



**MEN'S
LEADERSHIP
DEVELOPMENT
GROUPS**

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READ SACRED RYTHEMS CHAPTER 9

ASSIGNMENT ALL MEN :: LEADER TO GOD

- See Handout

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LETTER FROM GOD

This is a reflection exercise. This letter is going to be something you imagine God would write directly to you. It's not intended to say with certainty "God told you" something. But be open to the fact that God may use this time to shape something in your life.

That being said, everyone's letter will look different. Some of you will have a lot written down. Some of you may have very little. Before you begin, spend some time in prayer, ask God to use this time a meaningful connection between you and him.

1. Salutation

Take some time to praise God for who he is, and thank him for anything in your life that comes to mind. After this, turn to a new page in your journal and write: "Dear (fill in your own name),"

2. Affirmation

Ask God what he is proud of you for and what is he pleased with. Write down the things that come to mind. You may find it hard to write down good things about yourself, but for the sake of this exercise, give yourself some freedom to receive encouragement. God is the perfect Father, and he knows you better than anyone else. Write down what you think your Father would say about you as his child.

3. Growth

Ask God what is one area of your life that you would say you are holding back? Write it down as if God is bringing it to your attention: "One way I want to see you grow is . . ."

4. Challenge

Ask God or imagine your heavenly Father telling you what he wants you to do to make progress in the area of growth you just mentioned. Could he be telling you to stop doing something, to do something you have never done before, let go of something, trust him with something, or to begin doing something again?

5. Consequences

What would the consequences be if you don't surrender this thing, this behavior, this relationship, this habit, this addiction, this unbelief, or whatever it is that you wrote above? Write it as if God is lovingly giving you a warning of what your future might hold if you don't address this issue.

6. Reward

Ask God what would be the upside of addressing the issue you wrote above. What could

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your future look like if you allowed him to free you in this area? In this section, imagine a detailed glimpse of what life will be like without that addiction or habit. Imagine God telling you how he feels about you and how proud he will be of you when you have surrendered that area of your life to him. Think about how life will be for you when you've overcome this and connected with him in a deeper way.

7. Signature

Sign the letter: Love, Your heavenly Father

NOTE: You will be encouraged, not required, to share your letter.