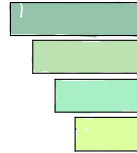




Episode 15
Gemma Hunt.

THE
ALL
TERRAIN
-Podcast-



HOW DO WE FACE CHANGE?



IT CAN GIVE ME ANXIETY!
... BUTTERFLIES!

Start of Term SHOES → End of term



CHANGE IS GOING TO BE ALRIGHT IN THE END - YOU JUST HAVE TO GO THROUGH THAT BREAKING IN SEASON!

IT'S WHY I LIKE PANTO - I KNOW WHAT I AM DOING EVERY DAY



BUT - I DON'T WANT TO GET STALE!
I WANT TO MIX THINGS UP A BIT!

BBC

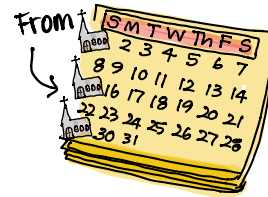
AT SOUL SURVIVOR I HAD THIS PROPHETIC WORD ABOUT BEING SALT & LIGHT IN 'DARK PLACE' OF MEDIA. I TALKED ABOUT MY FAITH IN MY BBC AUDITION

I KNOW I HAVE LET HIM DOWN MANY TIMES, BUT HE HELPS ME GET BACK ON TRACK!

I HAVE HIS ASSURANCE & AFFIRMATION - WHEN MY SELF WORTH HAS BEEN BATTERED



My faith has been my backbone



Camp

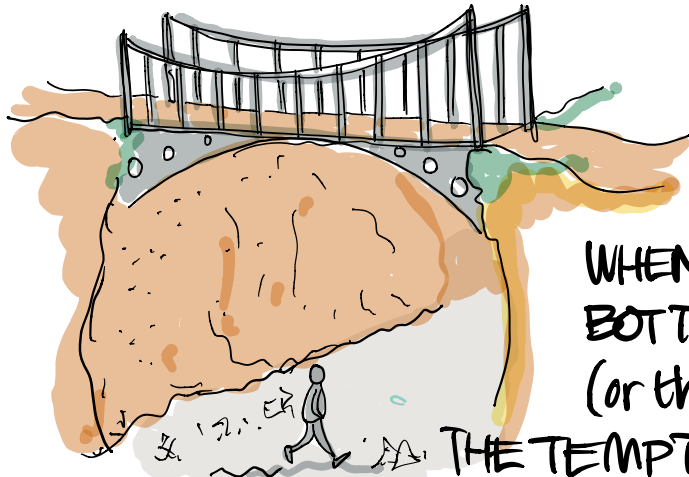


IT WAS WHILE WATCHING 'THE PASSION' AT CAMP THAT I DECIDED TO BECOME A FRIEND OF JESUS!

How long will that last?

Right mum I'll show you!

HOW DO WE MOVE THROUGH SUFFERING?



I BELIEVE WE NEED TO FEEL THE PAIN - IF WE TRY & BYPASS THE SUFFERING, THEN WE DON'T REALLY HEAL!

WHEN YOU REACH THE BOTTOM OF A BIG PIT (OR THIS GRIEF CURVE)

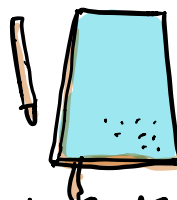
THE TEMPTATION IS TO LEVEL THINGS OUT, OR BUILD A BIG BRIDGE OVER IT!

Finding a counsellor proved to be so helpful



It's strength not weakness.

I WROTE BECAUSE GOD CAN TAKE IT !!



I JOURNALLED DOWN ALL MY FEELINGS BECAUSE I FELT NOBODY ELSE GOT IT! I KEPT ASKING...

Why am I experiencing this?

What's going on?

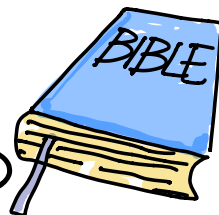
Why is my prayer not answered?

It's not fair!



TO GO THROUGH THESE TIMES MEANS THAT I CAN SUPPORT OTHERS

IN THE PSALMS IT TEACHES US HOW TO RESPOND



IT'S OK TO BE ANGRY & SAY 'It's not fair!'

HOW DO WE RECEIVE JOY?

UNLESS YOU'RE IN A PLACE TO RECEIVE JOY & BELIEVE IT, YOU WILL FIND IT DIFFICULT



Receive... and say thank-you!

ooo... lovely top!

you look great!

ACCEPT THE COMPLIMENT

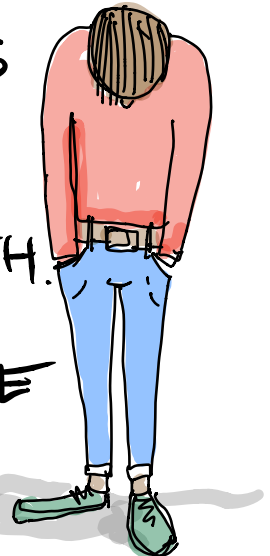
I AM LEARNING TO CONSCIOUSLY RECEIVE PRAISE!



WOW!

PEOPLE AREN'T ALL BAD - IF THEY WANT TO SHARE SOMETHING LET THEM DO IT! THERE'S NOT ALWAYS A CATCH!! Ha

SOME OF US STRUGGLE WITH OUR SELF-WORTH. WE DON'T BELIEVE WE ARE GOOD PEOPLE -



I LOVE PRAYING FOR OTHERS



I LOVE BRINGING JOY TO OTHERS!!

My heart's desire is for people to experience joy of the lord through my work on stage + screen!

HOW DO WE MATURE IN SERVICE?

ALLOW YOURSELF TO KEEP LEARNING - EMBRACE THE CHANGE & GO WITH IT!

LEARN FROM OTHERS AROUND YOU. BOTH OLDER & YOUNGER PEOPLE



WISDOM & EXPERIENCE



NEW CHALLENGES & APPROACHES



ALLOW THE DISCOMFORT!



I HAVE HAD SOME GREAT CHEERLEADERS ALONG THE PATH - GOOD FRIENDS WHO LOVE ME & HELP ME NOT TO GET LOST IN THE CELEBRITY WORLD & KEEP MY FEET ON THE GROUND



Don't Judge!

THIS YEAR I HAVE LEARNED TO BE LESS JUDGEMENTAL!

I HAVE TRIED NOT TO PROJECT MY EXPECTATIONS ONTO OTHERS