

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 134 – Everything Happens

All kinds of things and everything you could think of is going to happen and be a part of the human experience of life. Because we live in a fallen world, we are now subject to disease and death and evil of all kinds. We also live in the reality that material things breakdown, or get broken, or just wear out.

1) What are some things you’re experiencing right now that has your attention?

My first response to the things that were happening all at the same time was, “Really? *Really?* Can I just please get a break?” Yes, it seems like indeed everything happens...all at the same time. I just wanted to throw up my hands. I’m so over all these human experiences.

2) What are your mental and emotional responses to *your* things?

Entertaining the negative perspective takes up way too much mental energy and derails us. It’s not helpful, because the truth is it won’t stop. So, what do you do? Stop. Stop your brain from running the film narrative without edit. Stop it from catastrophizing everything. We do this by creating a new way of seeing things.

3) What could you say to your brain to give it new perspective knowing that it is just catastrophizing things? Where is the silver lining? What is new that you find in your experience?

Everything happens. This is our reality. The question is, in the reality of life that *you* have, how do you want to experience it? How do you want to feel? Who do you want to be? How do you want to show up? What do you want to be able to do? How do you want to be able to react/respond? What kind of human experience do you want to have in this reality that is your life, knowing that everything happens? Answer these questions:

4) How do you want to *feel* in your experience?

5) What kind of person do you want to *be* as you're going through this experience?

6) How do you want to be able to *react or respond*?

All these things that happen are an opportunity for refinement; to change you; to better you; to teach you; to grow you. To even change your heart so you look and act more like Jesus than like yourself. Then you're able to move through life with a greater sense of peace and calm than stress and pressure.

Then you're able to make room for what's *really* important in your life. You're able to get back to a sense of yourself and your connection to the eternal One. We are unceasing spiritual beings having a human experience until we meet our eternal destiny. There will come a time when we cease to be human and are fully spirit. The Bible tells us that at that point, our human experiences will have greatly impacted the experience our eternal spirit has. 2 Corinthians 4: 17-18 (The Voice translation) says, "You see, the short-lived pains of this life are creating for us an eternal glory that does not compare to anything we know here. So we do not set our sights on the things we can see with our eyes. All of that is fleeting; it will eventually fade away. Instead, we focus on the things we cannot see, which live on and on."

7) Considering the truth that our human experiences will have greatly impacted the experience our eternal spirit has, in what way would you like the Lord to help you navigate through your experiences? Write this as a prayer to Him:

If you'd like some help in this area, I'd love to be your Life Coach. Feel free to email me at:

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