

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 121 – Origin > Belief > Identity

We don’t tend to think much about our origin, but it is the foundation to which all the other areas of our lives are tethered. Our belief system is founded on what we learned from our influences of origin: the family, the culture, our ancestry, our education, our religion, and messages we received from the world at large, etc

1) What are some of the origins that have influences your life?

2) What are some of the messages that have shaped your belief system – about yourself, others, and the world?

This belief system that was created from these origin messages is what creates your identity.

3) How would you describe your identity? Where or to what is it rooted?

Take a look at those messages, your belief system, and your identity. Is there anything there that you feel might be making your life miserable and you'd want to question? Explore each of the origins and ask, "what is the messaging that's been fed to me – explicitly or implicitly? Is it true? Is what I'm believing true?"

4) Write them here. Then take a moment to ask the Lord to reveal truth to you regarding these.

Once you've had a chance to understand how origin affects your identity, you can decide what messaging you want to keep believing and what you want to throw out.

Next, step into your true origin and a right belief system: that you were created by God's Son for God's Son, specifically and for a purpose; that you were created with something unique to offer this world; that you were made in the image of God, bearing His resemblance.

5) How does this belief system change your identity? How do you think you would act? How would it impact your relationships? How would it impact the way you see yourself, and carry yourself, and *be* yourself? Write your thoughts here:

Whatever you believe will determine how you experience your life in every area. I pray you believe truth: that your true origin, being fearfully and wonderfully made by God's Son, loved and wholly accepted, drives your true personal identity and how you experience your life.

If you discover that you're having a hard time recognizing the lies that are directing your life, it would be my privilege to be your Life Coach and help you find your true identity. I coach Christian women on all the topics that we face in life. Feel free to email me at: coaching@triciazody.com.