

WAH Part 1-The Heart of Man (Session worksheet)

Each week consider and note what your gut reaction is to each session. What stirred you? Did anything grab you or frustrate you, or make you mad? What questions did the chapter raise for you? Write them down and bring them to the group.

1. What were your feelings and reactions to the 'Brave Heart' clip that you saw tonight? What did it say to you?

Answer:

2. What are some things in life that make you come alive? List a couple below. Think about them during this week.

Answer:

3. List two favourite movies. Why do you like them? Who is the character or hero in the movie that you would love to be?

Answer:

4. How you spend your free time may also give you a clue to your heart. What would be your own dream holiday? Be extravagant!

Answer:

5. When you were a boy what battles did you play out? Who were you? What enemy did you fight? What were some great adventures you lived out as a boy?

Answer:

6. How do you handle your aggression and when does it surface?

Answer:

7. What test of yourself or situation as a man do you fear?

Answer:

8. Do you remember being captivated by a beautiful woman in your youth (real or imaginary)? What was alluring about her? Would you have fought for her and rescued her if it had been required? Did you dream of being her hero?

Answer:

9. How would you describe your daily world? When does it become exciting?

Answer:

10. How would you think your friends would describe you as a man?

Answer:

QUOTE: ' You see there is the life we were MEANT FOR and the man we were CREATED TO BE. And there is the life we HAVE and the man we FIND OURSELVES to be. '

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