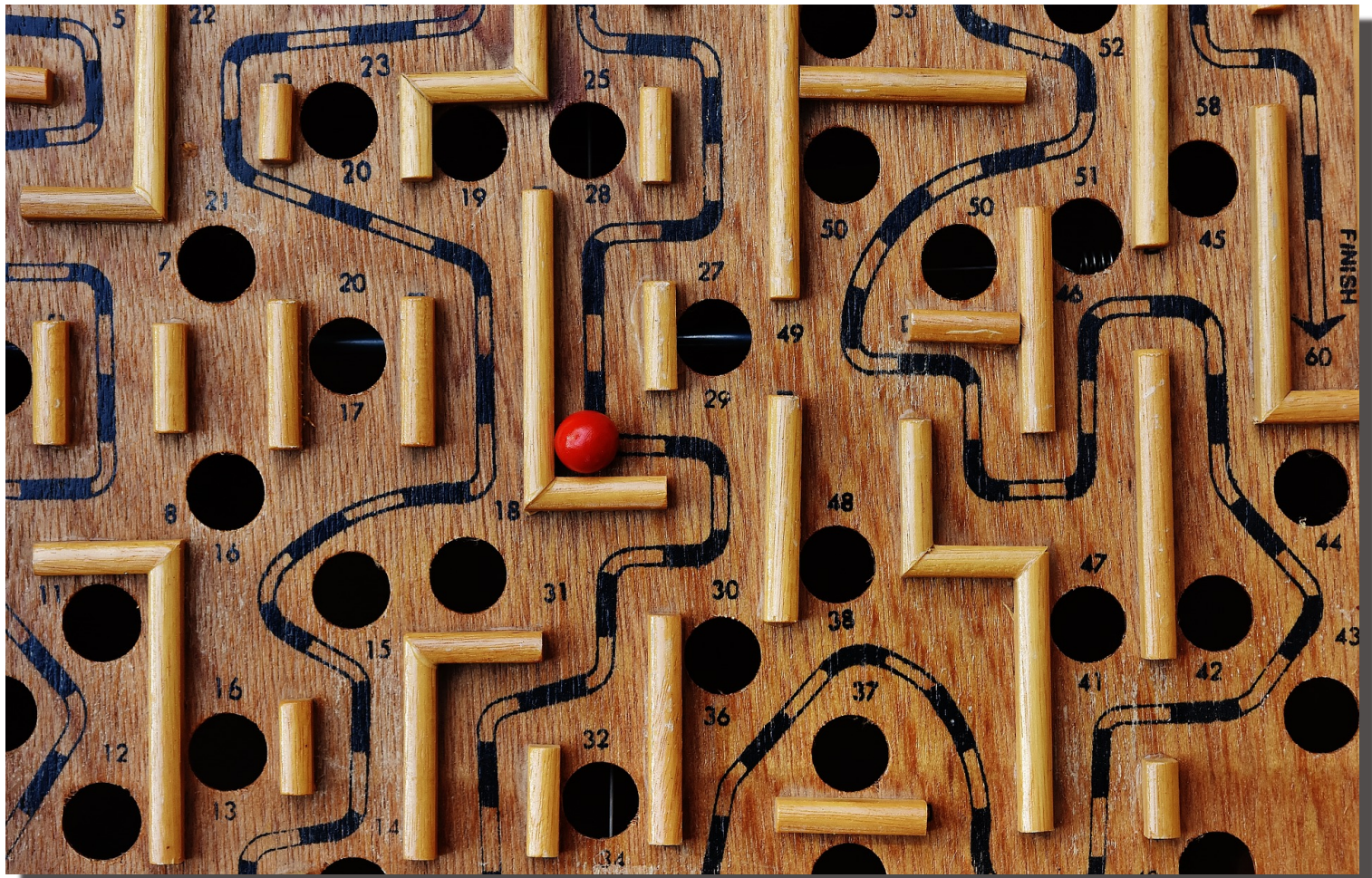


Dads Talk

Workbook



helping fathers bring heaven home



The World Needs
A FATHER



Dads Talk

This course has been developed for fathers and equips men to be God's representatives in authority, identity, security and validation within the family structure.

"We want to restore fatherhood in a fatherless generation. Since the family is the cornerstone of society, the solution for societal transformation should start there. For this, fathers should firstly find healing for their own father and mother wounds, then step into their designed roles in manhood and fatherhood. Fathers are trained in understanding the essence of holistic development, and how each year of a child's development reveals the need for new investments into his/her life. Once that groundwork is laid, the fathers are trained in the four primary roles of emotional security and to affirm potential. By the completion of the training, the fathers who engaged in the training should be well equipped to know exactly how to father children, as well as being empowered to be better leaders in general."

Table of Contents

Section	Page
Introduction	3
- Crisis	3
- Biblical basis	3
- Statistics	6
Manhood	11
A father establishes authority	14
- Submission to a Higher Loyalty	14
- Authority intends to bring benefit to others	15
- Authority has clarity	15
- Purpose	17
- Moral authority	23
o Absolute norms	23
o Living by the Spirit	24
o Purified conscience	25
o Avoiding immoral activities	26
o Accountability	27
- The “Moral Dance”	27
- Discipline	28
A father confers identity	30
- Primary & Secondary Identity	31
- Identity confusion	32
- Father and Mother wounds	36
- Values	42
- Friends	44
- Choices	45
A father provides security	48
- Creating an environment of love	48
- Emotional Climate	51
- Emotional Intelligence	52
- Communication	53
- Physical safety	56
A father affirms potential	57
- The importance of affirmation	57
- Affirm according to the needs of the season	58
- Affirm gifts/talents/personality style	58
- Confirm gender identity	60
- Affirming through Rites of passage ceremonies	60

**Scripture verses in this manual are taken from the NIV*

Introduction

Psalm 78:1 -8

¹Give ear, O my people, to My law; incline your ears to the words of My mouth. ²I will open my mouth in a parable; I will utter dark sayings of old, ³which we have heard and known, and our fathers have told us. ⁴We will not hide them from their children; telling to the generation to come the praises of the Lord, and His strength and His wonderful works that He has done. ⁵For He established a testimony in Jacob, and appointed a law in Israel, which He commanded our fathers, that they should make them known to their children. ⁶That the generation to come might know them, the children who would be born, that they may arise and declare them to their children. ⁷That they may set their hope in God, and not forget the works of God, but keep His commandments. ⁸And may not be like their fathers, a stubborn and rebellious generation, a generation that did not set its heart aright, and whose spirit was not faithful to God.”

Ephesians 4:11 - 16

“¹¹And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, till we all come to the unity of the faith and of the knowledge of the Son of God, to perfect man, to the measure of the stature of the fullness of Christ; that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, but, speaking the truth in love, may grow up in all things into Him who is the head—Christ—from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.”

57% of South African kids are raised without fathers.

Research has shown that **dysfunctional family life** is the biggest problem, with **fatherlessness** at the centre of the problem.

Statistics:

- 63% of suicides come from fatherless homes.
- 80% of rapists motivated by displaced anger come from fatherless homes.
- 70% of juveniles in state operated institutions come from fatherless homes.
- 40% of all children do not live with their biological father.
- 85% of children with behavioural problems come from fatherless homes.
- 90% of homeless children come from fatherless homes.
- 71% of children who do not finish school come from fatherless homes.

“Virtually every major social pathology has been linked to fatherlessness. Violent crime, drug and alcohol abuse, teen pregnancy, suicide – all correlate more strongly to fatherlessness than to any other single factor. The connection with fatherlessness is so strong that it erases the relationships between race & crime and low income & crime”

~Stephen Baskerville~

- Men commit 90% of major crimes.
- Men commit almost 100% of rapes.
- Men commit 95% of burglaries.
- Men commit 91% of the offenses against the family.
- Men comprise 94% of drunk drivers.

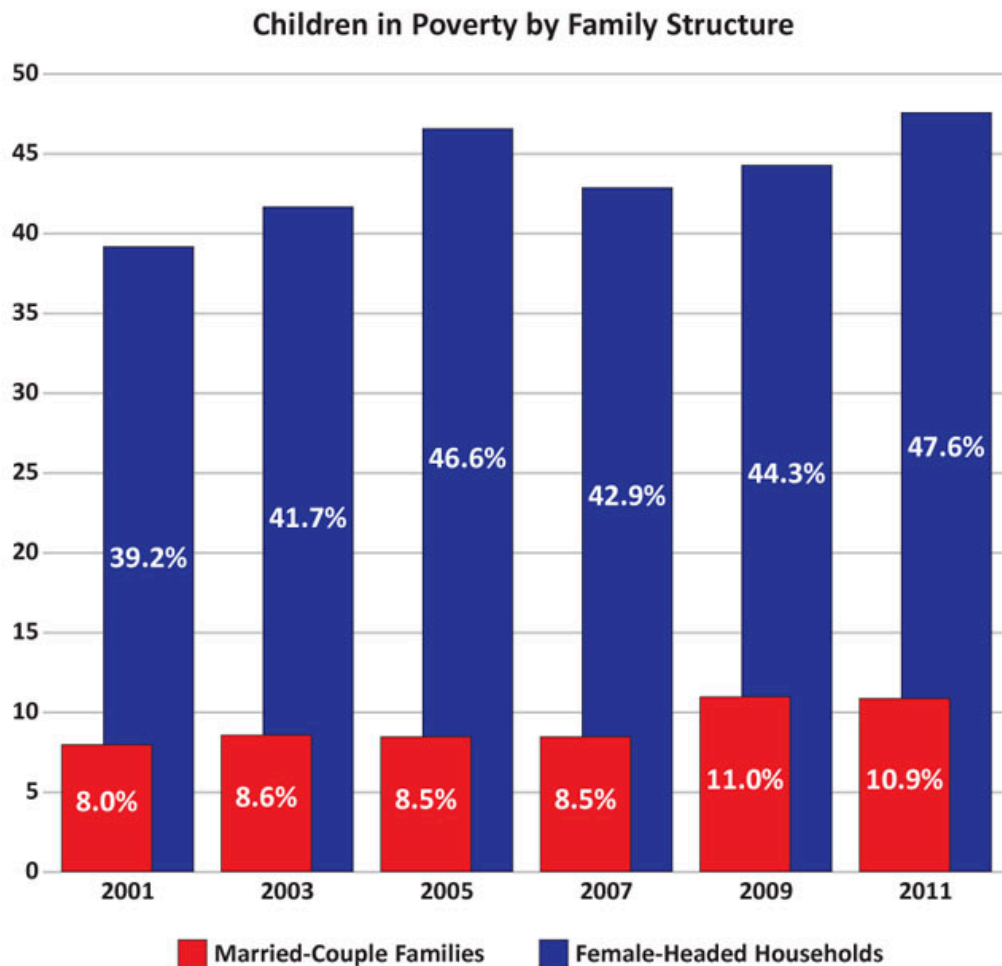
The Consequences of Fatherlessness

Children from fatherless homes are more likely to be poor, become involved in drug and alcohol abuse, drop out of school, and suffer from health and emotional problems. Boys are more likely to become involved in crime, and girls are more likely to become pregnant as teens.

- National Centre for Fathering

<http://www.fathers.com/statistics-and-research/the-consequences-of-fatherlessness/>

1. **Poverty** - Children in father-absent homes are almost four times more likely to be poor. (U.S. Census Bureau, *Children's Living Arrangements and Characteristics: March 2011, Table C8*. Washington D.C.: 2011)



Source: U.S. Department of Health and Human Services; ASEP Issue Brief: *Information on Poverty and Income Statistics*. September 12, 2012 <http://aspe.hhs.gov/hsp/12/PovertyAndIncomeEst/ib.shtml>

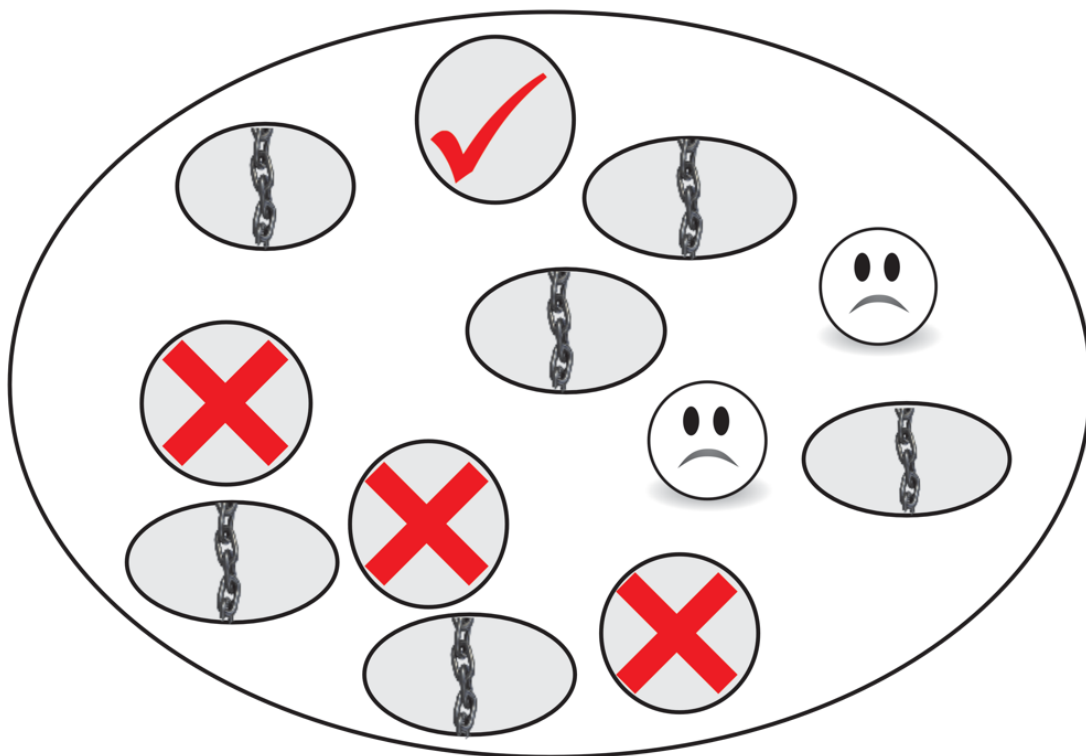
2. **Alcohol and Drug Abuse** - There is significantly more drug use among children who do not live with their mother and father. (Source: Hoffmann, John P. "The Community Context of Family Structure and Adolescent Drug Use." *Journal of Marriage and Family* 64 (May 2002): 314-330.)
3. **Physical and Emotional Health** - A study of 1,977 children age 3 and older living with a residential father or father figure found that children living with married biological parents had significantly fewer behavioral problems than children living with at least one non-biological parent. (Source: Hofferth, S. L. (2006). *Residential father family type and child well-being: investment versus selection*. *Demography*, 43, 53-78.)
4. **Educational Achievement** - Children in grades 7-12 who have lived with at least one biological parent, reported lower grade point averages than those who have always lived with both biological parents. (Source: Tillman, K. H. (2007).

Family structure pathways and academic disadvantage among adolescents in stepfamilies.
Journal of Marriage and Family.)

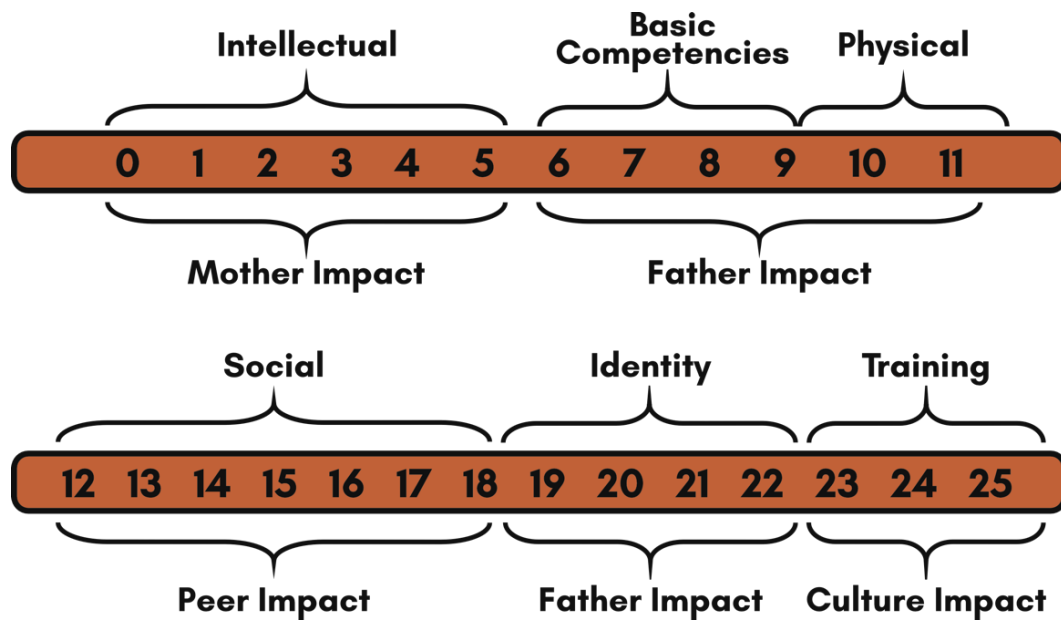
- 71% of high school dropouts are fatherless;

(Source: Edward Kruk, Ph.D., "The Vital Importance of Paternal Presence in Children's Lives." May 23, 2012.)

5. **Crime** - Compared to peers in intact families, adolescents in single-parent families and stepfamilies were more likely to engage in delinquency. (Stephen Demuth and Susan L. Brown, "Family Structure, Family Processes, and Adolescent Delinquency: The Significance of Parental Absence Versus Parental Gender," *Journal of Research in Crime and Delinquency* 41, No. 1 (February 2004): 58-81)
6. **Sexual Activity and teen pregnancy** - The results revealed that adolescents in father-absence homes were more likely to report being sexually active compared to adolescents living with their fathers. (Hendricks, C.S., Cesario, S.K., Murdaugh, C., Gibbons, M.E., Servonsky, E.J., Bobadilla, R.V., Hendricks, D.L., Spencer-Morgan, B., & Tavakoli, A. (2005).)



Phases of life:



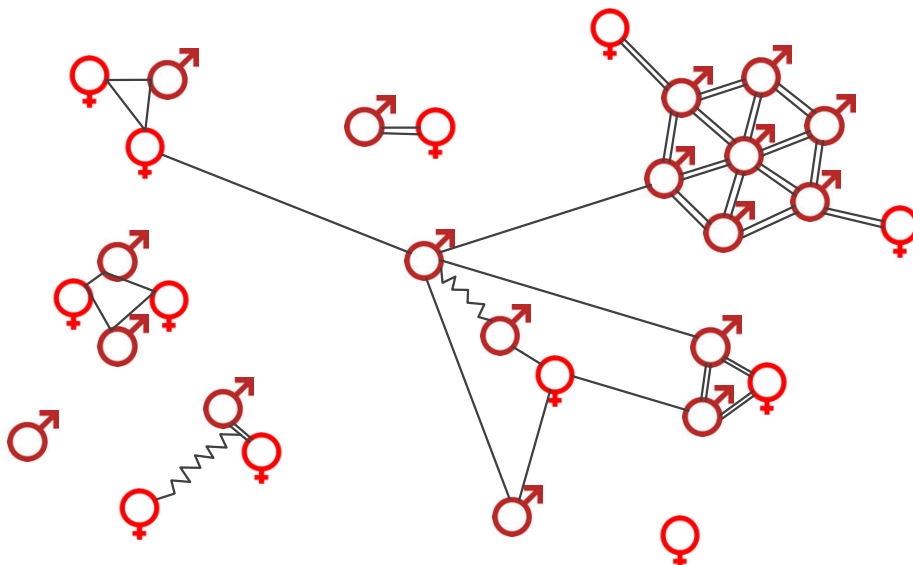
7 Pillars of Emotional Intimacy

1. Honesty
2. Loyalty
3. Vulnerability
4. Communication
5. Appreciation
6. Trust
7. (Within the safe space of marriage) Physical Intimacy

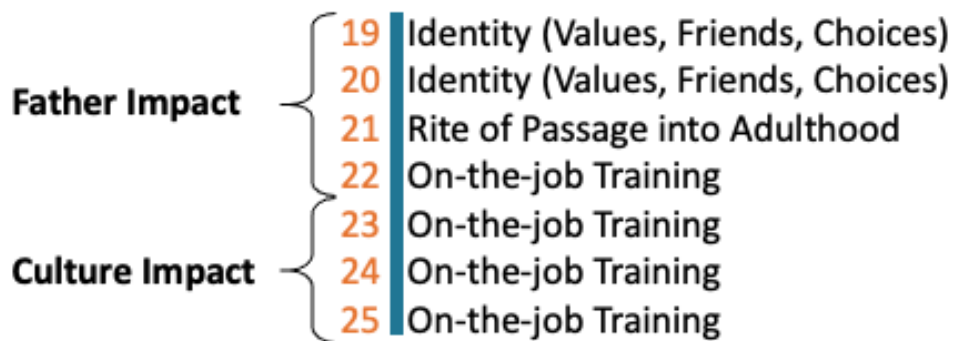
Home Phase



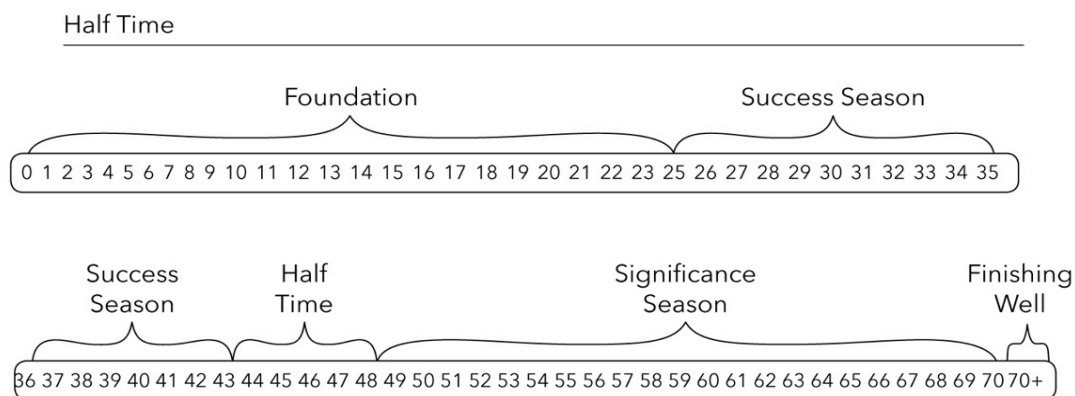
Group-Adventure Phase



Separation Phase



Every Season Counts



To restore the damage of the past

We bond in weakness, not in strength

- STOP playing the **blame game**
 - Justifying yourself is the opposite of moving forward in weakness.
 - If we don't own our failures, we can't correct them.
 - A wrong reaction to a transgression is just as bad.
- STOP playing the **shame game**
 - Self-pity is destructive; it enslaves, not liberates.
 - Playing victim doesn't set us free or serve anyone.
 - To own the problem we need to step towards the solution, not towards the self-pity spa.

Forward with intention

Commitment towards intentional improvement follows:

- The father should apply all he has learned about fatherhood.
- The mother should strengthen his intentions by validation.
- Patience and humility should mark the repentant man.

Support on the journey

- Fathers need a “restoration team”.
- The Table Of Support should be fully occupied
- Become part of a Practicing community
 - To give and receive practical advice
 - To give and receive emotional support

Malachi 4:6

“I will turn the hearts of the fathers to their children, and the hearts of the children to their fathers; or else I will come and strike the land with a curse.”

Luke 1:17

“And he shall go before him in the spirit and power of Elijah, to turn the hearts of the fathers to the children, and the disobedient to the wisdom of the just; to make ready a people prepared for the Lord.”

Authentic Manhood

Hebrews 11: 32 - 38

“³²And what more shall I say? I do not have time to tell about Gideon, Barak, Samson and Jephthah, about David and Samuel and the prophets, ³³who through faith conquered kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, ³⁴quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies. ³⁵Women received back their dead, raised to life again. There were others who were tortured, refusing to be released so that they might gain an even better resurrection. ³⁶Some faced jeers and flogging, and even chains and imprisonment. ³⁷They were put to death by stoning;^[a] they were sawed in two; they were killed by the sword. They went about in sheepskins and goatskins, destitute, persecuted and mistreated— ³⁸the world was not worthy of them. They wandered in deserts and mountains, living in caves and in holes in the ground.”

Group Discussion

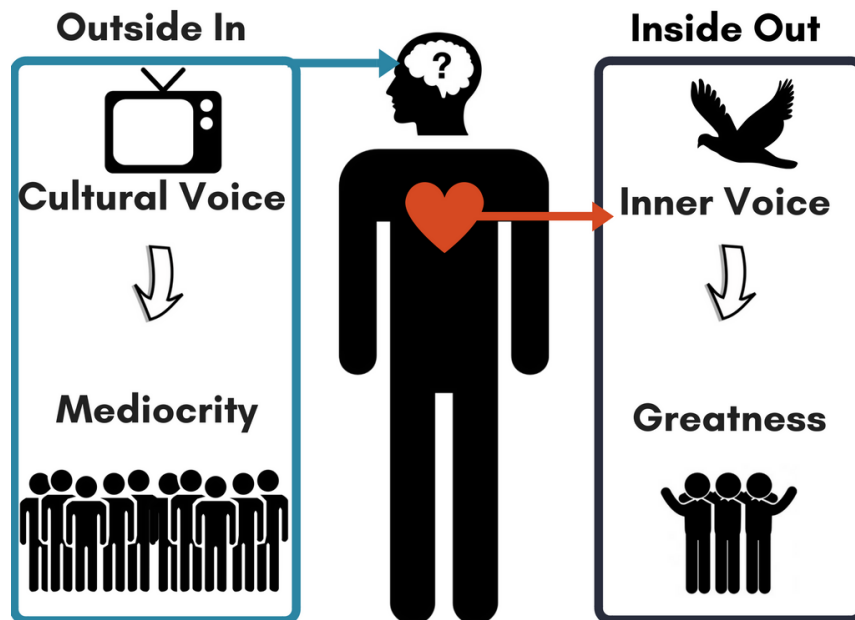
If you look at society today, what are the requirements put forward in order to qualify as a “real man”?

Conventional vision of manhood:

5 celebrated characteristics:

1. It paints a one-dimensional picture, equating manhood with a “position”. What a man does, is who he is.
2. His value is earned; therefore, he becomes highly competitive. He must out-think, out play and out-earn others.
3. Success is the goal – often at the expense of one’s marriage, one’s children, and meaningful, close relationships.
4. The reward of conventional manhood is power, chiefly in the marketplace.
5. If a man becomes successful in this plan, he enjoys personal wealth and affluence.

Finding the Voice... Living the Choice



When God created man, He wanted to:

1. Extend His rulership, will and nature on earth.
2. Manifest His character, wisdom, righteousness and judgement on earth through the facilitating leadership of mankind.
3. Influence earth from heaven through mankind.

Man had to:

1. Execute God's will on earth as it is in heaven.
2. Establish heaven at home – a visible expression of an invisible world.

“We must make a choice. Will we continue to march to the drumbeat of conformity and respectability, or will we, listening to the beat of a more distant drum, move to its echoing sounds? Will we march only to the music of time, or will we, risking criticism and abuse, march to the soul saving music of eternity?”

~ Martin Luther King ~

Men, more than women, are “culture-made”. For this reason, a (new) cultural definition of manhood is critical.

~ David Blankenhorn ~

Real Manhood

- A real man is one who courageously stands by his convictions in challenging times.
- A real man is one who lifts the bar for himself and others from the mediocre to the level of nobility.
- A real man takes up responsibility and execute it with sincere intentionality.
- A real man rejects passivity with energetic initiation and implementation.

“We decree that no one shall be knighted unless he is a knight’s son”.

~ The Cotes Of Catalonia (1235) ~

Exemplary Behavior

We need to start a trend of exemplary behavior. We will have to change the way we see manhood if we are the generation to change the stigma surrounding manhood.

Four Main Responsibilities of Fathers

- A father establishes authority
- A father confers identity
- A father provides security
- A father affirms potential

Personal Note

A Father Establishes Authority

A father should:

1. Submit to a Higher Loyalty.
2. Bring benefit to those under his authority.
3. Have clarity of conviction.
4. Know our Father God's mission.
5. Transfers Moral Authority.
 - Grounded in The Absolute Authority of the Word
 - Filled by the Holy Spirit
 - Obeying the purified conscience
 - Avoiding and confronting immoral activities
 - A father submits to accountability
6. Initiate the 'moral dance'.
7. Assume the disciplinary responsibility.

Small Group Discussion

What do you think your wife and children would say about the way you represent God's authority?

1. Submission to a Higher Loyalty

Pure authority comes from a self-denying submission to a higher mission and loyalty.

Luke 22:26-27

"Those who are the greatest among you should take the lowest rank, and the leader should be like a servant ... For I am among you as one who serves."

Jesus Submitting to Authority

- By myself I can do nothing. (John 5:30)
- I do nothing on my own, but speak just what the Father has taught me. (John 8:28)
- I am not seeking glory for myself. (John 8:50)
- I seek not to please myself but him who sent me. (John 5:30)
- I do not accept praise from men. (John 5:41)
- I did not come to be served, but to serve. (Mark 10:45)

2. Authority intends to bring benefit to others

- Pure authority comes from a pure selfless intention to bestow the benefits of the authority to those under your authority.

Deuteronomy 6:1-3

“Now this is the commandment, and these are the statutes and judgments which the Lord your God has commanded to teach you, that you may observe them in the land which you are crossing over to possess, that you may fear the Lord your God, to keep all His statutes and His commandments which I command you, you and your son and your grandson, all the days of your life, and that your days may be prolonged. Therefore hear, O Israel, and be careful to observe it, that it may be well with you, and that you may multiply greatly as the Lord God of your fathers has promised you— ‘a land flowing with milk and honey.’”

3. Authority has clarity

*He who does not know and does not know
that he does not know, is asleep – wake him up.*

*He who does not know and knows
that he does not know, is a child – teach him.*

*He who knows and does not know
that he does not know is a fool – avoid him.*

*He who knows and knows that he knows,
is wise – follow him!*

Knowledge vs Wisdom:

Both knowledge and wisdom are required to be an effective father.

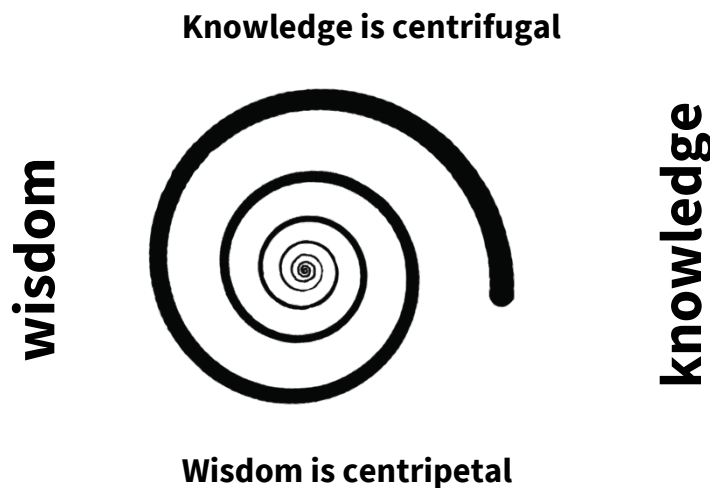
Knowledge is all about **facts**. Most of the time it gives the factual content of a subject or situation.

Wisdom is all about **experience**. It is about how to read, anticipate and navigate situations of life. It is about observing, learning and applying.

To get knowledge – read the book

To get wisdom – pray and practice

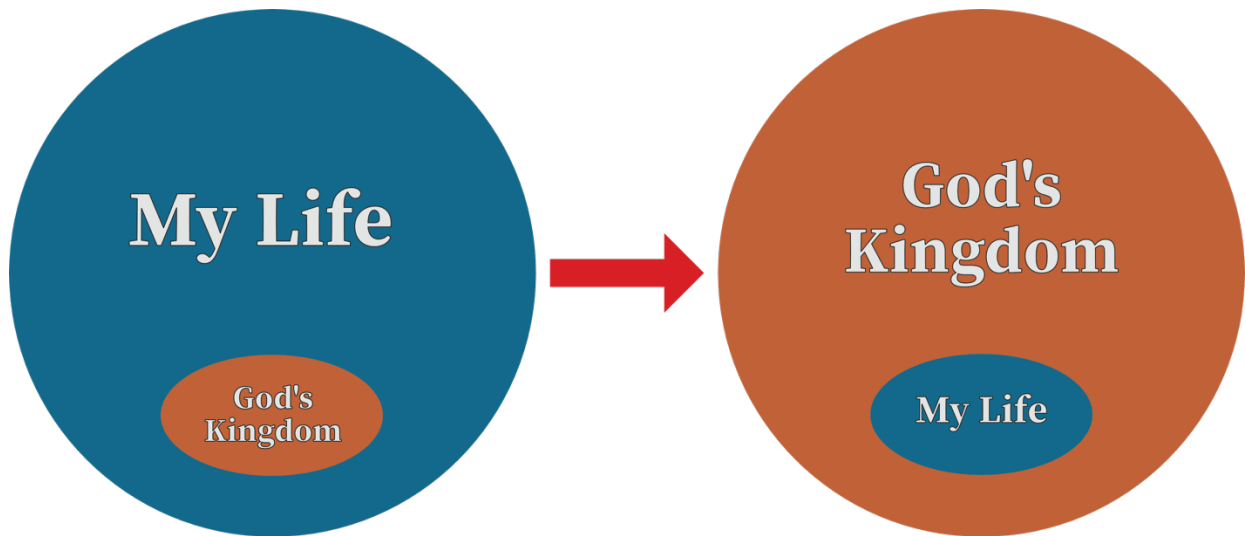
Therefore seek wisdom!



"We are called to be people of conviction, not conformity; of moral nobility, not social respectability. We are commanded to live differently and according to a higher loyalty"

~ Martin Luther King ~

Fathers know: God's calling is our Purpose!



Missio Dei

God is at work. In our context through His body. Towards His intended purposes.



4. Purpose

That which a person sets before himself as an object to be reached or accomplished; the end or aim to which the view is directed.

Primary Purpose: Become part of God's Mission!

Secondary Purpose: Find the specific assignment God has for you!

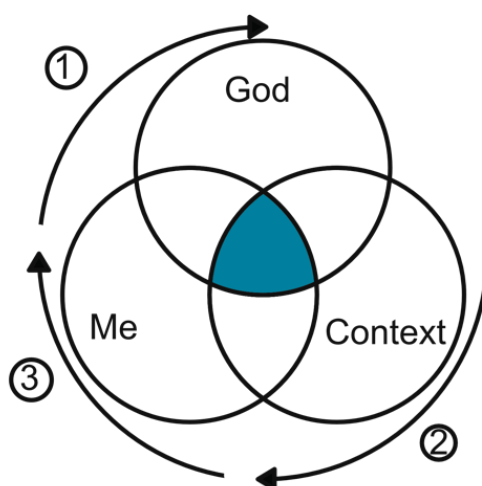
“The thing is to understand myself, to see what God really wants me to do; the thing is to find the truth which is true for me, to find the idea for which I can live and die!”

~ Soren Kierkegaard ~

A. My purpose is determined by God

Ask the following three questions to help clarify what God’s current mission is:

1. What is the all-encompassing mission of the Father and where is he now in his mission?
2. What would the main thing Jesus attends to be if he were in our shoes and living in our world today?
3. What are the promptings of the Holy Spirit that I sense? What are the things I am constantly reminded of that will make a beneficial difference to the world?



Now complete this very essential sentence:

“God wants to restore the world by

.....
”

B. My context calls for...

Needs	Opportunities

Passion for People...

Infants	Executives	Sport people	Elderly
Teen moms	Prisoners	Poor	Young married
Divorced	Children	Unemployed	Artist
Career woman	Single Parent	Hospitalised	Empty nesters
Other faiths	Widowed	Youth	Disabled
Orphans	(Ex)military	Farmers	Leaders
College students	Others	Singles	
Refugees	Business people	Professionals	
Parents	Homeless	Educators	

Passion for Issues...

Environment	Sport	Family	Technology
Violence	Domestic abuse	Literacy	Abortion
Education	Child care	Medical Care	Church
Discipleship	AIDS	Homosexuality	Arts
Economy	Injustice	Politics	Other
Homelessness	Addictions	Racism	
Poverty	Reaching the lost	International	
Hunger	Crime	Corruption	

Passion...

The most significant thing I've ever done is...

Gifts...

Administration	Counselling	Service
Hand skills	Wisdom	Arts
Discernment	Organisation	Leadership
Reshaping mindsets	Pioneering initiatives	Motivation
Sharing	Creative	Training
Hospitality	Communication	Sport
Knowledge	Encouragement	Connecting people
Compassion	Writing	

Skills...

Analysing	Teaching	Organising
Coaching	Manual skills	Performing (arts, music etc)
Designing	Managing people	Researching
Implementation	Managing projects	Strategic design
Marketing	Writing	Technical skills
Persuading	Creating	Managing numbers
Recruiting	Influencing others	Managing money
Speaking	Leading	

My life story impacted by people/events/decisions indicate that...

- I often find myself in leading positions
- I often find myself helping needy people
- I often find myself encouraging people
- I have always been the 'life of the party'
- I have always been the organizer of events
- I have always been the initiator of things
-

Purpose

1. God wants

2. My context calls me to

3. Me: I have

a. Passion for

b. My gifts and skills are

c. My life story impacted by people/events/decisions indicate that

Purpose Statement

- Get your specific target group.
- Formulate the current state of your target group.
- Formulate your desired outcome.
- Choose the verb that encapsulates your preferred action with them.
- Decide on the vehicle with which you want to reach your destination.
-

Verb:

Train	Be a tree for
Facilitate	Be a crutch for
Motivate	Care for
Build	Comfort
Energize	Empower
Cultivate	

Purpose Statement:

I intend /purpose to...(verb).....

The...(target group).....

From...(current status of the target group).....

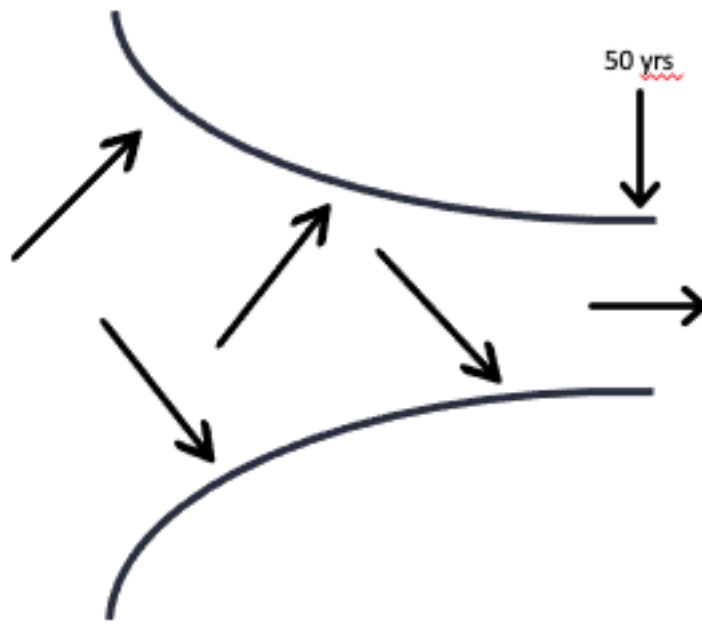
To...(the outcome you desire).....

through the means of ...(the vehicle).....



Personal Reflection:

- Am I moving(am I busy with)in the direction that God has just highlighted for me in my purpose statement?
- If “no”, what hurdles are standing in my way?
- How would I go about removing them in order for me to start moving in the direction of God’s purpose for my life?



“This is the true joy of life” ...being used for a purpose ... a mighty one!

My life belongs to the whole community. I want to be thoroughly used up when I die! Life is a sort of splendid torch.....I want to make it burn as brightly as possible before handing it on to future generations!”

~ George Bernard Shaw ~

Life Purpose Statement

5. A Father should develop and demonstrate Moral Authority

A father transfers his beliefs in Absolute Norms to those around him.

"It is also midnight within the moral order. At midnight colors lose their distinctiveness and become a sullen shade of grey. Moral principles have lost their distinctiveness. For modern man, absolute right and absolute wrong are a matter of what the majority is doing."

~ Martin Luther King ~

A. A Father must be saturated by the Word, so the Word can be the filter of all his decisions.



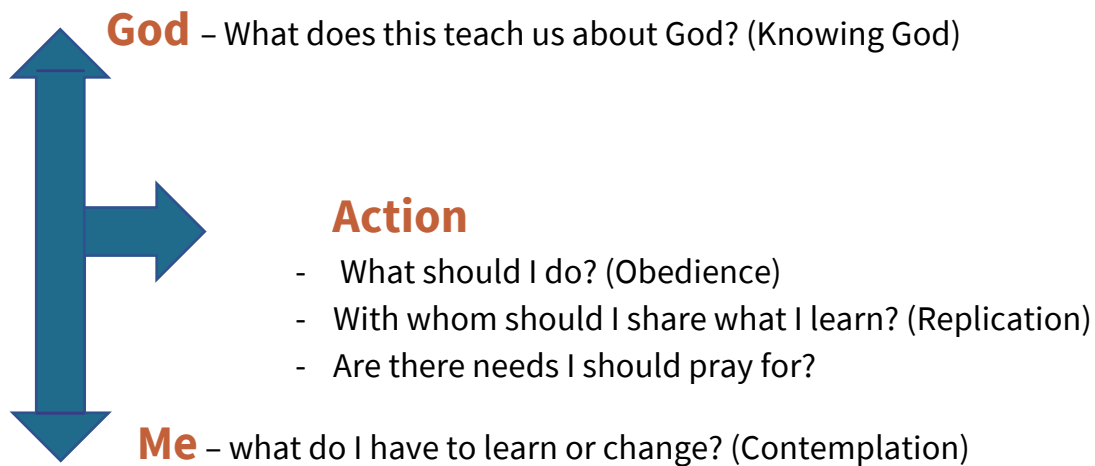
Psalm 119:105

"Your Word is a lamp to my feet and a light for my path."

2 Timothy 3:16-17

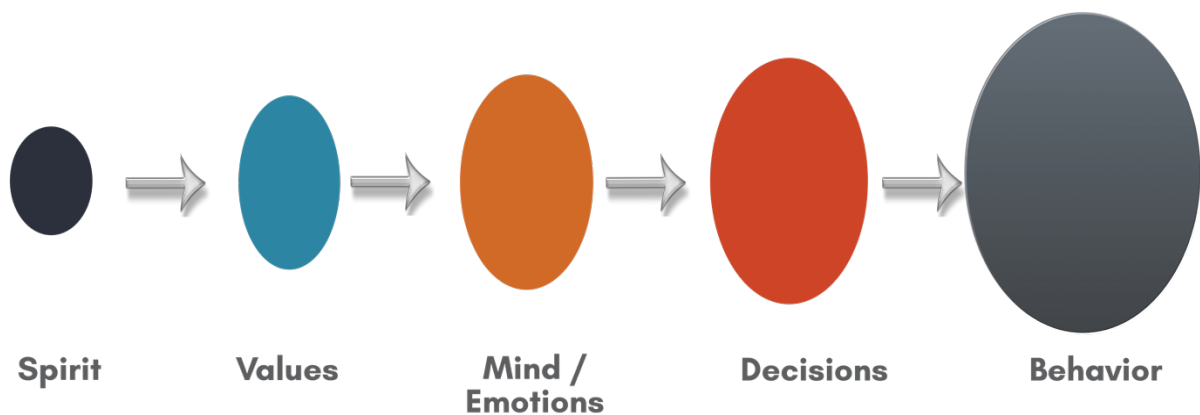
"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."

A simple Bible study method



B. The Holy Spirit writes the moral code in his spirit.

The Bible is the source of the code that we should live by. The values in Scripture impact us according to the following diagram.



Living by the Spirit:

- Know that nothing good can happen without the Spirit (John 15:5)
- Orientate your life from the presence and control of the Spirit (Rom.8:5; Gal. 5:25)
- Let the Spirit renew you from the inside out! (John 4:14; Gal. 5:25)
- Obey the Spirit so that the He can renew the world through you! (John 7:38; Acts 1:8)

All things under Christ	All under own control
Everything under the authority of Christ (Eph. 1:10)	Everything under my authority (Luke 12:15 – 21)
Living for God's purposes (Acts 20:24)	Cravings, lust and boastings of the world (1 John 2:15 – 16)
Seek first the Kingdom (Matt. 6:33)	Lovers of pleasure (1 Tim. 3:4)
Mind on the things above (Col. 3:2)	Life orientated from desires (1 Pet. 1:14)
Love for God/others (Gal. 5:1;22)	Proud/Jealous (Gal. 5:26)
Selfless (Gal. 5:24)	Self-seeking (2 Tim. 3:2)
Led by the Spirit (Gal. 5:16; 22)	Passions and Desires (Gal. 5:24)
Spirit and Truth (John 4:23 – 24)	Sinful nature (Gal. 5:17)

C. His actions are synchronised with a purified conscience

Examining the conscience

- If we are the lone examiners of our heart, a thousand justifications will arise to declare our innocence. We will 'call evil good, and good evil', as Isaiah says (Isa.5:20). But since God is with us in the search, we are listening more than we are defending. Our petty realizations and evasions of responsibility simply will not tolerate the light of his presence. He will show us what we need to see when we need to see it.
- If the examination is solely self-examination, we will always end up with excessive praise or blame.

**Purifying the conscience through Word and Spirit.
Acting the conscience through obedience.**

D. He intentionally avoids and confronts immoral activities and all that can lead to immoral behaviour

Tough Mind	Soft Mind
○ Know your values that determine your decisions	○ Gullibility towards advertisements
○ Critically sifting real truth by the Word and Spirit and wise discernment	○ Uncritical acceptance of the printed and spoken word
○ Selfless Fear of God and what could harm society	○ Irrational fears
○ Using change for common good	○ Fear of change
○ Inviting new knowledge	○ Fear of knowledge (science)
○ Dealing with all questions	○ Fear of questions / doubts
○ No boxing of anyone	○ Stereotyping / prejudices

A father can say “no” to that which is wrong.

“He avoids the complacency and ‘do-nothingness’ of the soft minded”

~ Martin L King ~

“Fight vigorously the evils of the world in a humble and loving spirit. The transformed nonconformist, moreover, never yields to the passive sort of patience which is an excuse to do nothing.”

~ Martin L King ~

What are the things common to your culture that you say “no” to?

I say “no” to:

I say “no” to:

I say “no” to:

I avoid:

I avoid:

I avoid:

Detrimental Environments

- 1. I avoid:** **Pornography**
- 2. I avoid:** **An excessive standard of living**
- 3. I avoid:** **The trap of individualism fired on by capitalism**
- 4. I avoid:** **Power addiction**
- 5. I avoid:** _____

E. A Father submits to accountability

Moral scrutiny safeguards moral authority

Submitted to God for

Submitted to my wife for

Submitted to my son/daughter

Submitted to my mentor for

6. The “Moral Dance”

The father should be the one who demonstrates how life is lived in a mature way. As he desires to become more like Christ, the Holy Spirit will continue to change him into the image of his Savior. By doing so he will be an example to his wife and children. If he does it right, the rest of his family will have no problem in following him.

“Imitate me, just as I also imitate Christ.”

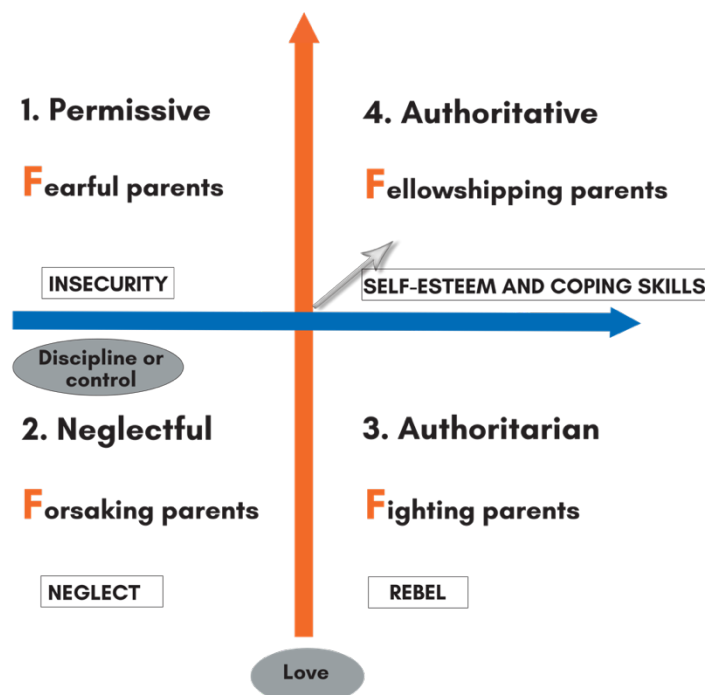
(1 Cor.11:1)

7. A father takes responsibility for discipline

- Moral Authority demands respect. (No military force needed!)
- In discipline the Will of God dominates (Ephesians 6:4)
- The purpose of discipline is to mature in their relationship with God! (Hebrews 12:7-11)

10 Rules of Discipline

1. Understand the world of your child! (e.g. Pulling at your trousers)
 2. Understand different temperaments.
 3. Stay emotionally connected with the child. A small eye movement may then reap the right results.
 4. Only say 'NO!' when it is really necessary.
 5. Do discipline 'with' your child, not 'to' your child.
 6. Never discipline as outburst of anger. Control your anger!
 7. Only discipline disobedience and immoral actions and as safety precaution.
 8. Always give two warnings.
 9. Be super patient between 5-7pm
 10. Always debrief after the disciplining:
 - a. Give the reason why
 - b. Re-affirm your love to the child
 - c. Re-state the rules
- REMEMBER: First **instruct**, then **correct**, then **discipline**



Personal Note

A Father Confers Identity

Fathers should:

- Understand and live a tale of two identities.
- Avoid identity confusion.
- Filter the past.
- Choose and inculcate the right family values.
- Select the family friends with the right DNA.
- Help children to make the right choices.
- Guide the *Family Mission*.

1. Two Identities

Primary Identity: I am Christian – a child of the Living God!

Secondary identity: A man with a past, a present and a future!

Father God's Perspective:

2 Chronicles 7:14

*“if **my** people, who are called by **my** name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”*

1 Peter 2:9-10

*“But **you are a chosen people, a royal priesthood, a holy nation, God's special possession**, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy”*

1 John 3:1

“See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him”

Primary Identity:

Colosians 2:9,10

“For in Christ all the fullness of the Deity lives in bodily form, and you have been given fullness in Christ, who is the head over every power and authority.”

Colosians 3:3,4

“For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you will also appear with Him in Glory”

Galatians 4:7

“You are no longer a slave, but a son; and since you are a son, God has made you also an heir”

Galatians 3:26

For you are all sons of God through faith in Christ Jesus.

2 Corinthians 6:18

“And I will be a father to you, and you shall be sons and daughters to Me,” says the Lord Almighty.

Revelation 21:7

He who overcomes will inherit these things, and I will be his God and he will be My son.

Luke 20:36

for they cannot even die anymore, because they are like angels, and are sons of God, being sons of the resurrection.

Huiiothesia

The process by which a father would declare his son to be an adult, recognizing and affirming in his son the ability to manage his inheritance.
(Not only an “adoption into” but a “placing as”)

Sons of God – “Huiois”

- Mature resemblance of the Father
- Similarity in face, features, character, discipline and obedience
- Right to the father’s inheritance
- The “fully intended you”, what God had in mind when He created you in His image
- The Holy Spirit strips away false constructs, lies and insecurities

“The tendency of most is to adopt a view that is so ambiguous that it will include everything and so popular that it will include everybody.”

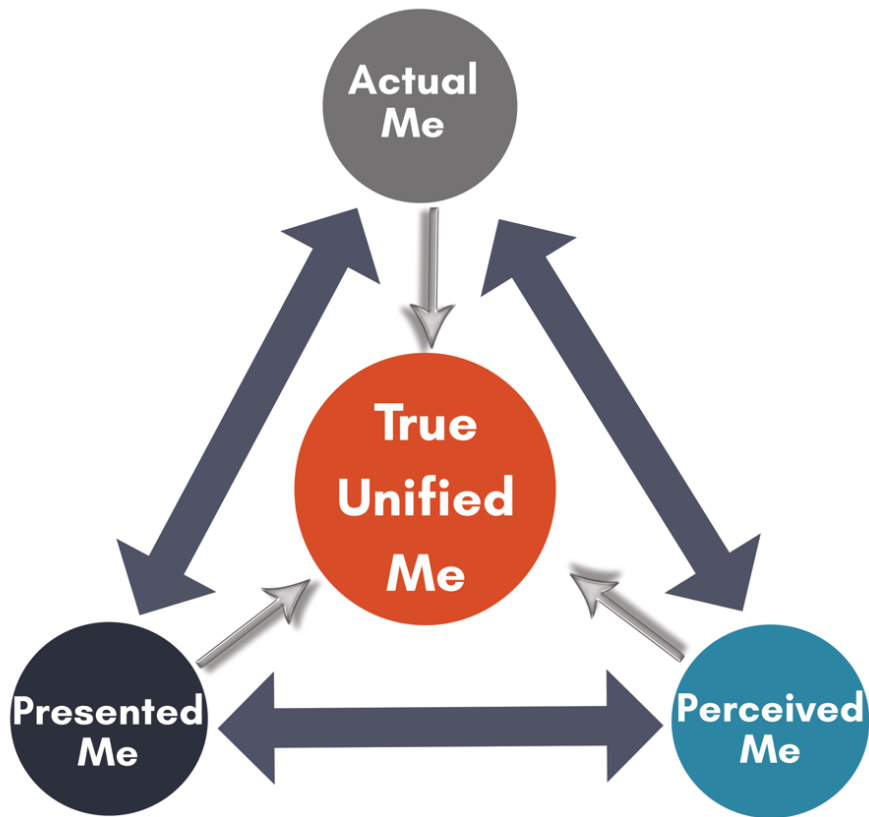
~ Martin Luther King ~

2. Identity Confusion

What causes identity confusion?

- | | |
|---------------------------------------|---|
| Forced identity by parents: | putting pressure on their children to become what they, as parents, could not become. |
| Peer pressure in teenagers: | try to be like someone else that’s popular or “tag” along to be seen with someone that is “cool”. |
| Forced identity by the father: | The father forces his children to become like himself with total disregard for his children’s interests and uniqueness. |
| Society pressured identity: | You allow society to tell you – what and how you should talk, wear, think and how you should behave. You become a slave to society. |

The Segregated Self



Johari Window



Basic Need	Wounds	Excessive need	False Self Concept
Belonging/ Intimacy/ Security	Rejection	Acceptance	I am what I have
Capacity	Incapable/ Uncertain/ Failure	Capable	I am what I do
Esteem/ Unique significance	Low Self- worth/Inferior	Valuable	I am what others think of me

False Self

The concocted belief/programming that I am inferior, incapable and rejected and that I now have to build my identity on what I have, what I do and on what others will think of me.

True Self

The created/recreated intended expression of God; understanding that I am the beloved, uniquely and sufficiently gifted to reign on earth as the representative of heaven.

Presentation of the False Self

1. Fear of rejection/failure
2. Anger
3. Defensive
4. Possessive
5. Manipulative
6. Destructive
7. Promote yourself – blaming
8. Pre-occupied with self
9. Wants to prove that he is better than others are - performance

Who do you present (masking), because you live with a Father Wound?

- Keeping people at a distance, because of the lack of intimacy at home.
- Becoming a social party animal, because of the coldness experienced at home.
- Seeking recognition, because you lacked affirmation.
- Driven towards success, because you were not loved unconditionally.

- Driven by Mammon, because of deep-seated financial insecurity.
- Overcompensating by spoiling children, because of the strictness of your dad.

Insecurities

- The biggest reason for unhealthy marriages
- The biggest reason for bad leadership
- The biggest reason for personal dissatisfaction.
- The biggest reason why people do not 'get over' their problems

Deficiencies when people live with insecurities

- Leaders struggle to trust and connect with people emotionally...from a mother wound early in life.
- Leaders feel they are not good enough from a father wound not affirming their potential well enough.
- Leaders are aggressively defensive when criticized ...from a father wound who did not help them to understand their value and uniqueness.

Other signs of insecurities:

- | | |
|--|---|
| ○ Want to prove themselves | ○ Self-pity |
| ○ Self-justification | ○ Cannot deal with critique/discipline |
| ○ Finds security in material possessions | ○ Seek insatiably for recognition (orphan spirit) |
| ○ 'People pleasers' | ○ Jealous |
| ○ Indulgence or addictions | ○ Racism |
| ○ Condemnatory or paternalistic | ○ Floating in life |

Wonderful Me

Dimension	"Actual Me" Insecurities
Physical	
Social	
Emotional	
Intellectual	
Spiritual	
Environmental	

3. Father and Mother Wounds

How can your relationship with your own father be described?

If I describe my father's moral condition, I will say he was:

My father transmitted the following aspects of identity to me:

The atmosphere that my father created at home was:

My father affirmed me by:

My father's relationship with my mother can be described as:

My father's relationship with us children can be described as:

In what other areas of your life do you feel your father has failed you?

What do you see in your life as consequences of this?

What are you currently doing to rectify this?

Father Wound Symptoms:

Symptoms of neglect of establishing sound moral authority

- I struggle to submit to absolute norms
- I do not like to be held accountable
- I have not learnt, through the distillation of wisdom, the right basic orientation to life
- I am void of clear convictions that guide my decisions
- I struggle to listen to and obey my conscience
- I do not own responsibility easily
- I cannot apply delayed gratification easily (I want everything now)
- I struggle to stand under authority
- I find it difficult to respect superiors
- I want to do things my way
- I struggle with receiving or applying discipline
- I do not know how to use power/authority in the right way
- I have a need for knowing between right and wrong
- I do not know healthy ways of leading people
- I tend to manipulate myself out of direct submission

Symptoms of neglect of conferring identity

- I do not know where I belong/fit (orphan spirit)
- I do not know my unique significance
- I drift in an anchorless boat
- I am plagued by insecurities
- I find my identity in my work/performance
- I do not know who I am; I have identity confusion
- I mask my real self and adopt a different identity that will be accepted
- I sometimes become aggressively defensive
- I am uncertain on which choices to make
- I do not have a clear set of values that I live by
- I do not have close soul-mates in my life
- I do not have a clear purpose/calling in life

Symptoms of neglect of emotional security

- I am not sure if people really accept (love) me
- I probably deserve nothing

- I can never get enough attention / care
- I support the underdog
- I struggle to identify my real / deepest feelings
- I struggle to manage my emotions
- I try to earn respect / love
- I am pestered by huge bouts of shame and fear
- I have a negative approach to most things in life
- I am not confident to correctly interact with others emotionally
- I sometimes feel emotionally threatened by others

Symptoms of neglect of affirmation

- I do not know what my real value (unique significance) is
- I observe compliments with suspicion
- I do not feel I have any contribution to make
- I always feel uncertain
- I always question myself
- I try to impress people all the time
- I struggle with immaturity
- I do not understand the significance of this specific phase of my life
- I do not trust someone giving me compliments
- It is very difficult for me to discern my gifts / talents
- I do not feel supported
- I do not know if I have got what it takes
- I am not sure if I will ever meet up to expectations

Mother Wound Symptoms:

Neglect of impartation of intimacy

- I struggle with opening up emotionally
- When people come too close to me emotionally I pull back
- I often feel lonely as if I am on an island
- I withdraw to a lonely place to get space between me and others
- I stand at the door of people's lives, but seldom enter into the inner chambers emotionally
- I show signs of an orphan spirit, feeling I do not belong.

Neglect of nurture and care from mother

- I have serious bouts of fear
- I feel lonely in my pain
- I do not need any-one else to share my pain with
- I react with strong emotions when I feel my spouse is not sensitive about my feelings.

Neglect of social guidance

- I am ignorant of the lives/intricacies of the others around me
- I struggle to think and function broader than my own world
- I score low on emotional intelligence when it comes to being connected to the emotions of others
- I score low on emotional intelligence when it comes to managing the emotions of others.

Neglect of demonstration of validation

- I struggle with the supporting of others
- I struggle to play “second fiddle”
- I struggle with submission
- I struggle with moving others to support a cause that is not my initiative

Healing of the father wound

A. OWN the problem

B. FORGIVE the person

C. Step into INNER VICTORY

D. WALK TOGETHER

A. OWN the problem

- Acknowledge that you have a father wound. Sometimes we have blind spots on this, but please look carefully at the symptoms in your life.
- You have to identify the wound, know where it came from and why it caused so much pain and then you have to know what damage it caused in your life.
- Name the wound: e.g. “My father has done this or that” or “My father has neglected to do this or that.”

- Name the unfulfilled need by stating it verbally: Say clearly what you wanted to hear/see/experience from your dad. To get this crystalized you may need to write a letter to your dad without delivering it.
- Face the facts about the impact of the wound: Acknowledge if it created anger in you towards him, life or God. Also acknowledge if other related symptoms are present in your life like passivity, escapism, procrastination, outbursts, gossip, etc.

B. FORGIVE the person

- Forgiveness is not a weak surrender. Forgiveness is a strong act of writing off the debt of someone else and deciding to pay the price yourself. This is why taking authority over the transgression first is important; to then swing it from “you owe me” to “I owe you” is the hard-self-sacrificial act of forgiveness.
- Discard undue expectations from your father. This asks for reasonable realism of what your father had to deal with when he dealt you the wound and an understanding that he though flawed, “tried his best.”
- Take authority over any negative impact your father wound could have caused in your life and over any power or habit that may hinder you to conquer your wound.
- Apply forgiveness. Here forgiveness for your dad or the pleading of the blood of Christ over generational sins may be needed. (Counsellor could represent father)

C. Step into INNER VICTORY

- Allow only God to have the right to make you happy or sad.
- Accept that God has chosen your parents for you to prepare you for what He wants to do through you.
- Decide to capture all thoughts and make them obedient to Christ. Change negative thoughts into positive ones.
- Find actions that connect with your new patterns of thought and practice them until they become habits.
- Know this is a journey of repetitive healing episodes.
- Ask for the control of the Spirit over your life so that the flesh can be combatted.
- Identify behaviour and thoughts in yourself that inhibit your own growth and work actively to change that with the support of a mentor or accountability partner.

D. WALK Together

- Many people don't experience total restoration because they are so individualized.
- Churches help many to personal commitments, but the process of discipleship, which means "practising Jesus together," is not followed through.
- Fight against pride and self-pity and ask someone to keep you accountable that you will not fall back into resentment as more wounds are revealed.
- Set your mind to use your healing wounds as a healing balm for the wounds of others. Become a "wounded healer."
- Spend time in healthy relationships with older men(mentors) that could model life to you.
- Become the father you have never had.
- Life-coach other fathers into authentic fatherhood.



Three forms and origins of identity

Cultural identity:

Generated by civil society and introduced by the dominant institutions of a society... by those in authority.

Counter-culture identity:

Generated by those actors who are devalued / stigmatised by the logic of domination. They form communes or communities to resist unbearable

opposition / oppression and build upon already existing identities defined by history, geography, biology, belief, race / ethnicity etc. It is a defensive identity.

Trendsetter's identity:

... is built when social actors build a new identity that redefines their position in society and by doing so, **seek the transformation of the overall social structure.**

“In this world a man must either be an anvil or a hammer, meaning that he is either a moulder of society or is moulded by society.”

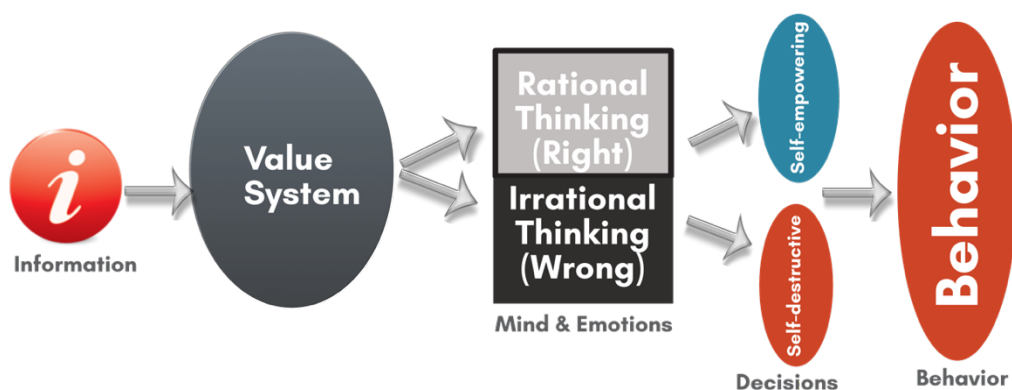
~Anonymous~

4. Values

People without an organised system of thought will always be at the mercy of people who have one or at the mercy of the reigning values of society.

We invest our sons with marketplace competence, but not moral conviction.
We help our sons to become socially successful, but not spiritually significant.

Your values are your regulating mechanism for decision making



Value Sets

VALUE SET 1	VALUE SET 2
Absolute truth	Relative truth
Integrity	Image
Interdependence	Individualism
Social involvement	Social isolation
Service	Self-survival
Energetic participation	Passive observation
Originality/Creativity	Imitation
Constant reorientation	Thoughtless business
Skill and care	Haste and ease
Self-control	Impulsiveness
Long range perspective	Instant gratification
Productivity	Unproductivity
Occupation as vocation/calling	Occupation for survival
Profit as means to further security	Profit as the ultimate goad
Honesty	Dishonesty
Family ties important	No family responsibility



Discussion:

- Choose four of the values that you chose from the homework that you were given and discuss why you have chosen those specific ones.
- Choose two values and discuss scenarios where you think you will be challenged to apply your value in order for you to do the right thing. Do this for each one.

5. Friends

Proverbs 17:17

“A friend loves at all times, and a brother is born for a time of adversity.”

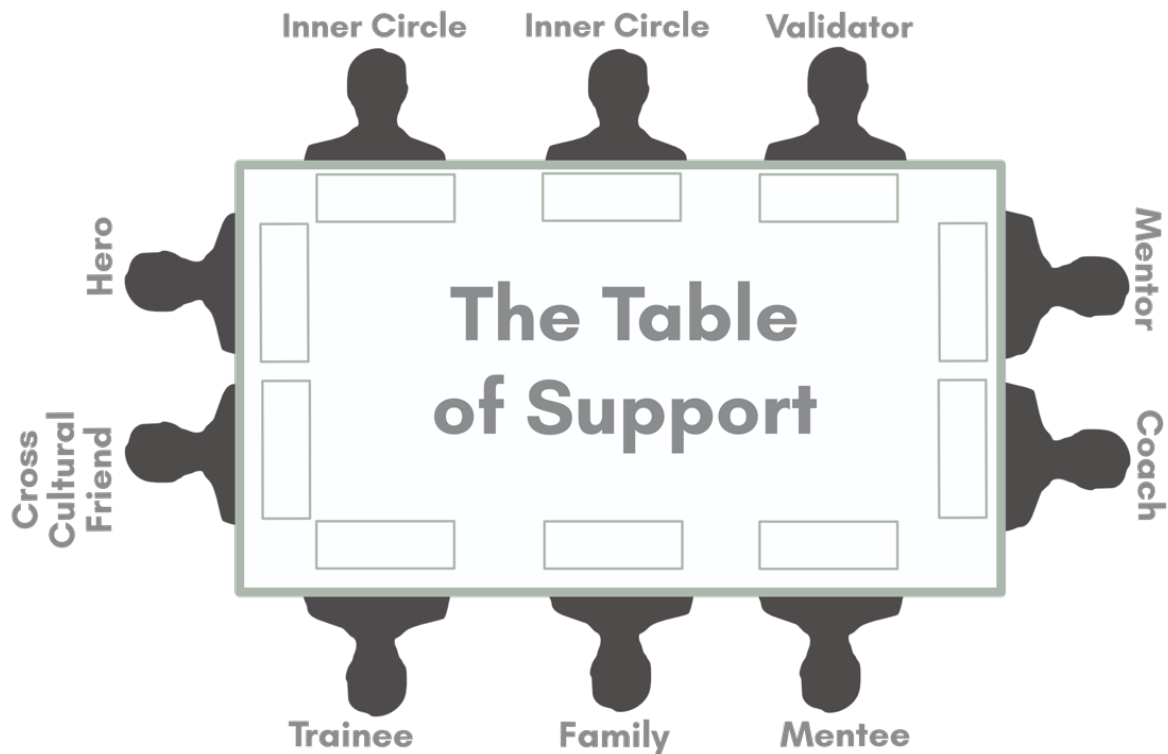
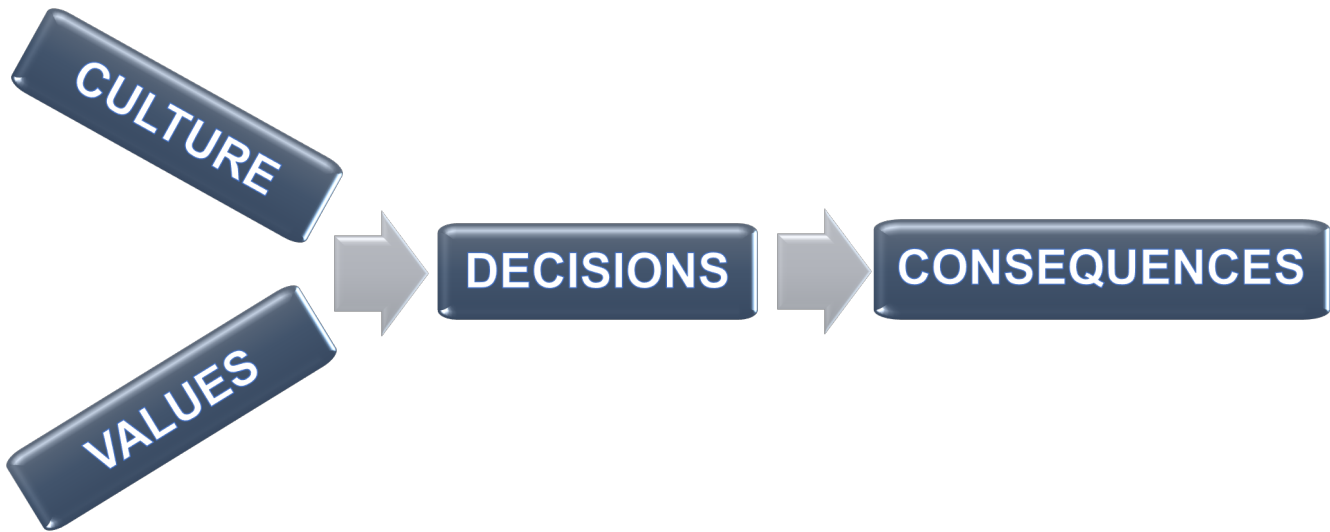


Table of support roles

1. **The Mentor** - he is the person who is our whole-life coach.
2. **The Mentee** - he is the person who we do whole life coaching with.
3. **The Coach** - he or she is someone who trains us in a specific skill.
4. **The Trainee** - he or she is someone who we train in a specific skill.
5. **The Hero** - he or she is someone who we have the highest admiration for, though we may not be able to become like this person.
6. **The Family Member** - he or she is the person in the family who has very close emotional intimacy with us.
7. **The Inner Circle** - they are friends who are real soulmates (same gender)
8. **Cross-culture Friend** - he or she is a person from a different culture to ours who can enrich our understanding of life by helping you see things from a different perspective.
9. **The Validator** - he or she is the person who will take the baton of our mission in life and run with it after we have died

6. Choices

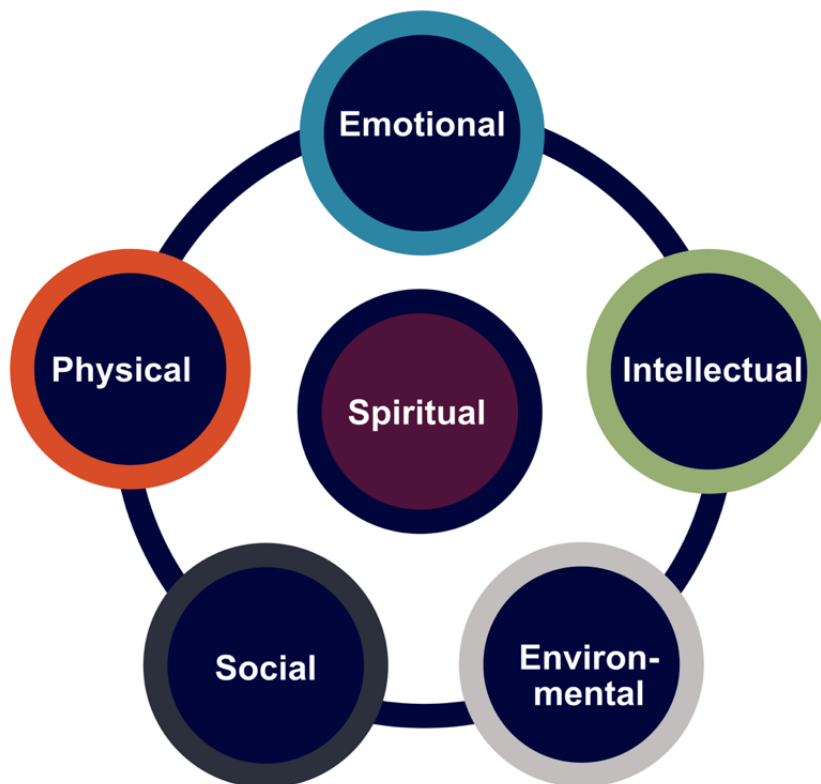
Choices that shape your identity



"The strongest principle of growth lies in human choice."

~ George Elliot ~

6 Facets or dimensions that make up the human being:



Physical * Cool * Fit * Slim * Attract attention * Fashionable * Nutrition	Emotional * Stable * Enthusiastic * Exciting * Different * Intense * Relaxed	Social * Warmth * Fun * Solid/Genuine * Listener * Adventurist * Caring
Environmental * Fit in with culture * Create new culture * Rich * Environmental guard	Intellectual * Hard Worker * Creative * Philosophic / Thoughtful * Sharp & calculating * General knowledge * Excel	Spiritual * Committed * Influencer * Principle bound * Disciplined * Faithful

Choices must be implemented

Imagination x Implementation = Innovation

- Normal vision x No implementation = No result
 $50 \times 0 = 0$
- Huge vision x No implementation = No result
 $100 \times 0 = 0$
- Small vision x 100% Implementation = Results
 - $5 \times 100 = 500$

~Scott Belsky, Making Ideas Happen~

Dimension	Characteristics	I choose against
Physical		
Social		
Emotional		
Intellectual		
Spiritual		
Environmental		

‘Our choices alter the expression of our genes which can then be passed on to our children and grandchildren, ready to predispose them before they are born...So our bad choices become their bad predisposition.’

~ Dr Caroline Leaf ~

Choices that shape the identity of your children

Remember that the choices your children make will also shape their identity. Therefore it is necessary that they be taught on how to make good choices.

1. What makes a choice a good/bad choice?
2. The value of learning from your mistakes.
3. There are certain choices that your children must make by themselves.

Your mission statement is also a choice. Your mission statement says exactly who you are and is. It may be the strongest communicator of your identity if it is lived out.

As a father, you should now be able to guide the rest of your family in developing a Family Mission, i.e. Why is it that you as a family exist?

A Father Provides Security

Fathers should provide the security of...

1. Creating the environment of love
2. Emotional stability
3. Communication
4. Physical safety

Psalm 27:1,5

The Lord is my light and my salvation – whom shall I fear?

The Lord is the stronghold of my life – of whom shall I be afraid?

In the day of trouble He will keep me safe in His dwelling;

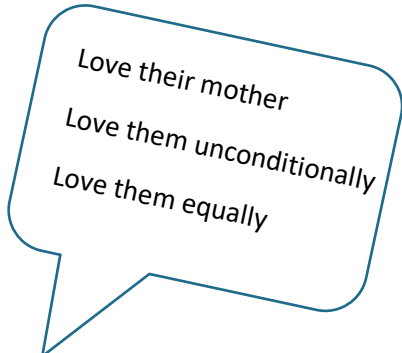
...He will hide me in the shelter of His tabernacle and set me high upon a rock!

Proverbs 18:10

The name of the Lord is a strong tower; The righteous run into it and are safe!

1. Creating an environment of love

- 1 John 4:8 - God is Love
- 1 John 4:10 – He initiated... sent His son
- 1 John 4:10 – He sacrificed... for our sin
- 1 John 4:16 – He communes intimately (Lives in us!)
- 1 John 4:18 – There is no fear in Love!



Love their mother
Love them unconditionally
Love them equally

The Love Principle

How we love:

- I expect you to make me happy and give me security and/or significance.
- My dreams/ideals are centred around you.
- I give you the power to make me happy or miserable.
- I expect you to live up to my created idol of a husband/wife/child.
- Because I treat you well, you should become what I expect.

Idolatry and an idolising spirit

- I Look to you to supply things only God can supply, i.e. Happiness, Fulfilment, Significance.
- You become the centre of my life orientation.

- I create (carve out) the idol in my mind which you need to become.
- I control/manipulate you to become my idol.
- You or I (my desires) become the centre of my dreams and expectations.

The impact of idolatry

- Idolatry, not love, may be the leading cause of marriage.
- The idoliser becomes the slave of the idol. We worship the idol, expecting it to benefit us.
- We have an “idol-trail” of relationships.
- Our relationship with God may be idol-worship, with God as the idol.

Conclusion

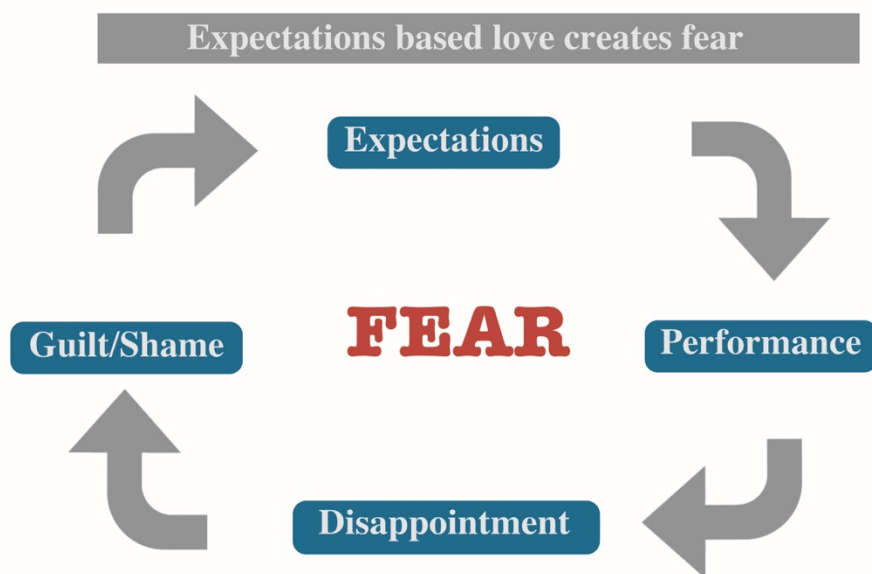
- We cannot love anyone we idolise.
- At the heart of most misery, anger and frustration is a disappointed expectation rooted in self-love.

Our Love Is:

Externally determined. *(Not Christ, but you are the source of my love, therefore, you have the right to make me miserable)*

Exchange determined. *(You need to return my love. Because I scratched your back....)*

Expectations determined. *(You have to meet the expectations of my love)*



God wants to change it to the pure love of his own heart, which is:

Internally (and eternally) sourced. *(Christ in me is the source of my love)*

One-directionally unconditional. *(He does not need anything from us in exchange for His love)*

Intentionally driven. *(There is no expectation from Him about us)*

How God loves

- One-sided. Irrespective of return.
- No expectations or manipulation.
- He keeps on forgiving.
- Self sacrificially.
- Although we are “useless”.
- He gives and gives from the inside out.

If we really love like God loves...

- ...We will not have any selfish expectations
- ...We will not try to manipulate or control
- ...We will keep on forgiving
- ...We will break down all idols



Conclusion

- The value of a person will not be determined by what we can get from them.
- The value of a person is that they give me an opportunity to love as I have been loved by Jesus.
- The more useless they are the more valuable they become.

2. The right emotional climate

Resonance

- Great leaders move us
- Great (official leader or not) sets the emotional standard
- Emotionally intelligent leaders attract people
- Optimistic, enthusiastic leaders more easily retain their people
- The emotion people feel is the glue that holds them together
- Emotions people feel is reflected in the quality of their work
- Laughter signals the groups emotional temperature

Traits/behaviour of the emotionally intelligent father

- Is self-aware, motivated and perceives his family accurately.
- Is able to manage emotions to create well-defined outcomes.
- Is emotionally literate, recognising when underlying emotions are being blanketed.
- Prepares for interactions with family members by looking at the physiological process as well as the task.
- Thinks positively and does not quit easily.
- Is sincere and clears things up even when it requires a difficult conversation.

Traits/behaviour of the emotionally intelligent person:

- Has increased flexibility and is able to let go of outdated visions and plans.
- Has excellent social skills and a sense of community spirit.
- Is resilient when the going gets tough, seeking mutuality in solutions.
- Proactively creates a life/work balance.
- Seeks personal development without sense of personal deficit.

Self-Awareness

Emotional self-awareness:

Reading one's own emotions and recognising their impact; using "gut sense" to guide decisions.

Accurate self-assessment:

Knowing one's strengths and limits.

Self-confidence:

A sound sense of one's self-worth and capabilities.

Self-Management

Emotional self-control: Keeping disruptive emotions and impulses under control

Transparency: Displaying honesty and integrity; trustworthiness

Adaptability: Flexibility in adapting to changing situations or overcoming obstacles

Achievement: The drive to improve performance to meet inner standards of excellence

Initiative: Readiness to act and seize opportunities

Optimism: Seeing the upside in events

Social Awareness

Empathy: Sensing other's emotions, understanding their perspective, and taking active interest in their concerns

Organisational awareness: Reading the currents, decision networks, and politics at the organisational level

Service: Recognising and meeting follower, client or customer needs

Relationship Management

Inspirational leadership: Guiding and motivating with a compelling vision

Influence: Wielding a range of tactics for persuasion

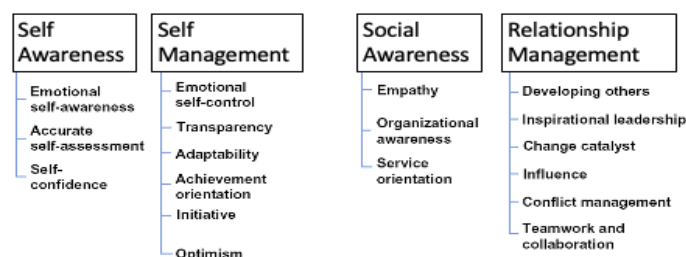
Developing others: Bolstering others' abilities through feedback and guidance

Change catalyst: Initiating, managing, and leading in a new direction

Conflict Management: Resolving disagreements

Building bonds: Cultivating and maintaining a web of relationships

Teamwork and collaboration: Cooperation and team building

3. Emotional Intelligence

4. Communication

- A. Use clear and appropriate body language
- B. Communication happens on 5 levels
- C. Crossing the inner barriers in communication
- D. Communicating feelings
- E. Listening skills

A. Use clear and appropriate body language

- Make appropriate eye contact
- Use right facial expressions
- Use right gestures and body language
- Keep the right distance from the receiver
- Control tone of voice.

B. 5 Levels of communication

Level 1: Chit chat

- This is very superficial, e.g., “How are you?”

Level 2: Facts

- This is when you share or ask for details, for instance, “How did you do on your test?”

Level 3: Opinion or solutions

- This happens when you respond with your idea or suggest a solution to the issue at hand.

Level 4: Feelings

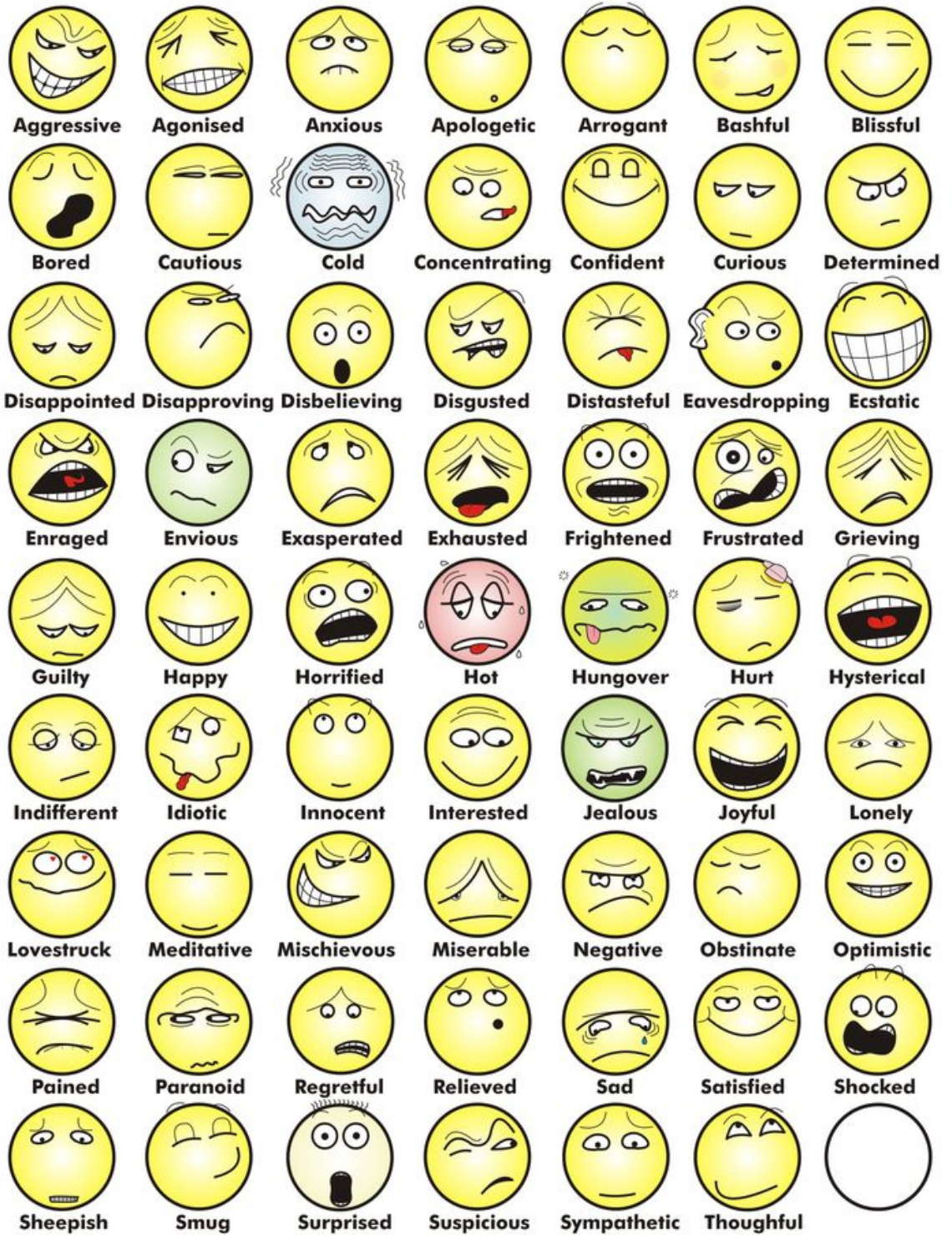
- This happens when you connect with the person on a “feelings” level by reflecting that you understand more than the facts; you understand what the situation has done to the emotions of the person.

Level 5: Total transparency

- This intimate communication is experienced when there is nothing hidden between two people.

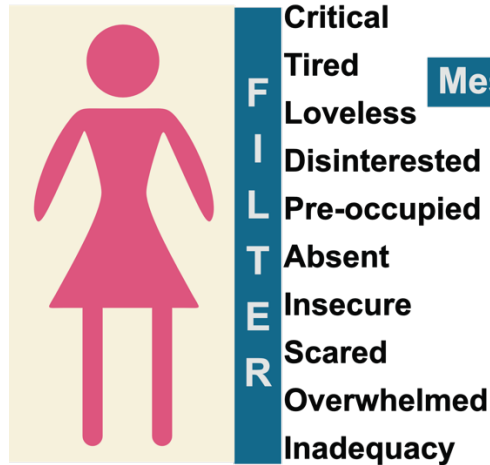
The most important thing to remember is: Stay in the room of the feeling

EMOTIONS



C. Crossing the inner barriers

Sender



Encoding

Message

Feedback

Receiver



Decoding

D. Communicating feelings

- Be able to name the feeling
- Stay in the room of the feeling

E. Listening skills

- The Sender starts with an 'I message' not 'I think', but 'I feel'... when...
- The listener stays with the feeling until the sender feels understood, by ...
 - Lending an ear to the core emotion
 - Reflecting what she/he hears
- Only then (if needed!) move to solutions

Example:

A: I feel....

B: Do you mean that...?

A: No, what I try to say is...

B: Do I understand correctly that...

A: Yes, it was what I want you to hear.

B: Should I therefore...

5. Physical safety

Your children must be able to phone you any time at any place.
Protect your daughters when they go out at night.

Personal Note

A Father Affirms Potential

Fathers should affirm:

1. Affirmation NB (Look, Daddy, look)
2. Affirm according to the needs of the season
3. Affirm each child according to his/her gifts/talents
4. Confirm gender identity
5. Release into destiny – The rite of passage

1. Affirmation is important

John 14:12

“Anyone who has faith in me will do what I have been doing. He will do even greater things than these!”

John 20: 21

“As the Father has sent Me, I am sending you!”

2 Cor. 5:20

“We are therefore Christ’s ambassadors, as though God were making His appeal through us!”

2 Cor. 6:1

“As God’s fellow workers we urge you...!”

Affirming positive behaviour has a much stronger developmental empowering effect, than correcting negative behaviour.

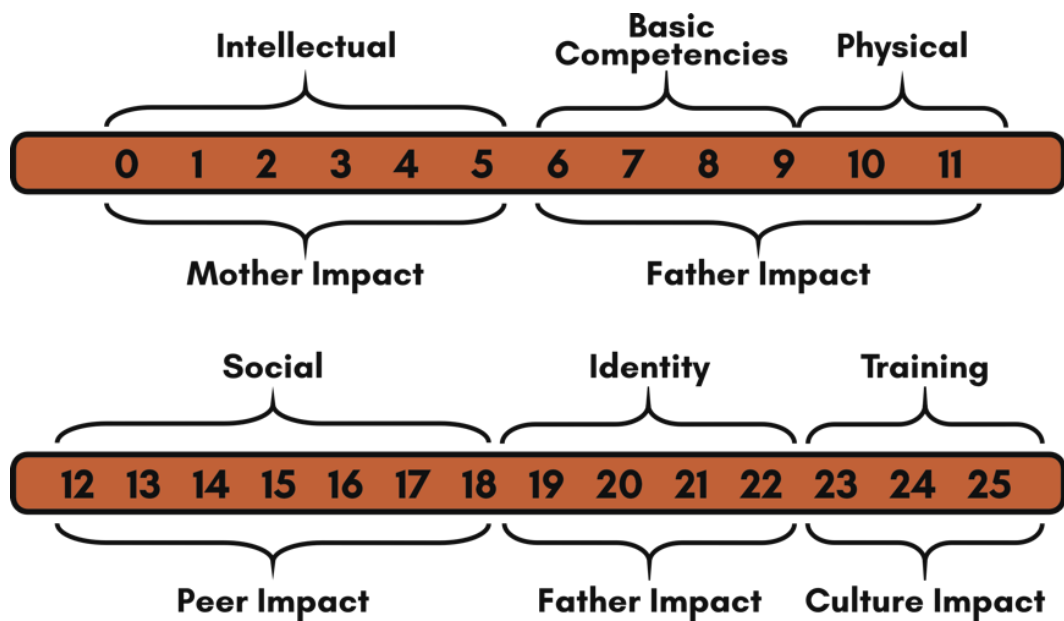
~Anonymous~

One Minute Praising

- Praise people immediately.
- Tell people what they did right – be specific.
- Tell people how good you feel about what they did right, and how it helps the organization and the other people who work there.
- Stop for a moment of silence to let them ‘feel’ how good you feel.
- Encourage them to do more of the same.
- Shake hands or touch people in a way that makes it clear that you support their success in the organization.

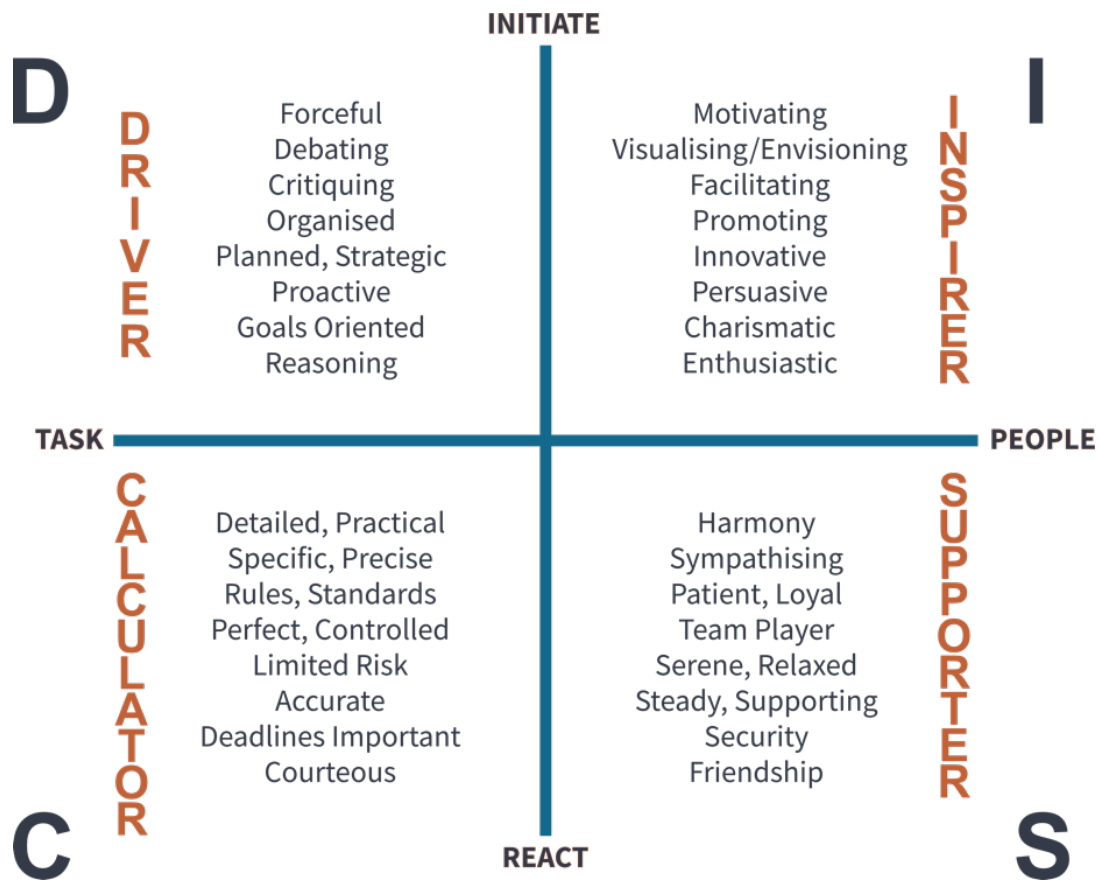
~Blanchard~

2. Affirm according to the needs of the season



3. Affirm each child according to his/her unique gifts/talents/style

- Discover the gifts society generally would not affirm.
- Affirm the unique values your child carries.
- Know the social style of your child and affirm accordingly.



	D	I	S	C
Characteristics	Driver	Inspirer	Supporter	Calculator
Value to others	Initiates change	Creates enthusiasm	Builds relationships	Pursues excellence
Motivated by	Results, Challenges	Recognition, Affirmation	Relationships, Team Harmony	Quality, Excellence
Strengths	Get things done	Gets people motivated	Good team player	Accurate and precise
Weaknesses	Insensitive, Impatient	Impulsive, Not detailed enough	Cannot initiate, Sacrifice results for harmony	Too thorough and lose sight of time
Would improve by	Listening	Pausing	Initiating	Deciding

4. Confirm gender identity

Fathers should constantly confirm the uniqueness of the gender of his children. E.g. girls should be validated for their femininity and boys for their masculinity.

5. Rite of Passage (Release into destiny)

We suggest 2 ceremonies:

1. 12-14 years: Release into young adulthood/ “Squire”
- Bar/Bat Mitzvah or rather Bar/Bat Barakah
2. 21 years: Release into adulthood/Knighthood

Elements:

- Symbol personifying the values or intended purpose of the person.
- Calling forth of positive character qualities
- Recital or prophetic words (not forced)
- Confirmation of gender identity
- Pronouncement of specific personal blessing of father and mother
- Release into early adulthood or adulthood
- Symbolic Acts



Your children will become what you are; so be what you want them to be.

My prayer for you is that you will chase the change that God wants for you in your life, in order to model what God wants your children to become. May they follow you as you follow Christ.

Personal Note