

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 92 - How To Change A Pattern

How are you doing? How’s your heart? I mean your soul and spirit. How are you doing spiritually and emotionally? If you’re like me, sometimes you can get off track.

- 1) Where do you see you’ve gotten off track? What have you been doing and thinking, or how have you been acting that’s become a negative pattern?

Ephesians 3:19 is an encouragement to experience the depth and richness of God’s love in a personal encounter. Then with a final encouragement to, “Live full lives, full in the fullness of God.” There is a direct correlation between experiencing God’s love and living a full life.

- 2) Recall the last time you felt God’s love in a personal encounter and the result in your life. If you can’t recall a time, use this space to ask Him to allow you the privilege of a personal encounter with Him.

The Apostle Paul’s life was a fully surrendered, engaged-with-Christ life. Getting down on his knees before the Father was probably his response to everything. And this was his fullness. You and I can also experience the deep, rich love of God and this fullness of life every time our response is to get down on our knees before Him.

- 3) What are some of your “everyday things” you think you could respond to like I did?

As humans, we get so distracted with the day to day activities, we need to practice His presence again and again until it becomes habitual. When our response to everything is to get down on our knees before the Father, we're training our brains how to quickly switch gears out of the singular focus of our daily task and onto heavenly things - God the Father; training our brain, one kneel at a time, how to make the connection between mundane tasks and God's presence. Practicing and practicing and practicing.

Physiology or movement reinforces a pattern we're trying to create as a habit. The mind and the body are intimately and intricately connected, and you are training your brain to connect the two. A change in physiology and a verbal response always results in an emotion that is full of life. It's an emotion that sends dopamine to the brain that reinforces the pattern.

4) There are many ways to reinforce a new pattern using physiology and a verbal response. What way might you try?

Friend, if you want to live a full life, full in the fullness of God, it is found in experiencing His love and presence in your day-to-day. His presence is for your good (Psalm 73:28) and He delights in being with you. If you want, use this extra space to write out how you feel about this episode topic as it relates to your life. Let God hear your honest heart about how you're feeling and what you might need. He longs to be a part of your daily life.