



Dear Mom & Dad,

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Write a letter to your parents in the space provided above or feel free to use your own paper. If you have a healthy relationship with them, I encourage you to give your letter to them for Christmas. If you had a hard relationship, write it out for yourself. You can pray through it, rip it up, burn it, whatever you need to do.

1. What was your relationship with your parents like when you were a child?

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2. Was your childhood happy?

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3. Are there any painful memories that you need to hand over to God and forgive them for?

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4. If you are a parent, do you see any patterns of how your parents treated you that you are passing down to your children? (These could be positive or negative traits.)

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5. Do your children feel like they are a priority to you?

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6. What do you hope you are communicating to your children through your interactions with them?

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7. How do you see God?

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8. How does God see you?

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