



Letter to My Children – Retreat Worksheet

A Reflection & Writing Exercise for Fathers

Purpose:

This letter is a gift to your child(s)—something they can return to throughout their life. Write with sincerity, mercy, and intention. This is not about perfect words, but a truthful heart. *(Inspired by the Qur’anic advice of Luqman to his son)*

□ Before You Begin (Quiet Reflection)

Take a moment to pause and reflect:

- What does my child truly mean to me?
 - What do I hope they carry in their heart long after I am gone?
 - What kind of relationship do I want them to have with Allah?
 - What do I wish someone had told me when I was younger?
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Writing Prompts

Use these prompts as guidance. You don’t need to answer all of them—let your heart lead.

1. Opening from the Heart

- My dear child...
- The day you came into my life...
- What you mean to me is...

2. Love & Identity

- I want you to always know that I love you because...
- You are special to me because...
- You are a trust (amānah) from Allah, and to me you are...



3. Faith & Connection to Allah

- If there is one thing I hope you never lose, it is...
- Stay close to Allah by...
- Remember that no matter what happens...

4. Character Over Success

- What matters most in life is not...
- Always choose...
- Be the kind of person who...

5. When You Make Mistakes

- You will make mistakes, and when you do...
- Never feel too far from Allah because...
- What matters is that you...

6. During Difficult Times

- When life feels heavy...
- If you ever feel lost or alone...
- Remember that hardship...

7. From My Heart (Optional Honesty)

- Something I've learned the hard way is...
- If I've ever hurt you...
- I hope you can learn from my mistakes in...

8. Closing Du'ā' (Prayer)

Write a personal du'ā' for your child:

- May Allah make you among those who...
- I pray that your life is filled with...
- May you always find.....