SOUL TRAINING

Writing a Letter to God

Based on James Bryan Smith's "The Good and Beautiful Life"

Write a letter to God that begins with "Dear God, the life I want most for myself is..." The rest of the letter will complete this opening statement (or prayer). You may want to acknowledge the mistakes you have made, but try to describe, in the rest of your letter, what a "good and beautiful life" would look like for you. Will it involve a major life change? Will it demand a new set of friends? Will it involve changing old narratives and habits? Feel free to dream big. Let God in on your greatest hopes. Be sure to keep this letter in a safe place. You will likely want to read it at least once a year to be reminded of the vision you and God have for your life. Let it be a guide and an inspiration. If you feel comfortable, you may share it with someone you trust.

Ask yourself the questions:

1. What did I learn about God through this exercise?
2. What did I learn about myself through this exercise?