

## Father Handout – Time

When you make your personal plans or schedule things, how often are each of the following included in your schedule. Put usually, often, or rarely beside each one.

- Work related activities (travel, after hour work events, overtime, deadlines, etc.)
- Hobbies
- Date night with your wife
- Children's school events
- Exercise
- A 1-on-1 "date" with each of your kids
- Personal Christian ministry beyond your immediate family
- Planned family events (a daily meal together, weekend activities, and yearly vacations)

Which of these are focused on you(Y) and which on your family(F)? Mark each one either Y or F. What do your answers say about your current priorities? Who are they focused on?

Do you feel your priorities are in the right balance as a Father? Why or why not?

Does anything need to change to be Father that God wants you to be? If so, what?

Military and others with jobs that require long times away from home will have to modify to fit their particular situation.

## Father Handout – Resources

Together in your group discuss what resources men have at their disposal to help them grow as a Father. To get you thinking, what do men need to

- help them learn parenting skills
- build relationships with their kids
- develop their Christian character (incl. controlling anger, etc)
- prioritize their time
- keep them accountable / focused on the task
- maintain a solid relationship with their wives.\*

\*For single dads, divorced, or step dads, you will have to modify to your specific situation.

Note: Growing as a disciple, a husband, and a father are interrelated and impact each other.

## Parenting Resources

Here are 5 books I have read broken down by authors / backgrounds.

### By Pastors

1. Rev John Mahon at GCIWEB.ORG – Family Discipleship Workbook/Seminar, John started his ministry in the Navigators before heading up his own Christian ministry. He served as my associate pastor for two years.
  - a. Contains 12 chapters including Bible Studies, Quiet Times, etc. which can be read, printed, or downloaded from site
  - b. Please read at least the first 6 chapters before changing anything
2. Dr. Tedd Tripp, *Shepherding a Child's Heart*, Shepherd's Press: Revised and Updated, Second Edition, 1998. Related guides also available.

### By Christian Psychologists

1. Dr. James Dobson, *The NEW Dare to Discipline*, Tyndale House, 2014.
2. Drs. Frank Minirth, Brian Newman, and Paul Warren, *The Father Book: An Instruction Manual*, (Minirth-Meier Clinic Series), 1996. (Is available on Amazon, maybe out of print)

### Navigator Related Resource

1. Lonnie Berger, *Every Man a Warrior Series, Book 2: Marriage and Raising Children*, NavPress, 2011. Lonnie is in the Navigators. Books 1 and 3 are useful for building up the rest of your life.

## **12 Ways to Exasperate Your Children - Don't Do It!!!**

Adapted from The Father Book: An instruction Manual

Don't spend time with them. Make you sure your time at work, hobbies, ministry, etc, is always more important than time with them. Just replace your time with gifts. Works all the time.

Always save the day for them. Never let them feel that they are responsible for their actions. If they don't like something, change it. If school is going wrong, blame the school, teacher, anyone but the child. Change schools if needed. They don't need to build friendships anyway.

Abuse them. Find out what is "in" with abuse – sexual, physical, emotional, passive abuse, etc, these days. No faster way to mess them up.

Always compete with them in all you do with them. You're bigger and stronger than they are. You should have no trouble winning. Compete for mom's attention too. To be more effective, start early.

Father with an iron fist. Control everything completely. Give them no choices of learning how to make decisions. If they resist, just clamp down harder. You are never wrong, right!

Always complete the task. Get it done! That is the point. Your kids having fun or not having fun doing it is not that important. If something is still not completed, don't wait on them, just complete for them while they are away. If they are disappointed at not participating, so what?

Set your standards as high as possible. Expect high school level concentration and emotional skills in elementary school. Don't accept their best, you set the standard and they need to meet it.

Don't bother loving your wife. Don't even bother showing affection. Why should there be so much love in the home. This will exasperate your kids as quick as anything.

Never be consistent with your discipline/parenting. Always keep changing the rules. Why should they know how you are going to respond or what's coming. Extremes are good for them.

Always take your anger and frustrations out on them. Vomit it all over them. Ridicule them continually for making all those mistakes. It will certainly make them feel small, stupid, and afraid to say anything.

Don't try to understand them. Keep your communication one way – from you to them. Why listen to them or try to find out the underlying things going on in their hearts. Just make the rules, judge their behavior, and tell them what you think needs to change.

If you decide you were wrong /made a mistake, never tell them that or apologize. Don't show that you are human, too. Let them figure it out.

## **Scriptural Foundations**

**Malachi 4:6**

**Thought**

**Ephesians 6:4**

**Thought**

**Luke 1:17**

**Thought**

**Hebrews 12:10-11**

**Thought**

**1 Thessalonians 2:11-12**

**Thought**