

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 125 – Here Is Your Permission Slip**

When experiencing grief or pain or hardships in life, we need to give ourselves permission to be up or down, to be cranky or to cry, to be okay or not. We need to give ourselves permission to respond authentically. It’s part of the whole human experience. It’s something we shouldn’t deny ourselves of. It’s raw and it’s real. It’s human and the way God created us.

1) What is a recent experience you’ve had that left you feeling “extra” emotional and reactive?

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2) Name some of the emotions you felt and ways you responded to the experience:

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I am sad when I hear someone say they feel guilty for emotions such as doubt, or fear, or sadness. Their argument is that having these emotions proves they have little faith in God.

3) What do you think about yourself and your faith in God when you experience these types of emotions?

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We are encouraged to “Fear not” and to have faith and believe because God knew we were going to have times in our lives where we doubted and were afraid. Having or experiencing the emotion themselves is not the problem or what we should be focusing on. It’s what you’re going to do about it when they come. And for the most part, we need to let them come. Not resist or ignore or deny that we’re actually feeling these emotions - but give ourselves permission to feel and respond authentically. And not make that mean anything at all about ourselves or our faith in God.

- 4) We give ourselves grace for the way we’ve behaved in the past, but “permission” is proactive. What would you like to give yourself permission to do?

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After we’ve given ourselves permission to respond authentically, we should heed the words of the Lord: He loves you intensely and He is with you; He is for you; He’s working things out; He’s answering before you even cry out to Him; He’s your Battle Warrior taking up your fight; He is as near as your breath and His arm is not too short to save. He then brings His comfort by saying now, “Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” Joshua 1, verse 9.

- 5) What Biblical promises or truths do you need to apply to your circumstance or experience? You could write this out as a prayer to the Lord.

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Friend, here is your permission slip to live authentically. You get to fill out the blank slips for yourself. You get to decide how you want to allow yourself to respond to the hard things in life. I hope you choose to do that authentically, embracing all the human emotions that God gave you when He created you. Let yourself live authentically. Give yourself permission.

If you’re struggling with something hard in your life and you’re trying to reconcile or even integrate your faith into what you’re experiencing, I’d love to be your Life Coach and Mentor. Feel free to email me at: [coaching@triciazody.com](mailto:coaching@triciazody.com).