? Did you know that it’s here that you have the opportunity to know God’s nearness in a very unique way? Each valley offers an opportunity to experience anew the One who created you and knows you best; to become more familiar with your *real* purpose in life; to live a life so full of rest and peace that nothing can shake you ever again?

1) Describe a time in your life when you felt like you were the target of the enemy:

I remember the heavy weight of grief keeping me in my bed, head under the covers. There were a few days I couldn’t see past the pain of the moment. I couldn’t believe that there was anything worth living for. The pain was just too great.

2) What have you experienced that felt like heavy oppression, keeping you from truly living?

Apostle Paul says, “be strong in the Lord and in the strength of His might,” and then tells us how in Ephesians 6: 11-17. He’s saying, you can be strong. You have the strength of God’s might. And this is how you appropriate it - by putting on the whole Armor of God. And we must put on this Armor every day, *before* the enemy tries to attack us. The Word clearly says that he has schemes of evil against us, to destroy us, to devour us.

The first piece of the Armor is the **Helmet of Salvation**. The helmet guards and protects your mind, and you need to be asking for this protection every day.

3) What, specifically, would you ask the Lord to protect your mind from today?

The next piece to put on is the **Breastplate of Righteousness**. It covers and protects your heart. Your heart is attended to by God through the righteousness you received when you became a child of God.

4) How does your heart need protection against the enemy's tactics?

Next, put on the **Belt of Truth** that holds all things together.

Confess this out loud: The truth is that God, Yahweh, Jehovah, is the One true God. He is Triune in nature: Father, Son, and Holy Spirit. He reigns over all of Heaven and all of earth. He is in control of all things; Sovereign, mighty, able to keep me safe and secure in my salvation. And this God is my Father, the One who cares so tenderly for me. He's the perfect, flawless Father, and because of this he must care for me so perfectly!

The next piece of Armor is **Shoes of Peace**. This is peace to walk your journey and to be ready to tell others of God's love along the way.

5) What would your journey look like while wearing these Shoes of Peace? What would you be able to do? Who would you tell?

Now, raise up your **Shield of Faith**. All around, you are protected from the fiery darts of the enemy because of your faith in Christ Jesus.

6) If you've felt the fiery darts of the enemy, describe what that was like. And then feel yourself being protected and hidden as in an invisible cloak.

The final piece of Armor is the **Sword of the Spirit**, which is the Word of God; a two-edged sword designed for close combat with the enemy. It is made for defense when he flings his nasty lies at you, and for attack when he encroaches on your territory. Your Sword is an effective and deadly weapon! Use it wisely!

7) What scriptures from God's Word would you use as attack and defense to combat the enemy?

When you put on the Armor of God, all of the spiritual forces in the heavenly places are put on notice. Let the enemy know, "You may have set a target on my back, and you may want to take me down and render me ineffective, but I have a weapon greater than anything you could ever come at me with, and that is the Armor of the One True God!"