MEN'S FRATERNITY

Knights of the 21st Century

Trail 18

KEITH: You know what guys, when we plan, when we decide what we want our lives to be, what we're expecting to have happen, we get really excited. We know what we want to have accomplished, we know what's going to take place and something changes. For me, it happened about a year ago when Roy said to me, you wait until you see this trail that I have in mind and he started talking about it. And I went, oh my goodness. It's going to change how we look at things, how we view things. You see you have more suitcases than everybody else dude?

T.C.: Yeah, my wife taught me how to pack.

KEITH: Yeah, I guess so man. But one of the things that's fascinating is, that is our lives, right. We pack everything into the suitcase of our lives and we say, okay, I got it figured out. I know what I want. I know what I'm going to be. I know how it's all going to work out and something changes. And when it changes, everything that you think, everything that you believe, everything you understand will be altered. I want you to have fun with this trail even though it's going to be a hard trail. I want you to have fun with it because it will end up changing how you do life. Imagine if our suitcases contain the toys of our life, the things that we thought were important and what if we just couldn't take them all. We got to the airport and they said, they're all too big. You

can't do it that way. What if that's the way it worked? What if that's the way it was going to be and you had to say, what do I reduce it down to? We're going to help you do that in a very, very different way.

Take your books and look at Trail 18. Look at I. This trail begins as you read the following letter from your physician. Okay, here's the letter. Hang on guys, it's going to feel morbid, it is. Okay. Dear, put your name in there – my case, Dear Keith. We are sorry to inform you that your test results have come back positive. Unfortunately, there is nothing more at this time that can be done for you. The normal course of this rare illness is three weeks. You will feel fine for three weeks and will experience very few symptoms. From there on, your health will decline quickly and you will pass away within 24 hours. I'm sorry to be the bearer of such bad news. We wish you will. Sincerely, Dr. Quack. Immediately I'm thinking I'm going to get another opinion on this guy, right.

Look at II. because it's going to explain it to us. When you read this letter, what messages are going to your various internal elements? How does this type of message sensitize you in relationship to your life? Alright, so you're going to start to check any kind of responses when you hear this. Now here's what you've heard guys. Here's what you've heard. You got it all planned. You got it all in your suitcase. It's full, it's ready to go and all of a sudden, instead of that you find out that all you can bring is a carry on. All of that has to fit in here or it has to go. That's

what the letter just said. Not I have this many years. I got 21 days. I'm going to now have to say, what is my response to this.

Now we're going to do two things in this experience. One is, I want you to deal with your mortality. That's part of it. If you don't deal with your mortality, you'll believe a lie and then unless God returns, guys, we will die. So all of us somewhere along the line are going to have 21 days, right? So you have to deal with that. So I want you to sort of sense that and actually feel that a little bit. It's not dangerous or bad. It's good but I really also want you to do this. We want you to think, what is important because if I only had 21 days, not everything you carry, certainly not everything T.C. carried is going to fit into here. So what do we do? We say I'm going to make sure that what's important happens in my world.

So, check any response you think you might have if you were to receive such a letter. You may not know the answers to all these questions, but thinking through the possibilities will help you to clarify where you are at as a knight regarding your eventual death. Share what you would expect to occur as you anticipate death by checking the options below that you believe would apply to you. And what we're going to do is we're going to kind of do this as a group of guys in a sort of a roundtable kind of effect, sort of a campfire. What I hope you're going to do later on is you're going to fill out these answers. You may or may not have time to fill them out as we're sitting here now but many of you will be able to fill them out. But certainly fill them out whether it's today or at another time.

And then in your campfire share as much as you can walking through this and saying, okay, here's my response. Here's where I am, what I'm doing. It's the evaluation of what's going to go from the big suitcase to the little suitcase, what's going to become important in my life. So we're going to kind of do that together and then you kind of follow with us on that, alright. So we'll just sort of roundtable it and we'll together do this.

So you take the first one, A, how would your armor respond? Would you be more open and vulnerable? How would your armor respond to this? So you hear the information. How does your armor respond guys? Do you get tenser or does it not. I have this double whammy that I feel on that one. The first thing I feel with my armor is to be honest with you, going to be with God is one of my favorite things in the world. Sounds like an awesome plan to me. I also have regrets with my family and I certainly don't like pain, so I got this 24 hour weirdness that's going to happen at the end of this thing. So my armor, it's interesting. It would be very, in some respects it would be towards God just _____ is all get out. Towards my family and the damage would feel that so _____ would you be more open and vulnerable and the answer is absolutely. If I got 21 days, you're going to hear everything there is to hear. How would you guys respond to that? How does your armor respond and how do you feel? Are you more vulnerable? Are you more open? Are you more internal? What happens to you when you hear this?

ROY: You know Keith, when I wrote this, you know that I can remember where a lot of these things were written. And I remember what I was experiencing at the time and part of it was when I was first diagnosed with some of the heart rhythm issues and I could feel a sense of just wanted to isolate and feel sorry for myself and just kind of pull back in. And I'm aware even as we're going over this, there's guys – one, we don't know when we're going to die, and two, there's guys that are in various stages right now and so maybe even listening to this, a guy that would be closed like I can feel myself closing up, might choose to spend those last 21 days more open.

CLAIR: My initial thought was the armor shot up against the doctor, against the news, against the disease. I just want to protect myself. I suspect that would be a number of days and the armor has to come down because I don't want to live the last days of my life in total isolation, pushing people away.

T.C.: That's really something I worry about. I'd be praying hard for God to properly deal with my armor simply because I will protect my time. I would protest myself from time wasters. I would be very like me, I got 21 days to live and people are coming at me with various variety of wanting my time and now it's so important all of a sudden and from a conscious standpoint, I don't want to waste it so I would be very protective of my time and that might cause me to hurt some people, miss out on opportunities and finding that balance would be difficult.

ROBERT: Yeah, I would be incredibly vulnerable, I think. Um, even though there's a part of me that thinks that I would shoot up my armor, I don't think that would last long. I think I would feel almost overly exposed. I really just want to be able to talk to all the relationships that I have and make sure that I know I left things in the right way.

KEITH: Look at the next part. Do you think you would isolate yourself? We sort of answered that one, but you need to answer that. What would you do with that and we sort of touched on that.

Look at the next one. Would you want to talk more to others? Would you find yourself wanting to be verbal and are you going to express yourself? I'm a talker so, yeah, absolutely, I'm talking. I'm talking.

Look at the next question. Would you rather be left alone? The last thing I want is to be alone. I do not want to be alone in 21 days when I'm dying, just don't. Not going to happen.

T.C.: Me, I couldn't live out my purpose. I wouldn't want to be alone anyway. I got 21 more days to finish my purpose and that's to continue to talk to people and impact people, so yeah.

ROBERT: I may spend I think the first 24 hours just gathering my thoughts, kind of doing what we're basically doing here right now as we talk about it, but I wouldn't let more time than that. I would definitely be seeking people.

ROY: You know I think that I agree that to me, I'd start a little alone and then enter the world, but having gone through this with other

individuals who are at this point in time, a lot of times even when they're with other people, they're aware of the processes that are occurring within them and so there's a sense of aloneness even when you're not alone because you know that what you're experiencing, you know, there's a lot of conversations we have that we take for granted tomorrow and the minute you are in that situation, every time someone talks about tomorrow or the next day, you know, you interpret it immediately different. And yet, that's new because you're not used to living life like that.

CLAIR: Yeah, I thought about the same thing. The phrase alone in a crowd. I could see myself seeking out people, creating environments where I'm with people and I think there'd be moments I'm with them and moments I completely check out realizing I'm on a different path than anybody else in this room.

KEITH: What you do with this news is absolutely incredibly important. You take your Knightly News that you have right in the middle of this whole thing. It's about a guy by the name of Hezekiah. Hezekiah is a king who just found out he's dying. He finds out that this is suitcase. This is it and he was planning on that one so he pleads with God for more days and God gives him more days. He says, I'm going to trade out and going to give you a big suitcase dude, and he blows it. He doesn't maximize those days. This is not a question about 21 days or just 21 years. This is a question about what's important. What do you do with that? Let me give you a statement about Hezekiah. Before he had to

deal with his death, he fought for a longer life. But death cannot be delayed forever, right. The reality is, it's coming so deal with it well so that when you have life, you maximize it. This is all about maximizing what we do. So as you answer the questions think through that. I think it will make a huge difference in how you approach it. So we're each going to ask each other questions and you can be answering the questions as we go, as we walk through these very important areas.

ROY: After armor comes chain mail. What messages would your chain mail send you? Do you have any memories related to someone who you knew who either died well or poorly? In my life, I felt my dad died reasonably well. It was a period of in and out of hospitals for a couple of years. But why I think he died well was he cleaned up some things and one of the things he cleaned up was with me. As you recall back when we dealt with dads, my dad wasn't always there for me and sometimes when he was there, it was poorly done. And he and I had a conversation. One of the hospitalizations he was in he freaked me out. I was sitting beside him. I thought he was asleep when suddenly in this weird voice I had never heard from him, he said, macaroni, macaroni, macaroni and it was almost like a horror flick. And I knew my dad wasn't with it. After that, he and I were sitting at a restaurant and I said, Dad you've always had a sharp mind, can you explain to me what was going on because man, you freaked me out when you started talking like that. And he looked at me and he said, you know Roy, every time I was in that

hospital I was really, really scared, but he said, you know when you were with me, I always relaxed because I knew you would keep me safe and he said the reason I knew you would keep me safe is because I know what kind of father I was to you and I know that despite that, you forgave me and that you would take care of me. And at that moment, was the moment of truth. Do I look at him and say, oh no dad, you were a great dad? Instead I looked at him and said, you're right, I did forgive you.

KEITH: My parents died well, my mom, very, very well. In fact, I wanted to figure out why she couldn't die in her cancer process. She just was looking forward to being with God. My dad changed in the last four days and died well so that was kind of cool. I've been with people in various stages of dying over the years as a pastor, just been with literally dozens of people on their deathbeds and some do not die well. When hope is gone and when issues are not dealt with, man, it's just not pretty so in my case, my immediate family died well.

CLAIR: We referred to this before we had a brother from our men's group that meets. We got to walk through a multi year journey with ALS taking him down. And we got to share, actually brought him on stage and interviewed him with the guys and just tried to honor him and what became, that was probably within six months of him dying. He died well because he lived well. He did not have to scramble in the last couple years of his life to straighten things out. He was intentional for a long time, great father, great business person. Everything he did was well.

And I recall, we went into the hospital room and I remember the one thing we said. He was nonverbal at the time but his eyes said everything and we said, brother, you've been leading a campfire all this time, all these small groups that you led for our men's group. You're just going on ahead. We need you to get the campfire started. There's a couple other of our knights already there. You find them, get the campfire started. We're not going to be too far behind.

T.C.: My father-in-law didn't die well. My wife's father. Just in short, he didn't – he was the kind of person where they would always tell you, he's right and he would never listen to things. So his health was deteriorating you know in a way where it wasn't obvious, you know. Then also, he ended up getting sick with pneumonia and it just kind of caught him off guard. But he had worked 30 year, this was a man's man, a great man, worked 30 years and retired and had all this money and his first thing wasn't really seeking the Lord for what he wanted to do with it. He took it all and went to Alabama and built this huge house but then all these things start going wrong and it didn't work out and he ended up losing the house and that – when he lost the house and then he got sick and then he got the pneumonia and then he died. And that's how he spent the last couple of years. He didn't get a chance to see his grandkids and you know, and things like that. That, that wasn't what he used to talk about. He'd talk about retiring, going fishing, being with his

grandkids and, you know, he never got to do any of that. That's a sad thing but that's what happened.

ROY: Let's look at the next one. Do you have the strength to handle this knighthood challenge? Periodically I've been slow in this one. I've thought about my own death, some of my physical issues. There's some times I see Jesus there and I'm so excited and then at other times I think of my family and leaving them behind or dreams yet that aren't achieved and to me, when I pass on, I know I'm always going to be leaving dreams behind because part of living life well as a knight is to always live with a dream and how you can contribute to life.

T.C.: I don't know. I know I couldn't handle it alone, I can you tell you that right now. Like my wife – like I could have the best attitude in the world when I get this news and I could finish reading that paper, but you know what guys, and I'd give this long speech and use scriptures and I would feel great. I would be in power. I'd be ready to go. If my daughter and my son and my wife started to cry and break, I'm broken. That's it. It's over. And it just kills me and I'm careful because I don't want to say that they're more powerful than the Holy Spirit. The thing is, they're not but I will totally take my eyes off the Holy Spirit and they will be the motivation for my strength. If we're all strong together, I can better focus, but if they break, I'm done.

KEITH: This one I can completely just answer that one. Yes, I can handle this one really well, but then I watched my son with cancer

and watched the courage and strength and the heroic nature of how he's handled this thing, and I go, wow, I know I'm not – I couldn't do what he's doing. And so I look at that and I go, well I know. So I'm not sure how I'd handle it.

ROY: That's fair. Let's look at the next question. What are your beliefs and do they comfort you as you think about your death. What do you guys think about that?

T.C.: Easy one for me. I used to have a terrible fear of death for a long time. I don't now because I'm fully convinced where I'll be. I believe in Jesus Christ. I know I'm going to Heaven and for me, you know, I'm ready when it happens. I'm an honest guy and tell you, I'm not looking forward to dying, but I am looking forward to Jesus and so it has to come but it will come on its own. But I live comfortably because of that belief.

CLAIR: I often wonder if I choose some surgeries to prolong my life even six months. If you do this, you'll get another six months. I keep wondering when I'm in Heaven if I look back and say, man that was stupid. Why do I want spend another six months when this is so amazing.

T.C.: Right, we can't embrace what we've never seen.

ROY: To be absent is to be present.

KEITH: The tough part about this is you know us enough guys to know that we're all going to be seeing ourselves as we have a belief that's going to cause us to have a lot of confidence with this. In your

campfire, it's not true for all your guys. So don't be afraid to be honest, man. I mean belief is really huge and it doesn't have to necessarily be our belief. What this means is are you confident because of what you believe that you're okay in that place. It's okay to say I'm not real sure of that one and so the most important thing is just be honest in this journey. There's not a right or wrong answer. It's your answer and that helps a little.

ROY: Next question. Are they of no comfort to you? Are they of no comfort to you?

T.C.: Talking about those beliefs?

ROYS: Those beliefs. That's what Keith, you just said. And one of the things I've watched at times with people that are dying is how they want to take care of the people left behind and sometimes, like in my dad's case, he passed on right after I said to his wife, you know, can you give him permission to go. You know, and you can see people fighting it and in some of my interactions with people dying, it's important if you can give comfort to the people you're leaving behind by giving them a blessing like your dad gave you and then in another way give comfort to the person dying by saying, we'll be okay. We'll be okay.

KEITH: My sister had to do that with my dad and she says I don't mean it. And I said, I don't care. Go tell him, it's okay for him to go because he's holding on and so she did. And it's okay for you to go.

T.C.: Alright, it looks like we'll move forward here. C says what messages would your body send you from its various elements. What messages would your body send you from its various elements? I look at that and you know, hey, what do you feel immediately when you read this letter. Now what happens? I mean are you fearful? Do you feel fear, do you feel anxiety, do you feel anxious? You know, what kind of things do you think your body will take you through at this moment. What do you guys think about that?

ROY: Well my brain that thinks would immediately – which is part of my body element, my brain that thinks, brain that feels, some of my instincts – my brain that thinks would immediately start to go, is the plan that I created to take care of my family good enough?

KEITH: Yeah. Why don't we look at the elements?

T.C.: Alright, would you have an instinctual tendency to want to run from your body's message through the use of denial? Man I was, when I looked at that question, I thought to myself, because there's a question a little later that's going to ask about a second opinion, I don't know if this is considered denial guys, but I would not take that first letter. That's just me. I want to hear it a second time, like okay, I guess this is it. But yeah, I think everybody is going to have a sense of shock and disbelief and want to make sure like, man, did they mix me up with the guy in the other bed. You know, did they have the right sheet? I think that's natural and normal. I don't know what you guys think.

CLAIR: Yeah.

ROBERT: Absolutely. I think that's part of it. I mean everybody for that shock I think wants to make sure that that's true but you know even in other circumstances, I've worked with people who have gotten bad news like this, similar to this and you know, they go through this process of even hiding behind certain beliefs to say there is no way that they're going to accept such news and stuff and all of that is certain things people use for protection to protect their emotions and stuff. You know, it's interesting. I don't think there's a perfect way to predict how somebody will react to news like this. You know, you can only go by reflecting like what we're doing here, but it's a great question.

T.C.: Let's go to the next one. Would you get a second opinion on your diagnosis? I can tell you flat out, I would. (Laughter) I definitely would. I don't know about you guys but for me, it's just one of those things where I just know where we – first of all, look, I don't want it to be true. I don't want that to be true. I'm thinking about my children and my wife and everything. And then I'll think that, you know, things can be flawed and what I'm careful to do is I just don't want to do this thing where it's like, you know, you get over spiritual and you just say, you know, well God's going to have the final say and sometimes and that is absolutely true. And some people use that as a form of denial to try to ignore the news from the doctors whether God could be giving you that

message from the doctors. So – but I would definitely get a second opinion just to be sure.

ROY: T.C., Dr. Quack is never wrong. (laughter)

KEITH: One of the things that's interesting is that my son trusts his doctor off the charts and he gets probably an email a day from some human being with good intention to say, have you considered this alternative, have you considered this alternative, this alternative to the cancer. For Caleb, trusting that doctor has actually helped him to live well as opposed to every day trying to figure out how not to die. He sort has come to the place where that doctor speaks – says, listen, I'll do all the homework for you, to find out whether there's another way. If there's another way, I'm going to get you there, but – so Caleb actually has been able to do – will put a great deal of energy into maximizing his 21 days or in Caleb's case, hopefully 65 years, but you know, the reality is that's part of it.

ROY: That trust in that physician is important and you have to give yourself permission if you don't trust to find a second opinion to get one. But if you do trust, I mean the other day I was out of rhythm for a period of time and I was really upset and, you know I'm out there on my walk, praying, praying, and I see a car drive by me and it backs up and here's it's my cardiologist who is fishing on my property. He takes his kids and fishes in my ponds. It's always good to have a cardiologist around and he says, how are you doing. And I said, man, I'm out of rhythm and

we talked for a minute or two and then he drove on. I just started crying and saying thank you Jesus for bringing a man while I'm praying about it right up to the car who has some stuff. So trust is important.

T.C.: That is awesome. Alright, next question. Would you take care of your body until the end? I thought about that and I think it would depend on the second opinion. (Laughter) Twenty-one days, probably not and just for me, the reason is because I know twenty-one days even right now would not hurt me. I worked so long to get where I am. I can probably take 60 days off and be okay so I wouldn't and it takes time. I put hours into it. So I can use my hours doing something else now. I have 21 days, I can do something else with it and it's not going to hurt me. You know, I'd probably start eating like everybody else too. (Laughter)

CLAIR: T.C., you don't let yourself get too far out there. Narrow is the gate to Heaven.

T.C.: In all seriousness, I just think I got to use my time the right way. I got to use my time the right way and I mean, man, what is a muscle going to do for me in the next 21 days. You know, I just got to – it's different when you know it's coming.

Alright, anybody else on that one? Alright, next question. What feelings do you have about the end of your life? Wow. In short, for me, I'm just, I'm very, very concerned – in a good way – about the impact I've made on other people. It matters to me, first and foremost with my family

because they get to carry it on. They believe in me the most and my son, will you grow up and you go and be a man and go and make disciples and make other men and my wife and my children, will you continue the legacy of parents staying together and staying married. It's all those good things, I'd be concerned about that. And winning people to Christ and all the different things. If I knew I was supposed to do those things and I didn't do them, I would really start to hate the way I finished, so that's called finishing well for me.

KEITH: Yeah, Lynn and my grandkids through this one off. My feelings for leaving go and Cole and we have half a grandchild somewhere in the womb here, missing their lives, I would have real feelings about that. And leaving Lynn. We've shared life together for 38 years – well 42 with dating – and yeah, that's where those feelings rise up.

ROY: You know, I have those feelings too, but I just want to take a moment to recognize that even at this moment, right now, this very second, this is a sacred moment. It's a sacred moment for all of us because these guys out here are our legacy. You know, I mean they can take this message and even this trail and go forward in their lives by making changes and letting other people know about who God is and what a man is and how to be a godly man. So, you know, when I look at the loss of what I'm saying goodbye to, yeah, but when I think of these guys out there, you know, being a series of dominos. We're at the beginning.

We have some dominos about Knights of the 21st Century, you know, but when they take the impact of this message and then they make that message even better as they put it in their – apply it in their lives according to what the Holy Spirit can empower them with, I mean that domino, that amount of change can change the world and that will give me comfort.

T.C.: It depends on whether my son is 5 or 55. I would hurt tremendously if I was going to go right now. He's 5 years old; 55, I feel like man, I got a chance to do so much on his life.

Alright, next question. Would your sexual interest decrease? For me, I doubt it. I think for me that would just stay normal for me. I'm comfortable about saying I enjoy a fulfilled live in that area and if anything, I think the next question is going to go to this but it would enhance it for me. I just, you know, this is it and I'd be more concerned about her because she'll be without me.

KEITH: There's no sex in Heaven, it's going to increase here on earth. (Laughter)

T.C.: Well I was running from the sex question. (laughter)

Next question, would it stay the same? For me, it would. It would. It would stay the same and I would appreciate it more and I would really be, hoping for her that she's not thinking like man, this is it.

Next question, would it intensify? Yeah, this is it man, got to go (laughter). I just think it would just be one of those things where it would be cherished. It would completely cherished.

CLAIR: Let's move on to D. (Laughter). List the activities that would be enjoyable to you during your final days. How would this news change any plans that you made prior to this time? For me, very clearly, activities that would be enjoyable – relationships are important to me, so time with very clearly with my family, with my spouse, with my two boys. Man, I'd want every minute of that dedicated to them. And then beyond that, friends that I just want to spend last final moments with and they'd also be the ones that have helped walk through it.

ROBERT: You guys, you know when, back in the day when I worked at Walt Disney, I had a good friend that I was singing with and he had, he had cancer in his brain and he had many surgeries. He had lived a pretty long time opposed to cancer and stuff. Finally it got to a point where there was nothing that can be done for him and he actually went through this process and he was given a certain amount of time. If I remember correctly, it was about six weeks. And I remember with the last bit of strength that he had before he just couldn't walk anymore, he just took – he had a little daughter. She was 6 years old and his wife and they went to the theme park and he just wanted to spend as much time with her that he possibly could so I think that's probably how I would be. I would want to cherish those moments.

CLAIR: The second part of this, how would this news change any plans that you have? I was thinking through it. I have a bucket list and I'm pretty intentional about it. I couldn't do them all in 21 days, but I would seriously look at some that I was going to postpone and think if I have regrets here, I probably would look at the bucket list and say, what can I do with my family? Which part of the bucket list doesn't take me to another part of the world without them? The second part is, I am pretty comfortable with leading at a comfortable pace. I do friendship evangelism. I love getting to know them, come along side. I think the pace would have to be picked up. I don't have two or three years with this particular guy to show him who God is.

T.C.: I'd probably be doing less movies, less commercials, less anything because it would take away from my family. Like they would have to come with me or – and I don't even know if I'd want to be here doing like different things while they're out in the trailer. It just – I wouldn't want the activity I enjoy, is if we go and we go around the country. We'd be speaking and teaching and things like that and afterwards I get to do something with my family in that city and enjoy that city. Move to the next city and move to the next city. I want to finish out like that, but I wouldn't be able to just do films and go out of state because time would hurt.

ROBERT: Let's look at E. It is important to be aware of your instinct to avoid pain. List the top 5 things that you believe will create

emotional pain for you as you anticipate your death. Now, you know guys, try to write down 5. If you can't write down all 5, especially with the campfires, it's alright, but the point here is to really dig deep and what exactly are the things that you would be writing down as far as this question goes? Man, that's a pretty tricky one for me, because the first thing that comes to my mind would be avoiding the thought of leaving my wife and my daughter. You know, my daughter's so young, to leave her without a dad. If I think about that even too long, I can start crying right here in front of everybody. I don't care how many guys are here. I love them deeply and the idea of that, you know, that just makes my spine rattle.

ROY: You know one of the things that's interesting is so many people are in conflictual relationships and they kind of go, well that person, I'll make up tomorrow or the next day. I remember with my brother, we fought a lot and then when he passed on, before that I would think, oh someday we're going to be – and we'd always defend each other, but some day we'll get this all straightened out. We'll look back on this and laugh and that date never came and so, you know, it's important I think to live our lives in the present in a way that we don't establish regrets for the future.

KEITH: And that regret word is huge. I think a lot of times when you start listing out here, there's things you regret, you wish you had never done. And that's where some of that pain comes in. So making

sure that you get rid of the regrets, fix the wrongs, correct it so that in this bag going forward, you're not creating any regrets.

ROBERT: Next point, F. When you read this letter, what thoughts did you have? What part of the plan you have for your life feels incomplete? In other words, what parts of life would you miss?

KEITH: It's funny because immediately I think I'd work less and be with my family more. So that's always an interesting kind of thing. What is that, because so much of what I do is part of my calling, but somehow or another I would, immediately when I got 21 days, I'm not working. I'm telling you, I'm not working. I can't imagine something else I need to do work-wise. I'm just spending time with my family.

ROBERT: You know, I think to myself, like I had all these ideas of things I wanted to accomplish as far as, you know, writing to leaving a spiritual legacy for my daughter, and for those that I've discipled, you know, that have come into my life to kind of leave them something that they can always run back to and look back to that might help them always point to God. And it makes me think when I really analyze this question, I really got to get on that and really do some stuff about that.

KEITH: One of the things I hope comes out of this is guys, we take and we write a letter and we put it in this bag. Each one of my sons has a letter that goes to them. They're almost universally similar because of the principles I want to give them, but they already have them. You

become very purposeful about what you leave behind in this and that is what this refers to I think.

ROBERT: Let's look at the next one. G, how well have you prepared the plans for your estate so that the people who are left behind are taken care of? So there's a series of sub-questions behind this like, you know, do you think that you're well prepared for that or do you just think that you have to finalize some things or do you feel that you're ill prepared really for that? I can tell you that I feel that I still have some things to work out. If worse came to worse, my family would be fine, but definitely there are things I shouldn't hold off on anymore.

CLAIR: I had, I thought I had this together and I went to my wife and we had some pretty complex businesses going on at one point, a lot of different relationships, I thought I had it pretty well nailed down and when I said, honey, does this make you comfortable, wow, she wanted something a lot better. So you're doing this for someone else, if you're doing it for your spouse, talk to them.

KEITH: Yeah, I have a particular place in the house where Lynn knows the folder is so she can find all the details of everything and that's important.

ROBERT: Very important, very important, very, very important.

Alright, H. Are there any unresolved issues in your relationship? Yes or no? I can tell you that I have, at the current moment, there are none that I can think of. But not too long ago, you know, I did have some

issues with certain people that there was some mutual pain that happened. We hurt each other and it really – it took some swallowing of my pride to go out there apologize and restore that relationship which is a very beautiful thing. But I had kind of thought of that before, you know, try to resolve these things before, because you never know. You could walk out and your life is over, so fix those things. Anybody?

CLAIR: Yeah, I've got two. I've been very laxed because I assume there's a lot of time left. And actually the amount of wounding that was done, some time was needed. But if I had 21 days, I need to do some quick work.

KEITH: I forgive you man. We'll work it out. (Laughter)

CLAIR: Alright, I'm down to one. (Laughter).

ROBERT: Identify the people to whom you would like to give specific messages and write them below. So you know, this goes off of what you kind of said earlier too. Are there certain people that really mean something in your life that you would – if you were going to leave in 21 days, you know you're coming to the end of your life, if you wanted to leave them something, what words would you put down and to whom would you write them?

KEITH: I actually because we're pregnant, one of our sons are pregnant with a grandchild that I haven't met yet, I would actually write a letter to my future grandchild.

ROBERT: That's interesting, I've heard of that before.

KEITH: I have letters to my grandsons that I know, but the ones I don't know, I would write to my future grandchildren.

ROBERT: I think that's great.

ROY: One of the reasons that I put this assignment in here because you know I wrote these questions is one, if we force ourselves in this 21 day period to write out these letters and messages, I'm really praying to God that guys start giving these messages now to the people around them instead of waiting. I mean you want to have it in a letter and you want to be able to pass it on but forcing us to think more eternally as you put it versus in the present may cause us to start to give people very valuable messages sooner rather than later. We withhold so much that we should give right at this moment.

CLAIR: I did that. I started writing these letters, I think it was a couple years ago because of our Knights teaching. I started writing letters to my sons and I shared half of each letter with both of them. I'm afraid if I share the whole thing, I'll die, so I'm holding back (laughter) but I said to them specifically what else do you need from me. And they're going to take time to think about it and so I agree with you.

KEITH: Yeah, one of the things that's interesting. What's so good about this particular question is we do Knights with about a thousand guys a week. Clair leads a group, I teach it, Roy writes for it. One of the things that's interesting is I would write a letter to a guy that we've talked about that might be a good one to follow me. He's a young

man. He's really pretty dynamic guy as a teacher. I would actually probably write a letter. I've never done that, never even thought about it until this very moment. So I think this exercise is such a great exercise.

ROBERT: Absolutely, and I'll be honest with everyone out there too, you know, this is a tough one for me because I had really not thought of it before of leaving these messages and it wasn't an easy write so I don't expect when you do your campfires that it's something you can just jot down real quickly, but I hope that you take it and during your time away, you know when you come back, you have some words written down an some ideas so that you really are aware of the things that you should be doing like Roy had mentioned already.

So let's move on. J. Over the next three weeks prior to your death, as you look back on your life, in which areas do you have the biggest regrets, big one. Talking about regrets here and looking back.

T.C.: Yeah, for me, this is one of those things I've been really, really sensitive to and it is a lot of the lessons that I learned, I learned them late in life and I would have wanted to learn them earlier. And a lot of that you don't have control over. You know, some of that comes from not having relationships with your family, not being taught, but the earlier I learn them the sooner I can enjoy life, the sooner I can impact others, the better prepared I am for marriage. Like all the different things and there's some hurts and pains and things you go through that you would not have went through if you had learned lessons earlier, so a regret, it's

not almost a personal regret, it's just a life regret. I would have loved to have been raised in a completely dedicated Christian family with true followers and I'll learn it right away.

KEITH: Most of us sitting around here, our regrets are like, you know, I wish I would have learned it earlier. Some of the guys though, their regrets are I wish I hadn't blown my family up. You know I wish I hadn't had that affair. I wish, you know, and those regrets are enormous because those are moments - in some respect, this whole exercise is to tell you, don't have the affair. Your suitcase can't handle that. You know, so you don't have that regret, start making choices now. What's so profound about this, because I think what you said to T.C. is so true. For most of us who haven't blown things up real bad, our regrets are, I wish I had known then what I know now, but for some guys, man, this is a huge question.

ROY: Yeah, they've given way more years to drugs, alcohol, those addictive struggles and it's just so important – you're right Keith, that they forgive themselves and move on and get through those regrets.

KEITH: Guys, what I don't want you to do now because I don't want you to miss this opportunity, there are more questions, there are more things you can do. You can do them on your own. You can do them in your campfire. Do them with somebody. This is a suitcase that you really have been given.

Defender

Now I'm going to give you back the letter. You're not dying, alright. You don't have 21 days to live. You have has long as God ordains you, but you still have this suitcase you need to live with instead of that one. If you learn that, you will not have regrets. You will change your answers to a whole new way of writing it. Trail No. 18 is a trail that causes us guys to say, what choices am I going to make going forward? That's extremely important. It is going to be about relationships which we're going to talk in trails to come. See you in a week.