

SESSION 3

FIGHTING SHADOWS

- 1. Loneliness is an epidemic in our world and in chasing possessions / careers / ambitions, we get lonely.
When was the last time you were with a bunch of men just hanging out and having fun ?**
- 2. What part of your life feels rigid / over-scheduled ?
How can you be more flexible for unplanned interactions ?**
- 3. When was the last time someone really saw what was in your heart and mind ?**