

SPIRIT-EMPOWERED DAD

Lesson 8: A Spirit-Empowered Dad Makes Time for His Children

Main Idea: A Spirit-empowered dad knows how to say no to temporal pursuits in order to spend time with their treasured family. This lesson helps you discover why a dad doesn't find time but *makes* time to spend with their kids.



SIGHTLINE: Acquire Your Target

A Spirit-empowered dad knows how to say no to temporal pursuits that steal time away from his family because he recognizes the treasure his family is. An effective dad is willing to sacrifice short-term rewards for long-term riches.

The amount of time a dad can spend with a child varies considerably. A custodial dad will usually have much more time available than a non-custodial dad. So, the question that often comes up is whether quantity or quality of time spent with your kids is more important. Dad, your children need both quality and quantity time with their loving, involved, and committed dad.



CROSSHAIR: Focus On Your Target

As a busy dad, it may be hard to find time for your child. After all, there are only 24 hours in a day. However, any amount of time a Spirit-empowered dad spends with his child can be very beneficial. Time spent together:

- Strengthens the relationship
- Gives opportunity for better communication
- Shows your child they have value and builds their self-esteem
- Helps reduce behavior problems
- Gives opportunity for your child to learn from your example
- Shows love for the child

Common sense suggests that if a dad does not have much time to spend with his child, then that time should be highly valued and the quality of the time should be emphasized. A key part of making quality time is to schedule it. While it is true that some great quality times may just “happen,” for most dads, good quality time is planned and scheduled.

When a dad has several children, it’s possible for one child to monopolize the time. Furthermore, some children by nature seem prone to getting left out, particularly if they tend to be non-assertive. A dad may not even realize this is happening. For this reason, dads need to know their children well so they can meet the individual needs of each. One way to address this problem is to have one-on-one time with each child. This special time alone can be very meaningful to your child. It sends them a very important message that they are important and valued by you. As you and your child get to know each other better, your relationship strengthens. These times also gives you a chance to address the unique needs that particular child may have.



BULLSEYE: Zero In On Your Target

Describe how your dad spent time with you growing up.

What are some ways you can spend time with your child?

Write in your journal some of the special characteristics of each of your children (great attitude, enthusiastic, gets along well with others). Then, take each of your children out for a meal separately and tell them how much you appreciate the special gifts God has given them. Journal your thoughts and emotions from the meeting.

How do you plan to sacrifice short-term rewards for long-term riches?

NEXT STEP:

This section gives you suggestions for how to turn your new knowledge into an action step. Men's Ministries realizes that not all relationships are created equally. If these action steps seem too difficult, adjust your next step so it will fit into your relationship with your child.

- **Courage:** Write the special abilities each of your children have.

- **Strength:** Schedule a meal once a month for three months with just you and each one of your children at their favorite restaurant. Ask them about what they sense God has for their future.

- **Endurance:** Plan a special overnight getaway with each of your children this year. Ask them questions to get to know them. (What makes you laugh out loud? If this year was a meal/song/color, what would it be and why? What gave you a sense of accomplishment this year? What did you learn this year? Afterwards, journal what you learned about each of your children.

