

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 93 - Seasons Of Life: Winter

A life-change or life-transition can result from many different events and/or experiences. It usually comes with sadness, heartbreak, loneliness, and sickness - whether that be physical or emotional. This is the season of Winter.

1) If this is you, write out the details of your personal life-change or life-transition and how you’re feeling about it.

If we want to move out of Winter, then we must decide that’s what we’re going to do. And in order to navigate this season of Winter well we must do three things: **Learn, Prepare, and Rest.**

Learn: A life-change or life-transition usually leaves you with an identity crisis. Winter is a time for getting to know ourselves. It’s a time for examining, pondering, and introspection. It’s a time for evaluating and re-evaluating our lives.

2) Answer these questions:

What do you like to do? _____

What are you passionate about? _____

What are you good at? _____

What makes you happy? _____

What is your God-given purpose? _____

What do you struggle with the most? _____

What is it that you never want to do again? _____

What would you do differently going forward? _____

What is something new you’d like to do/learn? _____

Who are you now? _____

Prepare: The best way to be prepared for sadness, heartbreak, loneliness, and sickness (i.e. Winter) is to cultivate an intimate, personal relationship with Jesus Christ. This is what it means to be prepared: to have planted the Word of God abundantly in your heart in the Spring, to guard your faith-walk carefully during the Summer, and harvest His favor massively during the Fall. You can have all this stored up - in the storehouse of your soul - so that when Winter looks barren and bleak, you have reserves. You have all you need.

- 3) If you find that you were not adequately prepared for your personal Winter, use this space to let Jesus know what you need from Him now through the power of His Holy Spirit. He's willing. If you *were* prepared, use this space to thank Him and tell Him what you're trusting Him for.

Rest: God wants each of us to find that place where our soul feels at rest – even when we're experiencing a significant life-change. We *can* find rest for our souls in the midst of loss and sadness and change.

Winter is a season where buffering is most prevalent. Buffering is just another word for doing something that keeps you from dealing with the emotions that you think are going to take you under or are too hard to face. Buffering is binging on Netflix, drinking too much alcohol, eating through the pantry, shopping, scrolling on social media. Whatever numbs you out and keeps you from truly feeling.

- 4) What have you been doing to numb you out and keep you from feeling during this time?

- 5) What are you afraid of feeling? Why?

A faith-rest life is one that trusts God through all the hard things this life-change can bring. Part of that is trusting that God will not let you be taken under by those emotions you're afraid of.

- 6) If you're wanting that faith-rest, use this space to ask God to help you process the emotions you've been avoiding.

God knows what's up ahead, and He knows what's best for you as you travel through Winter. God sees you and all that you're going through, and He marks out new paths. As He leads you in this new direction, He births something new in you, draws out the strength in you, rises up all the amazing stuff that's in you that you didn't even know you had. And He expands you into something greater. Get ready! Spring is coming!