



Thank you for joining the first session! Spend at least 30 minutes responding to the questions below. Single guys do this on your own or with a friend; fathers and sons do this together in a dedicated one-on-one time. Skip any questions that do not pertain to you. Dad lead by example; sons get a “free pass” to skip any questions they want. **Pray before you begin.** (*Tip: If you need more space for your answers use a journal or an extra piece of paper. Keep these sheets together in a folder or notebook – they will likely become a cherished record!*)

➤ **Discuss:** What are the main points/images you remember from the video? In your own words, what was the *overall* message(s) from the video?

➤ **List:** The video began with Richard hiking up a hill to spend time with God (Luke 5:16). A contemporary of the prophet Malachi was Socrates, who said: “*Beware the barrenness of a busy life.*” List some reasons why so many tend to be over busy doing things without pausing to evaluate if they are doing the best things.

➤ **Schedule:** If it’s been too long since you’ve spent dedicated time listening to God, then set a date to spend at least 20 minutes alone and undistracted. Start with reading Matt. 25:35-40 and go from there. Make a list of biblical priorities and ask God to help you change the most pressing thing that is inconsistent with these values.

➤ **List:** Read 1 Corinthians 11:7. List some unique characteristics of God’s design for men.

➤ **Write:** Sons, list the top 4 goals that you think your dad wants you to pursue the most in life. Dad, write down your top 4 goals for your son to pursue –*without looking at each other’s!* Then compare notes.

1. _____ 2. _____

3. _____ 4. _____

➤ **Discuss:** Read Ephesians 6:1-4 aloud. God placed the primary responsibility of discipling children on dad, not mom. *Discuss what this means for your life.*

➤ **List** some blessings that come when children honour their parents:

➤ **Write:** Read Psalm 127:3-5. Sons are a blessing. Dads, describe how your son is a blessing to you. (*Tip: You might want to give this some extra thought and come back to fill this in later.*)

➤ **Discuss:** As described in the Overview Handout, spiritual fatherhood is just as vital as biological fatherhood and the principles are transferable.

➤ **Read:** 1 Corinthians 4:14-16. Why is it important for sons and young men to cultivate a father’s heart for others and learn how to disciple if they don’t have biological children?

➤ **Pray:** Close in prayer, confess any sin you feel convicted of. Ask God to help you become more like Christ. Pray for each other. Dad leads. Son pray if you want (optional).