

A SEVEN-DAY PRACTICE IN SPIRITUAL LEADERSHIP

The Seven-Sentence Week

You're Not Disqualified. You're Early.

There is a room in your own house you keep walking past. You believe. You care what your family believes. You have probably told yourself more than once that you should lead spiritually. But you have never said the first sentence out loud, and the distance between conviction and practice keeps getting wider.

That is not hypocrisy. It is a missing rep. You already know how to be a beginner in public; work has required it from you for years. This week asks for the same humility at home. The first sentences may be awkward, too formal, too quiet, or shorter than you intended. The first ones are bad, and bad is the tuition.

The finish line is plain: one sentence, said out loud in front of your household, on seven consecutive days—and the seven sentences written down exactly as you said them.

Day zero: choose your moment on page 2. Then say the first sentence tonight. Under ten seconds. No speech afterward.

One sentence. Out loud. At home. Seven days.

DAY ZERO • BOLT IT ON

Pick Your Moment

Do not build a new habit. Attach one sentence to a moment that already happens. The best moment is not the most spiritual one; it is the one you can recognize while it is happening.

☐**The meal**

Before the first bite, or when everyone is finally sitting down.

☐**The car**

After the doors close, before the music or the next destination takes over.

☐**The bedroom or bedside doorway**

Before you leave the room, turn out the light, or say goodnight.

☐**OTHER MOMENT****I WILL START ON**

Do not wait until you feel spiritual enough. Feeling ready is not the moment. The meal, the car, or the doorway is the moment.

YOU ARE ALLOWED TO READ ONE

The Sentence Bank

Choose one sentence. Read it exactly as written if you need to. That is not cheating; that is how a first repetition begins.

01 Thank you for this food and for the people at this table.

02 God, I'm tired. Help me tomorrow.

03 Thank you for her.

04 God, be with him at school.

05 I don't know what I'm doing. Help me.

06 Thank you for getting us home safely.

07 Help us be patient with each other tonight.

08 Give me wisdom for the decision I have to make.

09 Forgive me for the way I spoke today.

10 Give her strength for what she's carrying.

11 Help our home be a place of peace.

12 Thank you for one more day together.

You are allowed to read one off this page out loud. That is not cheating.

SO IT DOESN'T STOP YOU

What to Expect

The sentence is short. The experience may still feel strange. None of the following means you are doing it wrong.

THE BARITONE

A deeper, more official voice may show up without being invited. Let him speak. He usually leaves when he realizes nobody asked for a sermon.

THE KING JAMES CREEP

Words like *therein*, *unto*, and *thy* may appear even if you have never used them in conversation. Notice it. Keep going.

THE REPEATED WORD

You may say *just*, *help*, or *thank you* twice. God will survive the repetition, and so will everyone in the room.

THE OPEN EYE

You may open one eye to see whether anyone else is still participating. This is normal field research, not a spiritual emergency.

None of this means you should stop. All of it means you started.

DAYS 1-2 • SAY IT, THEN WRITE IT

The Seven Days

The goal is not to sound practiced. The goal is to say one true sentence and record the words you actually used.

DAY 1

UNDER TEN SECONDS

DATE

☐

DONE

WHAT I SAID

*What did you say?***DAY 2**

UNDER TEN SECONDS

DATE

☐

DONE

WHAT I SAID

Was it shorter or longer than yesterday?

DAYS 3-4 • SAY IT, THEN WRITE IT

The Seven Days

The goal is not to sound practiced. The goal is to say one true sentence and record the words you actually used.

DAY 3

UNDER TEN SECONDS

DATE

☐

DONE

WHAT I SAID

*Who was in the room?***DAY 4**

UNDER TEN SECONDS

DATE

☐

DONE

WHAT I SAID

What did you almost say and skip?

DAYS 5–6 • SAY IT, THEN WRITE IT

The Seven Days

The goal is not to sound practiced. The goal is to say one true sentence and record the words you actually used.

DAY 5

UNDER TEN SECONDS

DATE

☐

DONE

WHAT I SAID

Did anyone respond? (No is a normal answer.)

DAY 6

UNDER TEN SECONDS

DATE

☐

DONE

WHAT I SAID

Is it getting easier, or just familiar?

DAY 7 • FINISH THE WEEK

The Seventh Day

Say the sentence at the same moment. Write it down before you decide what the week meant.

DAY 7

UNDER TEN SECONDS

DATE

☐

DONE

WHAT I SAID

Read back over the seven. What did you keep asking for?

Before you turn the page: read all seven sentences once, in order. Do not improve them. Do not explain them.

Seven sentences are enough evidence to tell the truth about what you carried.

THE HONEST INVENTORY

Read Your Seven Sentences

The sentences a man repeats when he is not performing are often the most honest inventory of his life he will ever take.

WHAT CAME UP MORE THAN ONCE?

WHAT IS THAT TELLING ME ABOUT WHAT I'M ACTUALLY CARRYING?

WHO HEARD IT?

You did not manufacture a spiritual moment. You made your faith audible. Your household heard what you are grateful for, what you fear, where you need help, and who you are carrying. Those seven sentences are small, but they are not empty. They are the first visible marks of a man learning to say the first sentence in his house.

THE JOURNEY CONTINUES

Next Week Isn't Bigger

Next week is the same one sentence at the same moment. Not a devotional. Not a family plan. Not a study. Do not make the next step heavier because the first one worked.

The only change permitted is this: say it on the day you do not feel like it. That is where a repetition begins to become part of who you are.

There is more road ahead. At forty there will be another room. At sixty you may be praying for people who no longer live under your roof. You do not need to carry that future tonight. You only need to be the man who starts the sentence when the moment arrives.

NEXT WEEK I AM SAYING THE SAME SENTENCE AT

I am saying it even on the day I don't want to.

**I am the man who says the first sentence
in my house.**

You are not finished. You have said the first seven sentences.