

unsent letters

A symbolic gesture to another that is written with no intention of it being shared

- . write a letter to yourself, another person, God, ...
- . convey your emotion freely
- . you don't send it out (unless you really want to)



Share in your small groups!

*note

unsent letters don't have to be angry

they can bring clarity or closure to a relationship or a situation

write honestly, without censoring or editing

e x a m p l e

Think of a time you felt far from or abandoned by God.
Write Him a letter sharing how you felt.

Remember to:

- Set a timer
- Don't let your pen leave the paper
- Even if nothing related to the question(s) come to mind, just continue writing

QUESTIONS (4 MINUTES EACH)

Bring to mind the time where you felt far from God. Write a letter to God and share with Him how you felt in that moment.

REFLECTION QUESTIONS

Read through what you've written. Write a sentence to review what you've written.

What struck you as you read what you've written?

Share this in your small group.

