



PRE-RETREAT ASSIGNMENT

You are expected to complete this assignment in preparation for the weekend.

1. Buy a journal or a notebook you can use as a journal. Write in it each day for a week prior to the retreat. Bring the journal to the weekend. Include in your journaling answers to the following questions:
 - a. I am known as...
 - b. What others don't know about me is...
 - c. What I struggle to accept about me/my life is...
 - d. What I learned about being a man from my father is...
 - e. How am I like my father/ different from my father?
 - f. What wounds do I carry as a man? What wounds do I carry from my father? How were the wounds given? What was the message of the wounds? How have these wounds impacted my life as a man?
 - g. What's missing in my life? Where do I want to experience breakthroughs?
 - h. What are the current dilemmas I'm wrestling with in my life?
 - i. My relationship with God is...
 - j. Where am I out of integrity in my life?
 - k. Where in my life am I blocking the flow of God's grace?
 - l. Where in my life am I holding back and playing it safe? What is holding me back? Explain.
2. For one week, observe your own judgments about other people. Whenever you are upset by another person's behavior, write down what it is about them that is upsetting to you. Journal on how this person is a "mirror" for you. Also, write down your judgments about those closest to you (family, friends, co-workers. Reflect on how your judgments of them might also be true of you. Write in your journal what you learn about yourself.
3. Make a list of the advice you give to other people. What are you telling others to do to change? Reflect on whether the advice you give to others isn't just advice for yourself. Write in your journal what you learn about yourself.
4. Interview 3 people who are close to you and ask them 3 things that they like the most about you and 3 things they like the least (What would they like to change about you if they could?). Record what they say in your journal and write down your reaction to it.