

# 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 5 - Fear, Doubt, and Unbelief**

In normal circumstances, I'm not a fearful person. But soon after my husband died, fear took hold of my life. My fears and my faith were in a daily, if not minute by minute, struggle. I'm coming to realize that fear is a common feeling.

1) Where have you experienced fear in your life?

---

---

---

---

2) In what ways has fear stopped you from fully living?

---

---

---

---

Write out 2 Timothy 1:7 here: \_\_\_\_\_

---

One thing I know to be true and 2 Timothy 1:7 confirms: fear is not of God, it's the enemy's handiwork. So then, of course, as I bowed to fear, the enemy got busy messing with my mind. I began to think: "I must deserve this. I must not be good enough, important enough, lovable enough to live in ease and comfortableness. I *must* be abandoned. I *must* be forgotten. I *must* be left alone. I *must*, because I deserve it. I'm not enough. Not worthy."

3) What are some of the things the enemy tries to convince you of?

---

---

---

---

In episode #2, I talked about the danger of stinkin' thinkin' and the power of the mind to create dysfunctional patterns of thinking that lead to depression, anxiety, etc. Dysfunctional patterns of thinking create new neuropathways in the brain that begin to seem "normal". They are not. And this is the enemy's plan - to get us believing the lies he feeds us so that we let those negative thought patterns seem normal and right.

I was at a point where I wasn't seeing the evidence of Him taking care of me and I was struggling to hear His voice telling me what to do. How do I step out in faith when I'm not sure I understand what He wants or is doing? Here was my dysfunctional patterns of thinking: I *thought* that God wasn't going to provide those things I needed because, surely, He didn't find me worthy of His time or attention. Out of that thought I *felt* worthless, unlovable. I felt like I was alone. I was scared and fearful of everything. So, the question for me became not "Do you believe *in* God," but "Do you believe the God you believe in?"

4) Friend, what is it exactly that *you* believe? Is there some doubt in your mind? Do you believe God will show up for you? Why or why not?

---

---

---

---

---

---

---

---

---

---

I confess that I expect God to "show up" a certain way and "take care of me." I was dictating what that "care" looked like in order to determine whether or not He was taking care of me.

5) Can you identify ways in which you have walked in unbelief? Write them here:

---

---

---

---

---

---

---

---

---

---

The way to combat unbelief is to be unswervingly confident in the fullness of the character of God. He acts out of His character. The more quickly we come to know and understand His character, the more we are able to *experience* His character. And the more we experience His character, the more we *believe* He acts out of His character. Belief starts with what you know of God's character.

6) Knowing the Names of God is a way to understand His nature and character. List a few of them from these scriptures:

Genesis 22: 13-14 - \_\_\_\_\_

Judges 6:24 - \_\_\_\_\_

Deuteronomy 7:9 - \_\_\_\_\_

Exodus 34:6 - \_\_\_\_\_

Jeremiah 23:23 - \_\_\_\_\_

Can you think of some of His other characteristics? Some of my favorites are perfect Father, long-suffering, compassionate, good, holy, righteous, just, forgiving. Oh, the list could go on! Perhaps all we need to do is go through this list and apply each one to our fear, doubt, and unbelief. The light of the truth exposes the lies.

The Bible tells us to "*transform* the way we think by renewing our *minds*." Romans 12:2 says, "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think." I love that, because it's reassurance that the *way* that we think can be changed.

7) What are some new thoughts that are life-giving that you could use to replace the lies the enemy has been feeding you and trying to convince you are true?

---

---

---

---

---

---

---

---

So now I am convinced, it is vitally important to know the character of God in order to see my circumstances rightly. And applying the truth to our circumstances is going to take some effort and action on our part. But if you're like me and you find yourself being manipulated by stinkin' thinkin' *and* you're sick and tired of living such a self-defeatist life, then you'll do whatever it takes to get that thinking straight and in-line with what God says, *who* God is, and what He thinks about you.

Start there, friend, if you find yourself in the same mess. Close your eyes a minute and ask God what He thinks. Ask Him to show you *who* He is. And then see if, just by letting Him, He doesn't change the way you think, and *thus*, change everything! Friend, I pray you always choose to live Another Beautiful Life.