

SPIRIT-EMPOWERED DAD

Lesson 3: A Spirit-Empowered Dad Guides His Family's Spiritual Journey

Main Idea: Your children will have a relationship with God. As a Spirit-empowered dad, you get to help shape what type of relationship they will have with Him. This lesson will focus on how a dad can guide his family's spiritual journey by taking the lead and setting the example. In this lesson, you will learn how to begin taking your family on a spiritual journey.



SIGHTLINE: Acquire Your Target

There are benefits when a Spirit-empowered dad leads his family on a spiritual journey. He will see an increased spiritual understanding, and his family will draw closer together and become a family that honors God. Dads play an important role in their family's spiritual life by laying a strong foundation that helps children grow up to be healthy adults. Laying the foundation involves helping kids understand their identity, develop moral values, deal with the difficulties of life, and realize their purpose in life.

Two areas of spiritual development a Spirit-empowered dad guides are in spiritual disciplines and prioritizing church involvement. Spiritual disciplines are activities families can engage in to grow spiritually. Dad, as the spiritual leader of the family, you must be the one to initiate and foster spiritual disciplines in your family.

A Spirit-empowered dad not only needs to be a good example of someone who is pursuing their own spiritual growth, but they should also join with their family in various spiritual disciplines together. These times of growing together spiritually will also result in drawing family members closer together.

There are many spiritual disciplines a dad can lead his family to practice. Consider going through the **Targeted Series** called ***Spiritual Disciplines*** to discover what you can best implement in your home. ***Spiritual Disciplines*** may be accessed at <https://men.ag.org/Targeted-Studies/Spiritual-Disciplines>. At a minimum, Men's Ministries recommends practicing the following three: Bible devotions, prayer, and worship.





CROSSHAIR: Focus On Your Target

The Bible is filled with topics suitable for all ages. A Spirit-empowered dad will focus on making family Bible studies a group activity rather than a lecture. Don't be afraid to talk through Bible stories or act out the stories with your children. Make the Bible come alive in front of them. Read often from the life of Jesus, use the Book of Mark, or talk about the importance of the Book of James. Be sure to use a Bible translation that is easy to read and your children will understand. Take them on a reading journey through the Bible. Don't be in a hurry; set aside an amount of time to study, not an amount of Scripture to finish. For example, consider working through a single passage for five minutes, 15 minutes, 30 minutes, or an hour, depending on age and ability.

The discipline of prayer is also well suited for families. Even young children can pray. These family times should be a **safe** time for all family members to learn to pray. Opportunities should be given for each family member to lead in prayer. Teaching a child to pray is one of the most important things a Spirit-empowered dad can do.

Prayer is personal communication with God. It seems simple, because it is simple. Prayer is spending time with God, communicating with Him and listening to what He says in your heart and through Scripture. Communication is key to every relationship, especially a dad's personal relationship with God. In the same way that every relationship grows and revolves around communication, so does your relationship with God. The result of regular communication with God is a deeper connection to Him. Have your children pray with you about needs in your family's and friends' lives. Pray for your church and leaders in their lives. Pray for their teachers, coaches, and friends. Model the importance of praying for people by name.

Worship is a very important part of a believer's life and can be defined as giving God the reverence and adoration of which He is worthy. Leading the family in worship at home is a great way for a dad to guide his family's spiritual journey. Family worship takes many forms, such as singing together, talking together about how good God is, or taking communion. It should be simple and fitting for the ages of the children. All family members should attend and be engaged in worship activities. Family worship times should allow for open discussion; questions and comments should be welcomed. Keep in mind that family worship time is not a substitute for church attendance but should complement the worship experience at church. Many families use family worship to reinforce what was preached or taught that week at church.



In addition to these three spiritual disciplines, spiritual leadership means a dad will make church attendance a priority, both for himself and his family. Being part of a local group of believers characterized the earliest disciples of Christ and, as a fellow disciple, a Spirit-empowered dad understands this principle (Hebrews 10:25). Children will not always appreciate regular church attendance; however, dads must be firm and insist that church attendance is one of the ways that you show obedience and love for God and His people. Men' Ministries recommends establishing a pattern of church attendance and involvement in church ministry.

Children learn patterns of behavior from their parents. What you do as a father is what your children will do in the future. It has been said that what a parent does in moderation, a child will do in excess. As a Spirit-empowered dad, you get to help establish your children's dependence upon God through church involvement when they are young.

Dads should lead the family in volunteering and ministry involvement. There are a wide range of opportunities to serve in the local church. Find your area of gifting and help your children discover their gifts as well. When all members of the family are actively engaged in the ministries of the local church, it benefits not just the church but also the family.

Too often, dads think of opportunities for Christian service only in the context of the church, but opportunities also abound in the wider community. A Spirit-empowered dad who serves send a powerful message to his children of what being a Christian really is. For a more in-depth study, see Men's Ministries ***Spiritual Disciplines Targeted Series. Spiritual Disciplines*** may be accessed at <https://men.ag.org/Targeted-Studies/Spiritual-Disciplines>





BULLSEYE: Zero In On Your Target

Has your family ever had a time when you read the Bible, prayed or worshipped together? If you haven't, why not? If you have, what was it like?

- Describe your family spiritual life growing up.

- Why do you think it is important for your children to be equipped spiritually?

- On a scale of 1-4 with 1 being very important and 4 not very important, rate how important it is for a dad to be the spiritual leader in his home? Why?

NEXT STEP:

This section gives 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:** Read from Proverbs every day as a family. Use the date to read the corresponding Proverb and ask your children what stood out to them. Encourage participation with high-fives or small prizes, such as a sticker or stamp.
- **Strength:** As a family sign up to serve together either in your local church or in a non-profit in your city.
- **Endurance:** For the next 12 months, once a month find some worship music your children enjoy and after a time of worship serve communion to your children as a family.

