

# 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 6 - The Faith-Rest Life**

When I don’t have enough faith or trust to believe in the impossible, I’m just going to believe for the next little things; that God will lead and guide me in the *next* step; that there will be provisions there for that next little thing. One step at a time.

1) What is it in your life that you need to believe God for in your next step?

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Hebrews 4 1-11 says that as a believer we have a promise from God that we can live here on this earth in a state of rest (mind, body, and spirit) through faith. The “faith-rest” life.

2) Where or what areas specifically in your life do you need faith-rest?

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I shared that I discovered I was a task-oriented, purpose-driven person, and that finding rest and restoration in God was difficult. In fact, I came to realize that I felt the need to justify the oxygen that I breathed and the space that I took up on earth – as if merely existing wasn’t enough. I had to *prove* that I earned a spot on the earth for the day. What I was finding was that I got much self-satisfaction, and even found my value and worth, in the things I *do*. They began to identify me. Who was I without them? What kind of person am I if I’m not productive? Do I no longer have any value if I’m not “contributing” or accomplishing something? Do I no longer have any worth? I was believing this lie and, thus, I had no rest.

3) What are you currently believing that is keeping you from living in faith and rest? What is it that you need to change your mind about, to exchange the truth for the lie?

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I also shared a story of envisioning myself floating in a flowing river in an inner tube. The instructions were: No swimming; Just floating wherever God chooses to take you; The speed and the direction are His alone. But I always envisioned I had a paddle that insured I could control the direction and the speed of my journey. I could slow things down or speed them up. Turn to the left or to the right. Or even hold up on the bank of the river for a little while. It somehow felt much safer that way. At least it felt familiar. Me, in control.

4) Can you relate to this, friend? What do you feel you must have control over in order to feel at rest and at peace?

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God was asking me to throw the paddle onto the bank of the river and just float. Feet up, hands in, no swimming, moving where His grace takes me. In this kind of rest, I will find grace and provision for every task He lays before me. But here, I also find my true value and worth is not in the doing of the task, but in the being. If I never “do” anything significant or special again, it does not change my value on this earth. It is “floating in a tube on the river...with no paddle”! Rest. Rest and ease of mind. No anxiety. No fear. No concern. Just putting trust in God and following where grace takes me. The faith-rest life. Rest brings satisfaction and sweet contentment. I need that kind of rest. Don’t you?

5) Can you throw your paddle onto the bank of the river and just float, putting your faith in God to lead you? Why or why not? Where do you feel God might be asking you to let go of control, trust Him, and just live in faith-rest? Write out your thoughts here:

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Faith is the assurance of things hoped for, the conviction of the things not seen - Hebrews 11:1. Rest is found in this faith - even when you don’t yet have the evidence of it. It’s relaxing, knowing that God Himself is restoring, confirming, strengthening, and He’s got an abundance of grace and provisions for every task ahead. And it is simply following where God’s grace takes you.

Okay, so I’m throwing aside my paddle today for this faith-rest life. How about you? Friend, I pray you always choose to live Another Beautiful Life.