

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 82 - Can You Handle It?**

- 1) Right off the bat, I confessed that the first words out of my mouth when my husband died was, “I can’t handle it.” What is something that you’re facing or you’re smack-dab in the middle of that you feel like you can’t handle? Describe it in detail.

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- 2) What are some of your thoughts about the circumstance you wrote about in question #1?

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We have experiences throughout our lives and our brains formulate perspectives of those experiences based on other past similar experiences. In other words, the brain creates a way of thinking based on a pattern. Your brain becomes linear and one-dimensional in the pattern of thinking. And the more you just go with it, the more your brain creates neural ruts for that type of thinking. It becomes the lens with which you view all things.

- 3) Which of the thoughts that you wrote in question #2 are ones you’ve noticed as recurring thoughts?

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- 4) Go back to question #3 and put a star by the thoughts that are negative or are lies you're believing.
- 5) Now bring in some new thoughts that might be possible to wipe out the old and create a new perspective.

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Your soul consists of your mind, your will, and your emotions. It's your internal nature. Your soul is what makes you an individual and sets you apart from all other created beings. It's what makes you uniquely you. But the enemy's goal is to take you down by destroying your soul.

- 6) Based on the podcast description of how Satan tries to destroy your soul, which of the three areas (mind, will, and emotions) do you feel most attacked? And why?

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Finding out what His truth is and allowing that to be your anchor, your foundation, totally sets you free. Because the truth sets you free - free to grieve and mourn without being taken under; free to love again when your heart has been shattered; free to trust again when you have been betrayed, or abandoned, or treated unfairly. Free to let go of worry or fear of the future.

- 7) What is it that you need to be free to be able to do?

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God is Jehovah Jireh, the One who provides the finances you need to pay that bill. He's Jehovah Shalom, the peace you need in the midst of a chaotic, upside-down world. He's El Roi, the God who sees you bundled up in a ball on the floor, crying. And Jehovah Rapha, the One who comes near to heal your broken heart. Together, you will make it through. You WILL make it through.

- 8) Which of His names do you need to call on today? Write a brief prayer asking Him to come to your aid.

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