



HAPPY  
FATHER'S



DAY

Designed in His Likeness

Gen 1:27-28



1. Dads are “designed” by God, with Himself in mind.

- Gen. 1:26-28 Let Us make man in Our image, according to Our likeness ... So God created man in his own image, ...; male and female he created them. 28 And God blessed them and God said ..., “Be fruitful and multiply and fill the earth, ....”



- Malachi 4:6:
  - **And he will turn the hearts of fathers to their children and the hearts of children to their fathers, lest I come and strike the land with a decree of utter destruction."**



## 2. Dad's matter.

- Abraham – blessings to the families of the world.
- Isaac's blessing. Stolen by his wife for her favorite son.
- Jacob - of his twelve sons.



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## The Importance of Fathers

### Benefits of Being Involved

Studies have conclusively shown that children who receive higher levels of attention and interaction with their fathers are healthier and better adjusted than children without fathers or with dads who are uninvolved. According to a 1990 study, children with highly involved fathers are:

- more confident and less anxious when placed in unfamiliar settings,
- better able to deal with frustration,
- better able to adapt to changing circumstances and breaks from their routine, and
- better able to gain a sense of independence and an identity outside the mother/child relationship.<sup>1</sup>

A Harvard university study spanning twenty-six years adds several more benefits for children of involved fathers:

- They are more likely to mature into compassionate adults.
- They are more likely to have higher self-esteems and grade point averages.
- They are more sociable.<sup>2</sup>

Most of us will not be greatly surprised by these statistics. It doesn't take a brain surgeon to understand that involvement is critical. Asked for a quick answer on how to improve a father's relationship with his children, any reasonable man will almost certainly say, "Spend more time with them." The simple, instinctive reaction of a committed father is to be involved in the lives of his children. Involvement is so basic that you can't even be an average dad, let alone a good or highly effective one, without it. Yet, if involvement is so obvious, so critical, why are so few of us spending enough time with our children? According to long-time fathering researcher Henry Biller, the average daily amount of one-to-one father/child contact in the United States is less than thirty minutes. Biller also found that fewer than 25 percent of young boys and girls in two-parent households experience an average of at least an hour a day of individualized contact with their fathers.<sup>3</sup>

In one major national study of students in grades six through twelve, conducted by the Search Institute of Minneapolis, almost 20 percent of the children reported not having had a good conversation (lasting at least ten minutes) with their mom or dad within the last month.<sup>4</sup>

1. Carla Cantor, "The Father Factor," Working Mother (June 1991), 39-43. This article summarizes numerous studies on father involvement.  
2. Marilyn Elias, "Dad's Role Crucial to Caring Kids," USA Today, 30 May 1990, 1A.  
3. Henry Biller, "The Father Factor and the Two-Parent Advantage: Reducing the Paternal Deficit," presented to the father-to-father working group meeting with White

# Children with "involved fathers" are:

1. More confident
2. Less anxious, frustrated
3. More adaptable to change
4. More independent



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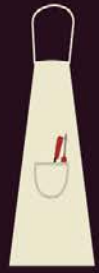
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5. Have better self esteem

8. Have better grades

9. More sociable.



3. “The main thing [for Dads] is to keep the main thing the main thing.” *Steven Covey*.

- Dad – the *main thing* is a Person not a thing.
  - Matt 6:33, John 14:6, John 10:10, Isaiah 55:1-2



- Deut 8:3 "He humbled you and let you be hungry, and fed you with manna which you did not know, ..., that He might make you understand that man does not live by bread alone, but ... by everything that proceeds out of the mouth of the LORD.





## **the most important thing you can do to grow into manhood**

Spend time with God. It is a radical thing to say, but I absolutely believe that the most important thing you can do to further your growth into manhood is to spend time with God. I wish there were some way I could say this without it sounding like a tired old Christian platitude. It is so important, more important than anything else I have to say in this book. I firmly believe that if I had not over the years faithfully spent regular times alone with the Lord, my manhood would not have advanced far beyond where it was at my conversion twenty-five years ago. It has been in my quiet times that I have experienced everything that a father should pour into his son.

As I write about spending time with God or as I teach on it in our Regeneration groups, I always feel as if I am saying something so obvious that it will seem trite. Doesn't every Christian already know this? I felt this way when I included a teaching on "Quiet Times" in New Directions (our ministry's basic program for men and women overcoming homosexuality), and yet it is the one teaching that more people have told me has changed their lives than any other.

Perhaps my teaching on this has had a powerful effect on people in our groups because it is the only teaching I do in which I could in good conscience say as Paul did in 1 Corinthians 4:16, "be imitators of me." For the

*"A breakthrough  
plan for those  
who have lost  
their direction in  
their 'GROWTH  
INTO  
MANHOOD'"*

**By Alan  
Medinger**



- How can a mom make a dad, better?

1. Make room for Dad. (Debra Evans, "Blessing Your Husband.")

- Image = male + female.

2. Counter the messages of society.

3. Video – Jimmy Kimmel Live



How can a Dad pattern his life after God's pattern?

1. By my priorities.
2. By my presence.
3. By my actions of self-less love.
4. By my practice of forgiveness.



## Next Steps:

1. Dads, bless yourself today in Jesus name.
  - “I bless myself in the name of the Father, Son and Holy Spirit.” Gen 1:28.
2. Think of five things you have done right as a dad. Give God thanks.



3. After dinner today, verbalize to your dad some reasons why you are glad he is your dad.