

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 80 - Blessed Are The Mothers Who Mourn

Matthew 5:4 says, “Blessed are those who mourn, for they shall be comforted.” The focus this week is on Mothers who are mourning, as we’re just coming off of Mother’s Day weekend. You may be one of these Mothers mourning for various reasons. And none bears more weight than another, because mourning is mourning. Your mourning, and the reasons for your mourning, are extremely important, because they are yours. Specifically. And it’s important.

1) If you are mourning, fill your name in this blank:

“Blessed is _____ who mourns, for she will be comforted.”

Mourning and grief are two different things. Grief is the deep sorrow that you feel at the loss of a loved one. But mourning is an expression of that grief. If we bottle grief up or cram it down, it’s pain that’s not processed, acknowledged, or dealt with, and results in an explosion of some sort. What you resist persists. It’s like trying to hold a beach ball under water. Eventually it’s going to explode out of that water. Allowed mourning, the expression of grief, is what brings healing to the wounds and allows us to move forward in a healthy way

2) How are you allowing yourself to mourn? What does that look like for you?

3) Describe a time when you didn’t allow yourself to mourn and how it affected you and those around you.
