

## Family History

Reflect on each of the questions below. Take your time. Write your answers if you like.

1. What knowledge and skills did I learn about being a dad from my own dad, mom, or others in my family?
2. Who in my family had the most impact on how I raise my children, and why did they have the most impact?
3. What good things did I learn that I should use more often to raise my children?
4. What bad things did I learn that I shouldn't use to raise my children?
5. How have media and entertainment affected how I raise my children? Have they had an impact on how good a dad I think I can become?

### **Scripture**

a) Jeremiah 29:11 – *“For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.”*

b) 2 Timothy 1:7 – *“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”*

c) Proverbs 3:6 – *“Seek his will in all you do, and he will show you which path to take.”*

## Being a Man and Dad

Reflect on each of the questions below. Take your time. Write your answers if you like.

1. How have I been affected by what my parents and culture taught me about being a man?

2. What did I learn about character from my parents or those people who raised me? What did I learn that was good? What did I learn that was not so good?

3. What are five character traits that I can begin working on right now to become a better dad?

4. Which traits do I want to pass on to my children? Which traits do I not want to pass on?

5. Which morals do I want to teach, model, and reinforce in my children? How will I teach, model, and reinforce those morals?

### **Scripture**

a) Romans 5:3-5 – *“More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us.”*

b) Galatians 5:22-23 – *“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”*

c) Titus 1:15-16 – *“To the pure, all things are pure, but to the defiled and unbelieving, nothing is pure; but both their minds and their consciences are defiled. They profess to know God, but they deny Him by their works. They are detestable, disobedient, unfit for any good work.”*



## Handling Emotions

Reflect on each of the questions below. Take your time. Write your answers if you like.

1. How was I raised to show or not show my emotions?
2. Am I in touch on a daily basis with all of my emotions, or only with some of them?
3. Which feelings and emotions do I show? Which ones do I bury?
4. How can I better connect with and show my feelings and emotions?
5. Am I a good model to my children of a man who is in touch with his emotions and who shows them in the right ways? If not, what do I need to do to become a better model?

### **Scripture**

- a) Colossians 3:15 – *“The peace that Christ gives is to guide you in the decisions you make; for it is to this peace that God has called you together in the one body.”*
- b) James 1:20 – *“Human anger does not produce the righteousness that God desires.”*
- c) 1 Corinthians 10:13 – *“No temptation has overtaken you except what is common in mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”*

## Grief and Loss

Reflect on each of the questions below. Take your time. Write your answers if you like.

1. How do I grieve? What do I do when I grieve?
2. How well do I grieve? How can I grieve better?
3. What kinds of rituals can help me grieve?
4. When I need to grieve, who are the friends and family with whom I can talk about it? Do I rely too much on the mother of my children to talk with about my losses?
5. Do I have any losses I've buried? Are there losses I haven't fully grieved or not grieved at all? Do I need help from a trained counselor to help me grieve any of those losses?

### **Scripture**

- a) Matthew 5:4 – *“Blessed are those who mourn, for they will be comforted.”*
- b) 2 Corinthians 1:3-4 – *“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”*
- c) Isaiah 41:10 – *“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”*

## **Your Health**

Reflect on each of the questions below. Take your time. Write your answers if you like.

1. How well do I care for my physical health? When was the last time I had a check-up?
  
2. Have I had physical problems for a while, such as aches and pains, that won't go away and that I should get checked out?
  
3. What is the health history of my family, both on my mom and dad's sides? What does this history tell me I should watch out for, such as heart disease or cancer?
  
4. Do I have a lot of stress in my life? Do I always feel stressed out? Do I deal with my stress in unhealthy ways, such as drink alcohol or become angry and yell at family members?
  
5. How can I reduce my stress in healthy ways? Do I need to do a better job at balancing work and family?

## **Scripture**

- a) 1 Corinthians 6:19-20 – *“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.”*
- b) Proverbs 3:7-8 – *“Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.”*
- c) Ecclesiastes 11:10 – *“So then, banish anxiety from your heart and cast off the troubles of your body, for youth and vigor are meaningless.”*

## You and Mom

Reflect on each of the questions below. Take your time. Write your answers if you like.

1. How healthy is my relationship with my children's mother?
2. What problems do we have in our relationship? How can we overcome our problems for the sake of our children? Do we need help in addressing the problems?
3. Do I have the skills to create and maintain a healthy relationship with her? Which skills do I need to work on the most?
4. (If you're not married to your children's mother) Should I marry her? Do I want to marry her? Does she want to marry me? Why haven't we gotten married? Have we discussed getting married?

## Scripture

- a) Ephesians 4:2-3 – *“Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.”*
- b) 1 Peter 4:8 – *“Above all, love each other deeply, because love covers over a multitude of sins.”*
- c) John 15:12 – *“My command is this: Love each other as I have loved you.”*

## Talking with Mom

Reflect on each of the questions below. Take your time. Write your answers if you like.

1. How aware am I of the typical ways in which I talk or use body language when I talk with the mother of my children? How aware am I of the typical ways in which she talks or uses body language with me?

2. What problems do we cause because of the typical ways in which we talk or use body language with each other?

3. Do I have an open mindset when I talk with her about problems between the two of us? Do I have an open mindset when we talk about any issue, whether it's between us or not?

4. If I don't have an open mindset, why don't I have one? 5. What do I need to change to do a better job talking with her?

## Scripture

a) Ephesians 5:21 – *“Submit to one another out of reverence for Christ.”*

b) Hebrews 12:14-15 – *“Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.”*

c) Philippians 2:3 – *“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.”*



## Co-Parenting

Reflect on each of the questions below. Take your time. Write down your answers if you like.

1. Do I have a different parenting approach than does the mother of my children? What aspects of parenting do we approach differently?

2. What problems do our different approaches cause?

3. How do the problems between us affect our children? Do our children say and do things that are clearly caused by those problems?

4. Do I take her view into account when we discuss our problems? How can I do a better job of taking her view into account?

5. Do we have ground rules that help us solve problems between us?

6. Am I willing to bargain with her when I can't get the exact outcome I want?

## Scripture

a) Roman 12:17 – *“Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone.”*

b) Ephesians 6:4 – *“Fathers, do not exasperate your children; instead bring them up in the training and instruction of the Lord.”*

c) Philippians 4:6-7 – *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. “*

## Fathering Skills

Reflect on each of the questions below. Take your time. Write your answers if you like.

1. What fathering and parenting skills do I have?
2. What fathering and parenting skills do I need to learn?
3. How can I build on what I have and learn what I need?
4. How are my children helped by the unique skills my children's mother and me bring to raising them?
5. How can I become more physically involved in the lives of my children? How can I become more emotionally involved? How can I become more intellectually involved, as in more involved in their education? How can I become more spiritually involved?

## Scripture

a) Joshua 1:9 – *“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

b) 2 Timothy 3:16-17 – *“All Scripture is breathed out by God and profitable for teaching. For reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work.”*

c) Proverbs 17:27 - *“The one who has knowledge uses words with restraint, and whoever has understanding is even-tempered.”*

## Child Development

Reflect on each of the questions below. Take your time. Write your answers if you like.

1. How much do I know about how my children should develop? Do I know the physical, emotional, and social milestones for their ages?

2. What can I do to help my children reach their milestones?

3. Am I concerned about the development of any of my children? If so, why am I concerned? Have I spoken with my child's doctor about my concern?

4. Do I have unrealistic goals for the development of any of my children? If so, how can I adjust the goals to make them realistic?

## Scripture

a) Proverbs 22:6 – *“Start children off on the way they should go, and even when they are old they will not turn from it.”*

b) Isaiah 54:13 – *“All your children shall be taught by the Lord, and great shall be the peace of your children.”*

c) Deuteronomy 6:6-9 – *“And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.”*

## Child Discipline

Reflect on each of the questions below. Take your time. Write your answers if you like.

1. Do I know the difference between punishment and discipline? Do I punish more than I discipline?
2. What do I need to learn so that I can properly discipline my children?
3. Do I need to change my style of discipline?
4. How self-disciplined am I? How can I become a better model of self-discipline?
5. Do I walk the talk? Do I have habits or addictions that send the wrong messages to my children? Do I need help to overcome any poor habits or addictions?

## Scripture

- a) Proverbs 29:15 – *“The rod and reproof give wisdom, but a child left to himself brings shame to his mother.”*
- b) Hebrew 12:11 - *“For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.”*
- c) Proverbs 13:24 – *“Whoever spares the rod hates his son, but he who loves him is diligent to discipline him.”*

## Sexuality

Reflect on each of the questions below. Take your time. Write your answers if you like.

1. How healthy is my sexual self-worth? How can I make it healthier?
2. How is my body image? How can I have a better image of my body?
3. Aside from the act of sex, how can I express my sexuality with my wife/partner?
4. How often do my wife/partner and me give each other intimate touch, such as cuddling and massages, without having sex? How can I give this kind of touch more often?
5. How often do my wife/partner and me have emotionally, intellectually, or spiritually intimate talks? How can we have these kinds of talk more often?
6. How do I protect the sexual nature of others? How do I protect my own sexual nature?

## Scripture

- a) 1 Corinthians 6:18 – *“Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.”*
- b) Colossians 3:5 – *“Put to death, therefore, whatever belongs to your earthly nature; sexual immorality, impurity, lust, evil desires and greed, which is idolatry.”*
- c) Hebrews 13:4 – *“Give honor to marriage, and remain faithful to one another in marriage. God will surely judge people who are immoral and those who commit adultery.”*

## Intimacy

Reflect on each of the questions below. Take your time. Write your answers if you like.

1. What's my level of comfort with non-sexual forms of intimacy in any relationship? What can I do to increase my comfort with them?

2. How much comfort do I have with non-sexual forms of intimacy in my relationship with my wife/partner? What can I do to gain more comfort?

3. How much comfort do I have with non-sexual forms of intimacy in my relationships with my children? What can I do to gain more comfort?

4. How much comfort do I have with non-sexual forms of intimacy in my relationships with other men? Do I fear this kind of intimacy with other men? What can I do to gain more comfort?

## Scripture

a) Proverbs 5:18-19 – *"May your fountain be blessed, and may you rejoice in the wife you married in your youth – a loving doe, a graceful deer; may her breasts satisfy you at all times, may you be captivated by her love always."*

b) 1 Corinthians 7:3-4 – *"A husband should fulfill his marital responsibility to his wife, and likewise a wife to her husband. It is not the wife who has the rights to her own body, but the husband. In the same way, it is not the husband who has the rights to his own body, but the wife."*

c) Matthew 22:37 – *"Love the Lord your God with all your heart and with all your soul and with all your mind."*

## Work-Family Balance

Reflect on each of the questions below. Take your time. Write your answers if you like.

1. Do I fear that if I try to balance work and family, my employer won't value me as much as they do now? Is this fear based in reality?
2. How much control do I have over my work schedule? Do I have enough control over it so that I can spend more time with my family?
3. Does my employer offer benefits that can help me balance work and family? Do I use them?
4. How can I work with my employer to balance work and family?
5. When I'm at home, do I spend as much time as I can with my family? What more can I do to spend more time with them?

## Scripture

- a) Proverbs 23:4 – *“Do not toil to acquire wealth; be discerning enough to desist.”*
- b) Ecclesiastes 3:1-8 – *“For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; ...”*
- c) John 5:39 – *“You search the Scriptures because you think that in them you have eternal life; and it is they that bear witness about me.”*

## Managing Money

Reflect on each of the questions below. Take your time. Write your answers if you like.

1. Do I have a good or bad relationship with money? How well do I manage my own or my family's money?
2. What kind of relationship does the mother of my children have with money? How does it differ from mine? Does the difference cause problems?
3. How often do we fight about money?
4. Do I provide a stable financial home for my children? How well do I nurture and guide them in their own relationship with money?
5. Do I have a spending plan in place for my own or my family's money? Is it balanced between spending and saving?

## Scripture

a) Matthew 6:24 – *“No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and **money**.”*

b) Romans 13:8 – *“Owe no one anything except to love one another, for he who loves another has fulfilled the law.”*

c) Luke 16:11-12 – *“If then you have not been faithful in the unrighteous wealth, who will entrust to you the true riches? And if you have not been faithful in that which is another's, who will give you that which is your own?”*