

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 149 – Do Right!

Jesus taught the Golden Rule: “So whatever you wish that others would do to you, do also to them for this is the Law and the Prophets. Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard that leads to life, and those who find it are few” (Matt 7: 12,13).

1) How do you wish others would treat you?

2) Can you think of a time when you treated someone in a way that you wouldn’t want to be treated?

Philippians 2, verse 3 reminds us, “Do nothing from rivalry or conceit...” These two, rivalry and conceit, are products of pride: A believe that someone considers themselves better than another. Every action that we take, thought that we have, or word that we speak comes directly from what we believe.

3) When you don’t treat someone “right,” what is the underlying belief that’s predicating that action?

There will be so many times you “do right” and you don’t get “right” back. But, if at the end of the day, you and God are proud of how you showed up in your life, in your relationships, then that’s all that matters. Ask yourself: How have I done today? Am I proud of how I showed up? Is God proud?

4) Write any of those thoughts you have about “doing right” when other’s don’t reciprocate:

You’re only responsible for you and your words, your actions. That’s your agency. You cannot change anyone else. You cannot make someone respect you. You cannot make someone appreciate you and your efforts.

5) How can you take responsibility (Agency) for how you treat others?

Taking total responsibility for yourself is living in Emotional Adulthood. This is also where we’re able to live in peace, regardless of what others are or aren’t doing. It’s also owning up to thoughts, words, and deeds that are full of pride. Are you open to recognizing those places where your life is not bearing the fruits of the Spirit? Are you willing to look at and admit what you are truly believing and thinking that’s making you behave certain ways? Are you willing to humble yourself in order to consider others more important, more significant, than yourself?

6) Write a prayer or petition to God asking Him to change your beliefs so that you can treat others the way you want to be treated:

God wants to free you to be able to treat others the way you want to be treated - In love. In joy and peace, and patience; in kindness in goodness, in faithfulness, in gentleness, and in self-control - So that you can “do right!”

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