

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 131 – Make Your Own Rules

Because you’re an individual with ‘Agency,’ you get to decide for yourself who you want to be, who you are not, and how you want to show up in life. It’s necessary for us to take responsibility for which “rules” frame our lives.

1) What are some rules you’ve established for your life and why?

2) Which of these rules are just engrained in you and which ones did you choose for yourself? Go back to your list above and put an “E” next to the rules you inherited and a “C” for the ones your chose for yourself.

“Legalism” is defined by the things we do to earn something such as God’s favor, admiration from people, or our own personal value and worth. Legalism says that though you are saved by the grace of God apart from works, you are better than other Christians if you maintain a strict, often extrabiblical, code of conduct. Your value is wrapped up in what you do, how you act, and how you perform, all based on a “rule” someone else made up. Rules like, as a Christian you should attend church every Sunday, you shouldn’t play cards, or dance, or have a glass of wine with dinner.

3) Are there any rules you have for yourself that could represent legalism? If so, what are they?

Taking responsibility for which “rules” frame your life makes you think critically instead of just following along with the crowd.

4) Which rules would you like to think critically about and question?

5) Are there some *new* rules you’d like to establish for yourself? Write them here:

When making your rules, you’ll want to weigh the consequences – good and bad - of following them. The way you will know you are making a good rule for your life is if you love your reasons why you’ve chosen to implement them in your life.

6) For the rules you’d like to keep and news ones you’d like to choose, give the reasons why these will be your rules going forward:

As an individual, it is important to take a close look at and begin questioning what you believe to be true and why. When you’re able to think critically for yourself, you’re able to take responsibility for yourself - who you want to be, who you are not, and how you want to show up in life. And this allows you to make your own rules. I hope this guide has helped you begin the process of deciding for yourself what rules you want to follow.

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.