

WAH Part 6- Adventure to Live (Session worksheet)

A big ask but it is for your benefit. Plan to get away by yourself for a day to some special place, so you can have a day of silence and solitude, (no phone), take your journal and stay with this one question all day.

1. **'If I could do with my life what I most want to do, what would I do?** It has been said 'Life is not a problem to be solved but an adventure to be lived.' A man will not be happy until he's got an adventure in his work, in his love and in his spiritual life.

2. Ponder on this: Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go and do that, because what the world needs is people who have come alive. Read the five trail markers on page 248 of f.bk. Have you even bothered to ask yourself a question like: 'What has lead me to the life I now experience? Ultimately, this means you forsake a careful life that depends on formulas for an intimate, conversational walk with God.

3. Reflect on your life and the options God may be giving you now. When did you really experience freedom and exhilaration in your life? John tells the story (see page 202 of Wild at Heart) that changed his life. He went to the mountains to seek the future direction he should take for his life. On the second day the Lord began speaking to him. He said "If you want to follow me I'm heading that way" John said "I knew exactly what he meant - that way-was heading into the wilderness, the frontier!" As a result of this encounter with God, John turned down the very lucrative job being offered and enrolled in a course of study. He had no idea where his future income would come from.

4. What do you think about the statement 'most men spend the energy of their lives trying to eliminate risk'. If this statement is true then you are literally sacrificing your soul and true power by insisting on controlling things. Example: A man spends all his spare time, and more, studying and playing the stock market.

5. Have you ever stood at the cross roads of life where one path was a dream you could follow and the other was a path that offered safety and predictability? What did you do? Is that what your heart most wanted to do?

6. Have a close read of the quadrant diagram on page 252 of f. bk. It is quite interesting. Can you be honest as to which quadrant you are in. You cannot be on the line! King David and apostle Paul lived in quadrant 4.

7. Spend some time alone thinking about the different types of adventures set out on page 259 f.bk. They break down into a) casual adventures b) critical adventures c) crucial adventures. It is important to do this exercise because it will clarify and help you see where you have been spending your time and money in relation to the decisions you make.

There are no formulas with God. Period. So there are no formulas for the man who follows him.

8. The poet David White said ' The price of our vitality is the sum of all our fears'. What are the major fears you have now as you contemplate embarking on the adventures God is stirring in you? You can shrink back and reject his invitation, or try to come up with a formula that will give you

some control, or simply step forward into the adventure with God. “The realm of God is dangerous” said Archbishop Anthony Bloom “you must enter into it not just seek information about it’.

9. Our whole journey into authentic masculinity centres on those cool-of-the-day talks with God. Asking simple questions like - What are you teaching me here, Lord. What are you asking me to do ..or to let go of? What is it in my heart you’re speaking to? Learning to hear the voice of God in our hearts and recognising his hand in our lives is something that is cultivated over time. All good relationships take time. And lastly, when it comes to critical and crucial questions, always ask God for confirmation. The confirmation may come from scripture but may also come from many other sources. It is helpful to keep in mind we are on a journey and, the essence of that journey is, the father initiating us into our full masculine strength for our rightful role in his kingdom.

And finally someone said “A man is never more a man than when he embraces an adventure beyond his control, or when he walks into a battle he isn't sure of winning.”
And remember, the goal of Christian discipleship is a transformed heart.