

# Another Beautiful Life

## Podcast Worksheet

This worksheet is intended to use as a complement to my podcast "Another Beautiful Life." It would benefit you most if you listen to the episode before continuing. 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 8 - The Pit, The Fog, and The Blob**

Have you ever found yourself in a deep, dark pit, unable to climb your way out? For me, Fear, Worry, and Anxiety dug this pit, and I fall right into it.

1) Describe a time when you've been in a pit of darkness. What was going on in your life at the time?

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The Fog is similar to The Pit in that you cannot get yourself out of it if you tried. The Fog is so dense that you can't see your way out. It is streaming with poison that has you paralyzed, unable to think or move.

2) Describe a time when you've found yourself in the poison of The Fog:

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The Blob is something that hunts you down and threatens to consume you. To me, it looked like a huge, growing mass of upheaval, change, confusion, disorder, and an unknown future.

3) Describe what *your* Blob looks like:

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My expounded version of 2 Chronicles 20: 15-17 sounds like this: "Do not be afraid and do not be dismayed (shaken up, alarmed, unnerved, unsettled) of this multitude, this horde (roar, tumult, confusion, disorder, unrest, chaos, upheaval, upset), for the battle (this fight) is not yours but God's. You will not need to fight this battle. Stand firm (be in a standing attitude; stand upright and erect; take a stand and hold your ground), hold your position, and see the salvation (the deliverance, welfare, help) of the Lord on your behalf."

4) Based on this scripture, what is it that you need to believe when you find yourself in The Pit, The Fog, or when The Blob is hunting you down? Make this personal to *your* situation.

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In Psalm 40 (The Passion Translation), King David says, "...He heard my cry. He stooped down to lift me out of danger from the desolate pit I was in, out of the muddy mess I had fallen into. Now He's lifted me up into a firm, secure place and steadied me while I walk along His ascending path." Psalm 57:3 says, God reaches down from heaven and saves me. 1 Peter 2:9 says that it is God who called you out of darkness to live in His marvelous light.

God rescues you and lifts you up and out of the dark pit! And then He sets you in a place that has solid ground; A place where the foundation is good and steady, not shifting or giving way; On a path that is ascending, moving upward, not downward. This is the promise that reaches down into the pit and rescues.

5) Kind David says, "He heard my cry." What would be your cry to God today that He needs to hear?

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In Isaiah 41:10, God Himself says, "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

Friend, you can bank on those words spoken to you from Your heavenly Father. Ask Him to open your eyes so that you can see His mighty army surrounding and protecting you. He so wants to strengthen you and to help you. He's just waiting on your permission. Won't you ask Him to pull you *up* from the pit, pull you *out* of the darkness, and fight that relentless blob that's threatening to devour you? He can...and He will.