

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 86 - Turn! Turn! Turn!

Everything changes. That’s one of the Five Given’s in Life - that everything changes, and nothing stays the same. It’s a “given,” and there’s nothing we can do about that. But what we can do is find a way to move through the change; to learn to graciously move with the ebb and flow.

1) What season of change have you just moved into or moved out of? Describe that change here:

If you find that you’re prone to keeping yourself busy in order to keep you from having to be aware and deal with your emotions, it’s probable it’s all still running around in your subconscious. That includes all the things you just don’t want to have to face because it’s painful. The “busyness” we do is called buffering.

2) How do you buffer in your life to keep from dealing with things?

3) What are you really avoiding by buffering?

We know that being mindful about our situation instead of buffering is what brings healing. Sometimes we just want to plow through things to just get past it, asking the season to hurry up and “Turn!”. But we need to slow down and become the “Watcher” of it. Becoming the “Watcher” allows you to see things more objectively without all the heightened emotions slinging us around.

- 4) Consider your situation as if it were a scene in a movie. Watch or observe that scene as a third party and notice what you see. What’s going on? What’s being said or done? And now, as the “Watcher” of that scene, how would you explain that? Or what logic and reasoning would you bring so that we’re able to understand what *might* be going on? What is it that you could deduce or consider that’s beyond what you’re just observing?

As a “Watcher,” it’s here that we’re able to take those observations and hold them up to the light of God’s truth. It’s here that we can ask God the more critical-thinking questions that lead to truth and His promises, rather than being solely driven by our emotions. It’s here that we’re able to see this one event through the lens of the foundation of our faith.

- 5) As the “Watcher,” what are the critical-thinking questions you need to ask God in order to get more wisdom and understanding for your situation?

We move from season to season; from one change to the next. Matthew Henry says, “We live in a world of changes...and we are continually passing and re-passing between them; there is a constant ebbing and flowing, waxing and waning.” But this place that you find yourself in now is like one note is a string of notes that make up the song of your life. Your harmony to God’s beautiful melody.

- 6) If the events of your life can be considered as just one note in the whole song of your life, how could you appreciate this one note for its own qualities?

By letting God’s rich melody pulse through your soul and letting the notes of your life-experiences join in on the song He’s orchestrating, you will find that your life is indeed deep and rich. No need to rush through. No need to quickly “Turn! Turn! Turn!” through this season of change. Because to everything there is a season, and a time to every purpose under heaven. And the God of heaven is crafting your beautiful song...one note at a time.