

FATHERS VOICE

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FOREWORD

This message is meant to grab the attention of men worldwide and open their eyes to how desperately their voices are needed. I hope to intentionally empower men in every stage of life and from every background to reevaluate their perspectives. Historically men have carried the legacy of leadership from the beginning of time. I hope to encourage, empower and advance men to stay connected to the one true voice, God's voice.

I give practical advice supported by wisdom from scripture and history. This will motivate and improve the skill set and overall emotional development to produce the greatest impact on each individual.

In my journeys across the world, I have gathered various testimonies that will connect to men all over as they exhibit good and bad examples that men can learn from.

I pray that all will hear my transparency and allow it to inspire a powerful change within them. Once men have GPS to the destination they hope to reach, they will succeed in making a difference in their children, spouse, and their circle of influence.

Regardless of how we differ in opinion, we can all follow God's voice to find personal healing and conquer past generations' lies, thus preventing future generations' destruction.

It's time for men to rise and answer the call to hear, know, and act because truly...

A Father's Voice Matters.

INTRODUCTION

Being a father is not a title. It is a command by God to be the head, protector and provider for your family. Because they are cut off from the source of all authority, power, paternity, and leadership, men today struggle to be spiritual leaders in their families and workplaces.

Leadership is something that is learned and not something that is inherited. We speak of certain people having the gift of leadership, but that means that they can influence others and get others to follow them. History is full of examples of people with great leadership skills who have managed to change the world. However, there are several instances of persons who had the necessary leadership qualities but misapplied them. Everyone can become a leader, but they must learn the necessary skills.

This book is an excellent resource for men who want to stay connected to the one true voice, God's voice. It is full of encouragement and empowerment and will advance men in their relationship with God. I wholeheartedly endorse it to any man seeking a closer relationship with the Lord.

CHAPTER 1: KNOW YOUR 'WHY'

A Father's Voice.

One of the most crucial things to a youngster is hearing their Father's voice. It is the first sound a baby hears, and it is the sound that a child associates with safety and security. A father's voice can be a source of comfort and strength and a powerful tool in teaching and guiding a child.

While a father's touch may be a physical, tangible thing, his voice is intangible. It cannot be seen or felt, but it can be deeply appreciated and valued. A father's voice can aid a child in many ways. It can be a comfort to a child with a hurt knee or a frightened dog or a warning to stay focused and avoid danger. A father's voice can push a child to do his best or praise the child for a great accomplishment. A child will learn from his Father's voice and his Father's example in the best and worst possible ways.

A father's voice is a powerful thing. It's the sound a child first hears and the first thing they associate with comfort and security. Unlike a mother's voice, a father's is often more direct and authoritative. A child can use a father's voice to feel grounded and safe. A father's voice is the first thing a child hears in their lives, but it's also the last thing they'll hear when they close their eyes at night. A dad's voice is quite possibly the main sound in a kid's life, and it is perhaps the main thing a dad can provide for his kid.

The best possible way is when the Father is a good role model and is there to teach his son right from wrong. The worst possible way is when the Father is a bad role model and is not there to teach his son right from wrong. Either way, the son will learn from his Father.

The Father's voice is one of the most important in a child's life. It's not just about what he says—it's also about how he listens and responds to his son or daughter. When someone is told to do something, it's often easy to tell when that person isn't listening. It's frequently because they don't want to hear what the other person has to say that someone continuously gets in the way of others. They may be more concerned with telling their own story or getting their way.

But when a father listens without interruption, without trying to get his way, he truly is a good leader. He teaches his son or daughter how to take responsibility for themselves—how they can make choices without feeling guilty, accept the consequences even if they don't want them, and forgive others when they hurt them.

The best possible way is when the Father is a good role model and is there to teach his son right from wrong. The worst possible way is when the Father is a bad role model and is not there to teach his son right from wrong. Either way, the son will learn from his Father. If the Father is there for his son, he will learn how to be a good father. If the Father is not there for his son, he might become a bad father. The best possible way is when the mother is a good role model and is there to teach her daughter right from wrong. If the Father is a good role model, he will teach his son how to be a good leader. If the Father is not around, he will learn from other men in his life. It's essential that someone teaches the son what it means to be a leader and what it takes to lead people effectively.

Fathers, when you live with your kids, you have a voice. You have a practical voice. You have an authoritative voice. You have an encouraging voice. You have an example-setting voice.

But I want to talk about something else—the biblical understanding of a Father's voice.

In **Genesis 6:4**, we see that God created us first—and then He created Adam, and Adam said, *"It is not good for me to be alone."* And so God made Eve from one of Adam's ribs and brought her to him.

And then, in **Genesis 2:24-25**, we see the first woman being brought to Adam for judgment and given the task of naming all the animals on earth (which she did). Then in **Genesis 3:20**, we see that the devil deceived Eve into thinking she could be like God. And in **Genesis 4:1-2** we see how this led to Cain killing Abel out of jealousy (because he thought his brother got more food than he did).

The Father's voice is one that God has given us in the Bible. This includes all the commands and instructions God gave His people through Moses. The word "father" is used about God many times throughout the Old Testament, including **Genesis 4:26, Exodus 4:21, 1 Samuel 20:17, 2 Samuel 12:16** and **Psalms 68:5-6**.

We are told that when we hear a father's voice from our fathers, we should obey it (**1 Timothy 1:11**). We also see this in **Matthew 5:27-28** where Jesus says, *"If you love me, keep My commandments." If you love Him, then you will obey Him, which means that if you do not obey Him, then you do not love Him"* (**John 15:10**). We need to listen to our fathers' voices (Gods) because they are trying to protect us from sin and want us to follow them so God can glorify them.

God demonstrating as our Father.

God is a father in a manner of speaking, but not in a practical way.

Many think that God is not a real father to us. Maybe they say that God is everyone's Father, but then, based on how they live, it's clear they don't believe it. They do not believe one can have a personal and intimate relationship with God; instead, they believe that God is distant and unreachable. People who believe this seek help from God through many mediators. They do not seek God himself but seek his help. They have no true love for God. They do not seek a relationship with God. For them, God is far away; they do not believe having Him as a Father is possible. In truth, God is not distant – He is right next to us, right next to you. He is a Father that loves His children and will always be close to them. He wants to help and care about you and listen to you to guide you.

He wants to help and care about you and listen to you to guide you. He wants you to succeed and is there for you when you need him. He's your friend, your confidante, your mentor. You can rely on him whether you're struggling with a problem or need someone to talk to. He's the one who cares about you, and he wants to help you achieve your goals.

God is unmoved by our lack of faith and continues to pursue us as though he were our real Father. God is a nice father in addition to being our Father. God is also our Father who loves us and has a purpose for our life. He is not just our biological Father. God is not simply our Father; he is also the Father who corrects us and guides us in becoming more and more like

him. God is our Father and is a good Father to us. God is not simply our Father; he is also the Father who provides for our every need.

God's Voice.

We, as God's people, are called to listen to His voice; "Be careful not to refuse him who speaks, for if those who refused to listen to him who promulgated the oracles on earth did not escape, at least we will escape if we refuse to listen to him who speaks from heaven" (Hebrews 12:25).

The Bible says that God is our Father. From the time we are born and placed in our mother's arms, we are comforted by a familiar voice and presence. *"I will never leave you nor forsake you."* **Joshua 1:5.** We recognize this presence and voice as our Father and soon look forward to when we can sit with him and share our problems and experiences. He listens as we share our triumphs and fears and smiles with pride as we share our accomplishments. He is our confidant, our support, and our strength. He is like a father to us. God demonstrates to us through his actions that he is a caring, loving father. God's desire for us is to be with him in Heaven. Because he is a loving father, he sent his only son Jesus to demonstrate his love for us. Jesus paid the price for our sins as a sign of his love for us. God desires us to accept what Jesus did for us by believing in him and following him.

God demonstrated in His life, His teaching, and His death that He is the perfect Father for us. God is Father:

- He is a Father who is the source of life.
- He is a Father who is the source of truth.
- He is a Father who is the source of love.
- He is a Father who is the source of forgiveness.
- He is a Father who serves as the Holy Spirit's origin.
- He is a Father who is the source of eternal life.

The Importance of God's Voice.

God has given us His voice to guide us. We are not the voice—we are the ones who listen to it and obey it. The importance of God's voice is found in the fact that it is the only thing that can be trusted.

It is impossible to know if a book or other source is true without hearing it from another person. Humans rely on our own experiences and observations to form our beliefs about the world around us. But what if someone claimed that they had lived on Mars? Do we believe them? No, because there are no other accounts of life on Mars from which we can conclude.

God gives us his voice so that we may learn from him and discover for ourselves whether he exists or not—and thus, whether or not he speaks with authority and truthfulness. God's voice is important because it helps us understand what we should do. The Bible tells us that God has many voices: “But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” (Matthew 6:33)

We can find out where God's voice is directing us by asking ourselves what He wants for us, then doing what we think He wants. For example, if I am trying to lose weight and I want to go on a diet, I will look at what my body needs by asking myself how many calories I need each day. Then I will ensure that I eat those calories in the most healthful way possible. When my body gets enough of these calories from food or other sources, its hunger will go away—and so will my need for food!

We must understand that God is watching out for us since we all have roles to perform in the world. We need to hear His voice when He speaks to us and follow His directions.

1. **It Is A Source Of Wisdom: Proverbs 2 vs. 6** says, *"For the Lord giveth wisdom, out of his mouth cometh knowledge and understanding."* We can see that God can give us wisdom, knowledge, and insight if we only trust him enough to ask him in prayer. **James 1:5** also states, *"if any among you lack wisdom, let him ask of God who gives to all men liberally and does not chastise them, and it shall be given to him."*

2. **It Gives Instructions: Joshua 1:8** says, This book of the law shall not depart out of thy mouth, but thou shalt meditate therein day and night that thou mayest observe to do according to all that is written therein; for then thou shalt make thy way prosperous, and then thou shalt have success. We observe how Joshua was instructed by the word of God regarding the significance of yearning for and adhering to the word of God, which can deliver not just success but a "success.
3. **It Directs:** To get to Damascus, Paul had to travel. God transformed his objective from one of a murdering spree to one that would change his life. **Acts 9:11** records the Lord's instruction to him, *"Arise, go into the Straight Street, and ask in Judas' home whether there is a man named Saul of Tarsus because lo, he prayeth."* God can give us purpose in life, which significantly influences our life.
4. **It Comes With Power Luke 4:32**, And they were amazed at his doctrine for his word was with power. The Bible helped us understand how Jesus had gone to the synagogue to teach the gospel. God's voice comes with great authority.
5. **It Gives Assurance: Genesis 15:1** says, after these things, the word of the Lord came unto Abram in a Vision saying, Fear not, Abram I am thy shield and thy exceeding great reward. What a comforting message that God is telling us not to be afraid in the midst of challenges, temptation, and uncertainty. As stated in **Luke 3:22**, the Holy Spirit appeared to him as a dove, and a voice from Heaven said, *"Thou art my beloved son, in whom I am well pleased."* What a guarantee we require to know his voice.
6. **It Gives Life:** The words speak to you are Spirit, and they are life, as Jesus said to his disciples in **John 6:63**. It is the Spirit that quickens; the flesh profiteth nothing. In the same **John 6:68**, Simon Peter, a follower of Jesus, demonstrates how he was knowledgeable enough to acknowledge this fact. He responds, *"Lord, to whom shall we go?"* You possess the words of life eternal. We firmly believe that only the words of God can bring one into eternal life. You could also read **John 10:27-28**.

7. **It Comes With Great Blessings:** Abraham not only had a good relationship with God but also benefited from the blessings that today appear in our life as believers. **Genesis 12 Verse 3** states that God blessed Abraham. There, all earthly families will be blessed, and I will bless those who bless you and those who curse you. Certainly, as we sing, "Abraham's blessings are mine."

Other Fathers.

You are not the only struggling Father.

When you were born, you were a miracle. You were the gift of life for your parents. But then you grew up, and your Father's figure slowly faded. You started to think that caring for a family is a woman's job. You started to think that being a father means you're not a manly man. But guess what? Not being a father is much worse! There are as many fathers out there as kids who need them. If you are a struggling father, you are not alone. You have a loving family who cares about you and will never leave you, no matter what. And if you are one of those fathers, know that your family needs you more than ever.

Many people think a person is either a good father or a bad one. Similar to you, thousands of other guys are working hard to be the greatest fathers they can be. We must all overcome the ups and downs in our life. We have to face different challenges in our lives. Fatherhood is not an exception to this rule. It is a big challenge, but with the right attitude, you can do it. You can overcome your struggles and be a good father to your children with the right attitude. You are not alone in this struggle. You may feel like you're the only one who has trouble balancing work and family responsibilities, but that is simply not true. Millions of other fathers out there have been through the same thing — and they are waiting to help you make a change in your life now so that you can get back on track for the sake of your family and yourself. We want you to understand that your challenges are not unheard of. We are aware of your struggles. We want to assist you in making a change right away so that you may get back on track for the benefit of both your family and yourself.

Every day, fathers struggle to balance work and family responsibilities. They juggle childcare, transportation, and work — all while trying to maintain their relationships with their children. The first step to making this change is recognizing that you are not alone. Millions of fathers like you are struggling with the same issues. Join a dads' group to connect with other guys who can relate to your situation and obtain help from those who have been there before if you want to overcome it. Settling on the best decision for you, your family, and the world is my goal. I want to see fathers succeed in their role as a dad, so you must focus on your children and their needs. To be a good father, you must spend time with your children.

You additionally need to save a little time for yourself as well as your accomplice with the goal that she can get the help she wants from different grown-ups (like her own loved ones). Children need a lot of attention, and they will not understand why they are ignored or left out when they are young. You don't want your kids growing up resenting you because of this, so taking some time off work will be necessary for them to develop a healthy relationship with you later on in life. Committing to anything is the greatest way to start. You need to recognize that you are important, and your Father's role is crucial and essential.

Friends and Family Support.

You are not alone. You just closed your eyes to everyone.

First of all, let's talk about [friend]. They have supported you when no one else has and are eager to continue doing so now that you most need them. You can call them anytime if you feel like talking about it, or just send them a text: [phone number]. They'll be happy to hear from you! And then there's [family member]. They might not understand all that's going on with you as a father or what makes you weak sometimes, but they will listen and support you in any way they can if you are open to them.

Feel free to request help, and go ahead and acknowledge it when it's advertised. You will need support from your friends and family if you succeed in taking time off work, so make sure they

know you want them around. You really want to open your eyes and understand that there are individuals who care about you and need just for you to prevail as a dad.

You can begin by getting some information about your circumstance and what they figure you ought to do straight away. If they support what you are doing, let them know that you appreciate their support. You should guarantee that you encircle yourself with individuals who support your choice to get some much-needed rest work. This is especially significant, assuming your occupation is exceptionally requesting, since it could be not difficult to slip into the snare of reasoning that every other person needs you more than they

do.

Your family is there for you through all your challenges because they love you. They will assist you with financially recovering and support your choice to get some much-needed rest work so you can be a superior dad. They will likewise be there when you want them, similar to when one of your kids becomes ill or harmed. You will feel better knowing that people are there for you and your family is behind you. This can be very important in helping you overcome depression because someone is there to help when things get tough.

CHAPTER 2: KNOW YOUR 'WHY'

Why does your voice matter as a father?

Why your voice matters as a father. It is interesting to note that the Bible is full of examples of how God's people responded to the guidance of their leaders. So, as a Christian parent, your voice is one of how you can use your spiritual authority to lead or guide your children.

The Bible says that the **Father is the head of the house**. This means that he is responsible for ensuring everything is running smoothly.

But what does this mean exactly?

It means that he is to serve as a guide and a protector. He is responsible for being an example for his children and teaching them what they need to know to succeed. He is responsible for ensuring that his family endures through the most challenging situations since He is the family's foundation and Christ is the head of the Church. Your voice matters because when you speak, you're speaking for them and guiding them through life—and that's what families do.

Your voice as a Father shapes their view of the world and how they treat others. **Proverb 22:6** *"Train up a child in the way he should go: and when he is old, he will not depart from it."*

When you speak up, you're telling them what they should be doing, what they should expect from other people and how they should respond to those things. You are teaching them how to live, make good choices, and make the right choices. **Proverb 3:1-3** *"My son, do not forget my teaching, but let your heart keep my commandments; for they will add length to your days, years and peace to your life. Never let loving devotion or faithfulness leave you; bind them around your neck, write them on the tablet of your heart."*

How you speak is not just something that happens in the world—it's something that happens within your family, too. Your voice matters because it can make all the difference in who

they become as adults! Additionally, they will learn how crucial it is to abide by the rules and guidelines established by adults since they are for everyone's benefit.

You are the one who determines how they see themselves, where they fit in, and how they relate to others. Your voice is important because it shapes your worldview and how you treat others.

As parents, we are all responsible for setting an example for our children. We can teach them morals, values, and beliefs through what we do every day—and what we don't do is just as important! You can show your children that there is always room for improvement in their lives if they are willing to work hard enough at something, but if you don't show them this example, who will?

What Does God say about a Man's Voice?

As a dad, I believe you should realize that your voice matters. Your voice is more than just the words you say—it's also how you say them. Your voice matters as a father because you are the one who guides your children through their lives. You are the one who teaches them right from wrong, and you are the one who helps them learn to be good people.

In **Matthew 11:25-27**, Jesus says that a father's voice is the first sound or impression we hear when born. Accordingly, it has turned into the most unmistakable and consoling sound to people throughout our lives. The Good book is brimming with how God believes we should treat our youngsters. In the Old Testament, God told Abraham not to physically abuse his son Isaac: *"Do not lay a hand on the boy," he said, "or do anything to him; for now I know that you fear God"* (**Genesis 22:12**). And in the New Testament, Jesus instructs us not to get angry with our children. Jesus says a man's voice is important when he is a father.

In **Matthew 6:25-26**, Jesus says: *Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, yet your heavenly Father feeds them. Are you not worth much more than they? In*

the Bible, Jesus instructs us that kids should obey their parents. He also says that we should respect our fathers and mothers *“so that you may live long in the land the Lord your God is giving you”* (**Exodus 20:12**). What does it mean to "live long in the land"? It means that we will be blessed if we live righteously. The Lord promises blessings on those who do what is right and curses on those who don't (**Deuteronomy 28:1-68**).

A father's voice is the first sound a child hears in life. He is the one who validates them with his approval or disapproval. In this way, he can either encourage or discourage their development as a person. This is why a father's voice is so important. It can either give life or take it away. If a father speaks with love, his words will produce positive results. If he speaks with anger, his words will produce negative results. When we speak in anger, it creates an immediate reaction in our children because they know that they did something wrong and deserve the following punishment.

One of the first things a youngster learns to love and loathe is their Father's voice. He teaches his son how to speak, play, treat others, and other important life lessons that will help him succeed or fail in life.

Why should your children trust your voice?

Your voice matters as a father because it sets your children apart from other children and helps them make meaningful contributions in life. It also enables them to reach their full potential as human beings.

Your voice matters as a dad since it assists you with showing your kids that there is something else to live besides squeezing by and that there are numerous ways for them to add to their general surroundings. Your voice matters as a father because it gives your child something to hold onto when things get tough and something to look forward to when everything seems like it's falling apart around them.

Your voice is the most important thing in your life. It's the only thing that can give you a sense of purpose and direction. And when you feel like you're losing your voice, it can be incredibly

disorienting. So here are some Biblical reasons why your children should trust your voice as a father:

1. You are the one who gives them life (Psalm 127:3).
2. You are the one who protects them from harm (Proverbs 1:7).
3. You are the one who tells them about God (Proverbs 30:11).
4. You are the one who gives them hope (Proverbs 22:6).
5. You are the one who teaches them about life (Proverbs 6:20-22).
6. You are the one who gives them direction for their future (Jeremiah 32:39).
7. You are the one who protects and provides for them (Deuteronomy 6:4-9).
8. You are their first teacher and role model (Colossians 3:20).
9. You are the one who guides them (Proverbs 22:6).
10. You are the one who teaches them to be kind and compassionate (Proverbs 22:11).
11. You are the one who provides for them (Proverbs 31:16-17).
12. You are their Father—the first man in their lives (1 Corinthians 4:15).
13. You are the one who teaches them how to live (Proverbs 4:1-2).
14. You are the one who gives them direction (Proverbs 6:20).
15. You are the one who gives them hope for a better future (Proverbs 23:18).

How to win the trust of your children in 6 steps

1. **Respect your child's growth needs:** respecting needs means that if a child needs to sleep with you as a dad for the first time or the first years of life, you have to do it, even if we have always been taught that this is how you spoil him.
2. **Learn to stay calm:** The more you help yourself to remain calm, to manage situations, look on the positive side and try to find an effective solution peacefully, the more your child will know he can trust you.
3. Because the more you are a person who manages to manage his moods, manages to manage anger even in the most difficult situations, the more you learn to be his

Magical Helper, and you are available to help him overcome difficulties, the more "points" you will gain trust in him.

4. **Judgments and humiliations do not help:** Do not humiliate your child with punishments and scolding, with comparisons because you believe that another attitude is more appropriate, that he/she says different things, that he/she is a different child and just compare him with one who passes by or the kid on the street, a brother or even just the "ideal child" you have in your head ... He is perfect as he is! Nobody likes to be compared!
5. **Listen to them:** Listen to their motivations, what they feel, always, without judging them, without diminishing them, with a willingness to accept their feelings and emotions, to believe in what they feel, without telling them that it is wrong, without telling them that they must be brave, that they must not do this and that. Get used to welcoming his moods, whatever they are.
6. **Say no and set limits, but calmly:** As a parent, you know how to say NO when it is time, and above all, you know how to do it correctly, respecting your child's needs. Naturally, a child or a boy may not accept your No or have resistance if he wants to do that particular thing. Ask yourself if the No you are about to say is useful, and if you say it, support it and welcome your child with love.

Why are you here on earth?

Some say that God created man because He is love, and love needs to give and receive and wanted man to be the receiver and, at the same time, the giver of his love, but that is not biblically correct because God, in his very concept, it is sufficient in itself and does not need anything or anyone to be complete, it does not need to give anything or receive anything.

He wanted a man after his image and likeness, and he wanted this man to rule over all things on earth after God. He wanted man to glorify Him, love Him, and have fellowship with Him. Man can only glorify God by having the Spirit of God dwell in him and rule his life.

The Bible says: "*And God created man in his image, in the image of God created he him.*" **(Genesis 1:27).**

God created everything for man, but man was created to serve and love God and offer him all creation. God created man for his glory. This is very important to understand to have a meaningful life. When we comprehend that God didn't have to make us and doesn't require us by any means, Assuming we had never existed, God would, in any case, be God— *The Unchanging One* **(Malachi 3:6).**

We could conclude that we are not important and that we are nothing. But the scriptures tell us that we have been created to glorify God, which means that we are important to God himself. This is a simple but powerful truth, for if we are important to God for all eternity, what greater importance or meaning could we want? Why did God create us? God created us for his delight so that we, as his creation, would have the pleasure of knowing him.

Why did God pick you as a father?

Have you ever looked at yourself and wondered why did God choose you as the Father of your particular house? Is it possible that God sees something good in you that he wants to use in his kingdom? Did God choose you because he has plans for your family? Or did he pick you because of your abilities and knowledge?

The Bible states that God has called every Father to lead his family. God has picked you because he knows that you can lead. In the same way, God has picked you because he knows you can be a great leader. Before God could bless the lions of Abraham, he had to bless Abraham because he was the first fruit of his kind.

Fathers play an important role in raising children. Studies show that fathers who provide affection and support to their children promote well-being and self-confidence. Fathers play an important role in raising children. Studies show that fathers who provide affection and support to their children promote well-being and self-confidence.

1. Being a father is an important part of a man's life and can be one of his greatest joys.
2. Fathers have a significant impact on their children's lives in a variety of ways.
3. Fathers also play an important role in their children's cognitive and social development.
4. A father's presence in the home is associated with a child's academic achievement, emotional well-being and behavioral adjustment.
5. Fathers can also help children develop a sense of responsibility by showing them how to do tasks, such as doing chores around the house or helping with homework.
6. Fathers who spend time with their children and are interested in their actions are more likely to have well-adjusted kids.
7. A father's love is also important for a child's development and growth.
8. A father can be an effective role model for his son or daughter, showing them how to be confident and responsible.
9. Fathers also teach their children how to behave appropriately, which helps them make friends.
10. A father's presence in his child's life can help him succeed academically and professionally.
11. Dads also play a role in preventing childhood obesity.
12. A father who takes an active interest in his child's health is more likely to encourage healthy eating habits and physical activity.

CHAPTER 3: HOPE STARTS TODAY.

When you first wake up in the morning, what comes to mind? Do you consider all you need to do that day? Or do you consider all the potential negative outcomes? It probably combines the two if you're like most individuals. What if, though, you put more emphasis on all the things that could go right rather than all the things that may go wrong? It can seem like a minor adjustment, yet it can significantly alter your perspective on life. When you start your day with hope, you set the tone for rest. You're more likely to see the good in people and situations. Furthermore, you're compelled to behave in a way that brings out the best in other people once you see the benefit. Trust is a strong inclination. It helps us through difficult stretches and assists us with seeing the reason to have some hope. So don't wait for tomorrow to start hoping for a better tomorrow. Start today.

Heal through the past.

You're not alone. I've gone through a lot of pain, too. I've also had a great deal of discomfort. And although it might not seem like it, I really think that by forgiving people who have wronged you and putting your past behind you, you will be able to go ahead into the future with newfound strength and confidence in yourself.

We can heal through the past, and that's not just because we're all human. It's because it's the only way we can move forward. It's simple to become bogged down in the past, but making progress requires stepping outside your comfort zone and into the present. We may learn and develop from our history, but it can also be painful.

The past can hugely impact your life, but it doesn't have to be negative. When you let go of the past and look toward your future, you'll be able to see what you want for yourself—and then make it happen! If you have experienced trauma, you know healing is not always easy. It takes time and effort to let go of the past and moves forward.

It's time to face your past. You know, the one you've been running from for so long. It's time to move past the past and gain a greater sense of who you are, what you want from life, and how to live authentically. But if you want to get there, here are some simple ways to help you along the way:

Start by writing down everything you can remember about the experience that hurt you or Fear—whatever it was, however small it may seem to you now. Write until your hand hurts or until your eyes fill with tears, whichever happens first!

Once you've written everything down, look at those memories again and ask yourself what happened in them that hurt you so much. What made them so painful? Was it something specific about how things unfolded? Or did something else happen as well? We all have a story about our lives—even if we don't know exactly what it is!

When we write out these stories in detail, they become clearer and easier for us to understand on our terms—which helps us feel less confused and overwhelmed by our emotions. And finally, when we've written out a detailed narrative of what happened in our lives, we can begin to make sense of it all! About what happened? Once we have this new understanding, we can forgive ourselves for our part in the events leading up to our pain and begin moving forward with a new story about ourselves. Once we feel less confused and afraid, it's easier to move forward with our lives in satisfying and healthy ways.

The Power of Forgiveness

You can begin to operate your opportunities when you can forgive and let go of your anger and resentment. The Power of Forgiveness program helps people heal from past trauma by learning how to forgive others and themselves. To be unforgiving is to take poison and hope the other person dies.

The Power of Forgiveness is a path that helps people heal from past trauma by learning how to forgive others and themselves. Jesus Christ said in the Bible, "forgive your enemies and pray for those who persecute you. And when you stand praying, if you hold anything against

anyone, forgive him, so that your Father in Heaven may forgive you your sins." **Mark 11:25-26.**

Forgiving someone is so much easier than holding onto resentment for years.

Push toward your Purpose.

The purpose is a sense of meaning in your life; it comes from knowing why you're here. The purpose isn't just something you have; it's something you live. We can all learn what our role in the world is if we look hard enough within ourselves. Living your desired life requires focusing on what matters most and taking appropriate action. It marks the distinction between existing and genuinely existing. It's not always easy to find your passions and interests, but once you do, pursue them with everything in you.

Drive yourself to accomplish your goals. To become what God wants you to be, you must push yourself and put in a lot of effort. Strive to be better than you are today. You can't let a bad situation stop you from doing what needs to be done. The only way out is through.

The purpose is the reason you were born. It's what you're here to do. You have a purpose, which is why your life differs from everyone else's.

If you don't know what your purpose is, ask God to help you find it. **Matthew 7:7** "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you" Begin by looking at your talents and abilities, then see how they fit into God's plan for the world and how they can help others. You can't change what's already done. Push toward your Purpose. The purpose is the reason for which something exists. It's what we live for and drives us daily to be more than we were yesterday. When we are on purpose, our lives have meaning. We are fulfilling a calling that God has placed inside each of us. Living with purpose gives us the direction and strength to face the challenges we will encounter. It's what helps us overcome our failures and keep going. It allows us to be more than just a statistic; someone remembered for something more than just being alive. Purpose gives meaning to life. The purpose is a sense of meaning in your life; it comes from knowing why you're here. The purpose isn't just

something you have; it's something you live. It marks the distinction between existing and genuinely existing.

Entering with Commitment and Energy.

When you enter with purpose, it's much easier to get things done. You are here for a reason, so your mind is clear and focused on what needs to be done. You're no longer just going through the motions of life; you have a reason for being here. When you enter a room with commitment and energy, people notice. They feel the difference in your presence and are drawn to it. You walk through that door with purpose and passion, knowing why you're there and what needs to be done. You focus on what's important; you don't let distractions get in your way. You're not worried about what needs to be done when you get home or how much work it will take to finish all of this. You don't think about what's happening at home or in your personal life; all that matters is the task. Because you're focused and committed, people notice and are drawn to you. They want to be around you, and they want to do what you do. They want to know how they can live with the same focus and commitment because they feel alive around you. They feel like they're better people and want to always be that way.

Your focus on what's important is contagious; it spreads to others around you like a virus. You infect them with enthusiasm for life, work, and whatever needs doing. They desire to be a part of what you're doing because it makes them feel good about themselves. You may think you're naturally focused and committed, but if you're not living your life this way all the time, it's because you don't know how to.

When we get exhausted, it is not always because of stress but because we have not dedicated the effort or time to recover. You haven't mastered how to fix your mind on what matters most in life and how to say no to everything else. The same thing happens with money: if we always withdraw and do not enter, we will have an unfavorable balance. Therefore, a disciplined attitude to finding ways to recover is one of the best favors we can do ourselves if we want to feel good.

CHAPTER 4: IT TAKES A VILLAGE.

Self-**esteem** is how much children value themselves and how important they think they are in their world. Building self-esteem is important for everyone, but it can be hard for kids who learn and think differently. This is because self-esteem is related to how capable people feel. Children who learn and think differently usually work harder to do well in school and often have social difficulties.

You will always be your child's most significant guiding factor as a parent until they leave your house. However, giving children diverse experiences can help them develop into well-rounded individuals. Early influences on your child's life can help them discover their interests and passions in ways that may benefit them for the rest of their lives.

During their schooling, your kid will frequently interact with community members through instructors, classmates, and extracurricular activities. Your children learn that they don't have to live or learn in a vacuum when they are a part of a community. They have peers going through the same period of life as they are, and their actions affect others around them. Teaching children that there are other jobs and specializations they might wish to explore when they become older and that they have a support system around them that wants them to succeed is helpful.

A child's growth and ability to comprehend their wider community are based on their sense of belonging. Your child will be exposed to new concepts, cultures, and variety in a school setting that they would not experience at home. They can gain knowledge of various cultures, traditions, and family dynamics using it as a lens. That connection is crucial, whether through conventional education or a clear homeschooling community.

According to studies, kids that identify with a group are well-adjusted, successful in school, and have the best "world views" (i.e., a grasp of how they relate to others). Studies also show that social contact, communication, teamwork, and solution are some of the most crucial abilities kids need for success, all of which a sense of community may encourage.

We won't sugarcoat it: It requires careful preparation and isn't always simple. But it is doable, especially if you are aware of the large number of other parents who are searching for social assistance.

The most logical place to begin is with your current family and friends. Strangely, it may be difficult to disclose our challenges and apparent flaws to individuals we love, which makes this occasionally feel intimidating. However, enlisting the assistance of grandparents, aunts, uncles, and cousins may make them feel welcome and give your kids more access to family dynamics and history. Set up frequent family Zoom calls even if your family doesn't live close by so everyone feels more connected.

Friends are a terrific place to start, even if you believe your friends already have everything under control. It might be difficult to think things are different at home when many parents feel pressure to appear "perfect" outside. Consider one or two trustworthy buddies in your life. Inform them that you want to strengthen your feeling of community for you and your family by reaching out to them. There is no predetermined method for establishing a community or what such a community ought to resemble. To create a framework that satisfies everyone's demands, you just need willing players! Don't forget about your childless pals, either. Even if you make a conscious decision not to have children, you may still want to be a part of your child's life and make a positive impact.

WHO IS IN YOUR VILLAGE?

Advantages of community

Building your community might be challenging, especially if you're already worn out from your regular parenting duties. But in the long term, it could all be worthwhile. Some advantages include assistance with child care, having a secure and accepting forum to communicate your challenges, and giving your kids access to a large and varied social network. You can also collaborate with other parents, share resources, and gain additional knowledge and inspiration on effective parenting techniques.

Remember that it doesn't have to happen immediately and shouldn't. Consider creating a community for your family like you would a garden. The seeds must be planted, and their care must be given slowly, cautiously, and in little increments. See what develops around you. Not every connection will turn out to be "the one," but if you look carefully, you'll probably discover individuals who make you and your family feel secure and strong.

Here we explore the main reasons why villages take so long to raise children.

Help through Grandmas.

You can help your child learn the basics of life by learning with them in several ways. The easiest method to accomplish this is to assemble a group of neighborhood grandmothers and instruct them on how to raise kids. Both of you will benefit from this since it will guarantee that your child is properly taught and free up your time to spend with your child.

When you find a local grandma who works in your area, ask her for an introduction or set up a meeting via email or phone. This training strategy may be carried out by gathering a few local grandmothers skilled in child rearing and sending them out into the neighborhood to work with various youngsters. This way, all of the children in the community will have someone who knows what they're doing working with them.

You can also teach them yourself if you want! This is especially helpful if you don't know any other adults trained in this field, but even if there are some, it could still benefit those without access.

Community: Find a Church or community group.

Finding a church or community organization you can turn to for support is one of the finest methods to seek assistance with parenting your children out of all the options available. Finding a Church or community group to support child training can be difficult.

Many churches are out there, but they may not be the right fit for you. If you're looking for a church that accepts children with disabilities, or a church that has specific training programs for kids with special needs, it's important to know that there aren't many churches like this.

You might be better off starting your search on [website] or [website], both excellent resources for finding local churches and community groups that will likely accept your child.

Knowing what kind of training your child will need from their Church or community group is also important. Some churches offer therapy dogs, while others offer special programs for children with disabilities. It's good practice to check with each Church about their specific services before making an appointment so that you don't forget anything important!

When visiting these places, make sure to ask about their policies regarding bringing in bags and other belongings, such as books, into the building - some places have strict rules about this because they don't want people bringing in anything that might be dangerous to children. Finally, ensure you know specific policies regarding service dogs in your Church or community group. Some places have strict rules about what animals are allowed inside the building and may not allow your child's therapy dog to accompany them during their visit.

If your child has a special need that requires you to bring in specific equipment, such as oxygen tanks or wheelchairs, make sure to ask about their policies regarding this as well. Some churches have rules against using oxygen tanks and other medical devices inside the building because they don't want anyone to get hurt - so make sure to find out if there are any regulations regarding this before coming!

Virtual Support: Single Parent group online.

Join a Single Parent group. For example, it has videos that can help you train your kid. They will show you how to discipline him or her and give him or her the necessary basics to become a successful person. It's great to see that there are still people who care and want to help others.

You must be concerned for your child's safety and security if you are a single parent. The world is full of dangers, and dangers are all around us. But now you have an opportunity to get rid of them because you can use the best tools on the internet. The internet has developed into a useful resource for finding solutions and simplifying life. To ensure that your child has no issues, it is crucial to keep them secure.

Taking care of your child at home is the greatest approach to keeping him or her safe. But if you don't want to stay home all day, then training your kid through virtual support is better. There is no need for physical contact between parent and child because they can communicate through phone calls and video chats using social media sites like Skype, Facebook Messenger, etc...

The best way to train your child is by using virtual support. There are many benefits of using this kind of support. It mostly helps you save time and money. There is less money required for travel and other expenses.

Second, it helps you eliminate physical contact with your child because you can communicate through phone calls and video chats using tools like Skype, Facebook Messenger, etc...

CHAPTER 5: STAY FOCUSED, BUT BE PATIENT.

Set your goals too high, and you risk failure. Set them too low, and you guarantee it. ~ Bill

Copeland

A vision without goals is just a dream. To make your vision a reality, you need to set goals that support and reinforce it. Without goals, you'll never be able to achieve your vision. Let your goals be specific, measurable, achievable, relevant, and time-bound. They should also be aligned with your overall strategy. By setting goals that support your vision, you'll be one step closer to making your dream a reality.

The key to success is often found in being patient. You may want something to happen or a particular outcome to follow. But it takes time to reach that goal. It takes time to learn new skills. And it takes time to move up the ladder. So stay focused and keep a positive attitude. Finally, your hard work pays off.

Take Action.

It's easy to talk about doing something. It's another thing to do it. You must act if you want your aspirations to come true. You need to get started. You need to make plans and take the first step toward your goals. So commit yourself to take action—and then follow through by doing what needs to be done each day, week, and month.

See the Big Picture.

When you set goals for yourself, keep the big picture in mind. Ask yourself what your overall vision is for your life. What are you trying to accomplish? What sort of person do you hope to become? Then create goals that support and reinforce that vision.

Do you constantly think of yourself in the negative? Do you feel the need to improve upon your personality and habits? Self-development is important. It can help you become a better person and can help you achieve your goals. Most importantly, be aware of your habits and set goals to help you become a better person. It's important to constantly reassess your goals and ensure they're still relevant. Also, make sure you celebrate your achievements! It's important to achieve goals but just as important to recognize them. If you think you need some work, then you probably do. You are your worst critic, but you must be willing to hear what others say about you. Self-development is a lifelong process. It's not something you do just once.

GIVE YOURSELF GRACE.

Life can be a challenging journey sometimes. You may feel like you're constantly struggling to keep your head above water and feel the world's stresses weighing on you. Don't be hard on yourself. Try to stay in the moment and remember that everything will pass and that you may always feel better. Don't beat yourself up for feeling unfulfilled or terrible about yourself. There is no benefit in doing that.

The hardest part of anything is being gentle and compassionate to ourselves. When we fail, we try to push through it, and when we struggle, we try to push through it; we deal with it and move on. Between attempting and doing, there is a significant distinction. When trying, we expect perfection; when doing, we accept our mistakes and move forward. We give ourselves grace. Give yourself grace! Everyone is on a journey, and everyone goes through struggles. Try to give yourself grace and be kind to yourself. You deserve it.

Don't fall into the temptation of leaning into emotional decisions.

Sometimes it's easy to fall into the temptation of leaning into emotional decisions. It's easy to decide based on how you feel instead of thinking logically. We all tend to believe that things

aren't always sensible. Therefore we frequently allow our emotions to rule our judgment and make rash choices that we later regret.

When making important decisions, it's vital to think about your feelings and then take a step back and rethink if it's the best choice. It's important to think of your decisions because you'll feel bad if you make the wrong choice. The feeling of regret can be overpowering and may take a while. By avoiding emotional decisions, you'll feel more positive about your life and yourself.

The key is to stay focused on what's most important—and if you can, try to avoid making emotional decisions altogether. To momentarily remove oneself from the circumstance is the best line of action. If you're feeling overwhelmed by your emotions, take a break and walk or do something else to help you calm down. Once you've cooled off, ask yourself what's most important. Is it making sure that everyone feels heard? Is it getting all of your tasks done today?

Another way to do that is to make sure you have a plan. Although you can't always control your feelings, if you have a concrete strategy before something happens, you can remove the emotion and concentrate on what has to be done. When making a decision, always ask yourself how this decision will affect your life in the long run. If it makes it easier for you to reach your goals, do it. But if it's something that will only benefit the short term—like eating an entire tub of ice cream on a Friday night before bed—then try not to do it. If you're faced with an emotional decision, here are a few steps to help you stay focused and make the right call:

1. Get some perspective by stepping away from the situation for a bit. This can be as simple as taking a walk around the block or getting up from your desk to grab a coffee.
2. Think about how you want to feel in the short term, long term and overall.
3. Make a plan for what you need to do so that your decision helps you achieve those goals.
4. Make sure your decision is right for everyone involved, not just yourself!

CHAPTER 6: CO-PARENTING.

The concept of "co-parenting" can cause a wide range of feelings among all parties involved.

The experience may be best expressed

through emotions.

Most co-parenting situations arise from broken relationships between people who were formerly involved but are now apart. The same two are now responsible for raising a child who will have a better life and relationship. Although it may seem improbable, there are several chances for uncertainty, unrest, and war in this situation.

Yet as followers of Christ, we know that God says in His Word, *"If it is possible, as far as it depends on you, live in peace with everyone."* **Romans 12:18** so how do we do this with a co-parent?

God created the family. He intended for one man and one woman to have a lifelong marriage and children who would know and revere God. (**Mark 10:9; Malachi 2:15**). God also believes in adoption, as evidenced by the fact that He raised us as His children (**Romans 8:15, 23; Ephesians 1:5**). God gave us children as a gift, and no matter how they enter a family, He cares about how they are raised (**Psalms 127:3; 34:11; Proverbs 23:13-14**). God not only gives us gifts but also makes it very obvious how to use them.

When God freed the Israelites from slavery, He told them to share with their offspring what He had done for them (**Deuteronomy 6:6-7; 11:19**). He hoped that the next generations would uphold all of his demands. Society swiftly degrades when one generation fails to pass on God's rules to the following generation. Parents not only have a responsibility to their children, but they also have a task from God to spread His values and truth in their children's lives.

In the end, you won't have the best co-parenting connection with the other parent of your kids. It involves God. Even more so than being your own, God is the parent of your children. More so than you do, he adores them. More so than you, he is aware of their needs. And He

takes great pleasure in giving you the tools you need to be the parent they deserve. However, God is incomparably more willing and capable of taking care of children than you are, which is even better.

In **Matthew 6:31-33**, Jesus says, *"Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'* For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you." In this passage, Jesus specifically references our tendency to worry about physical needs (and all the single parents said, "Amen"). But the Father knows every need: physical, emotional, and spiritual. And rather than worrying about where we may fall short (whether in paychecks or parenting), Jesus tells us the answer is found in seeking closeness with God first.

Children are a *"heritage from the Lord"* (**Psalms 127:3**). He places them in families and gives the parents guidance on how they should be educated. Good parents aim to produce wise children who know and honor God with their lives. **Proverbs 23:24** shows the result of raising children according to God's plan: *"The father of the righteous rejoices greatly, and the father of a wise man rejoices with him."*

BECOMING A BLENDED FAMILY.

What is a blended family?

You and your partner create a blended family or stepfamily when you live with the kids from one or both of your prior relationships. Creating a new mixed family may be both fulfilling and difficult. You and your partner create a blended family or stepfamily when you live with the kids from one or both of your prior relationships. Creating a new mixed family may be both fulfilling and difficult. Parents may approach a new marriage and family with great joy and anticipation, but their children or their new spouse's children may not be so excited. They are likely to be unsure about the upcoming changes and how they will affect their relationships

with their natural parents. They will also be concerned about living with new step-siblings, which they may not know well or even like.

Some children may resist change, while you, as a parent, may feel frustrated when your new family doesn't work the same way as the old one. These suggestions might help your new family get through the growing pains, even though bringing families together is rarely simple. No matter how stressful or challenging things may appear, you can create a happy blended family with your new stepchildren by being upfront with them, showing them respect, and having lots of love and patience.

Stepparents in the new blended family should think about the following:

- Develop relationships with the new couple's children.
- Support new step-siblings to develop relationships with each other.
- Your ideas about parenting are the same or different, and do you agree on how to co-parent in the new family?
- For some children, the new blended family can be a difficult transition.

The child can:

- Losing your position in the family.
- Having to share a room when he was used to having one of his own.
- Having to share a father that before the new relationship was only for him or her.
- Want to rebuild the original family?
- Having to move house and leave friends, school and other familiar things, even the other parent.

However, there can be significant benefits for children in blended families, such as:

- The Father is much happier in the new relationship.
- There are more adults to care for them, including new grandparents.
- The children have new brothers and sisters.
- They have the opportunity to be part of a family again.

There are many ways parents and stepparents can help their children during this transition phase.

Children show their feelings through behavior. When a child's behavior changes, the child is saying things are not going well for him. Pay attention to what your child tells you through his words and behavior, and take his concerns seriously.

Types of behavior that suggest the child is having difficulty with transition include:

- Regression in their development, for example, going back to wetting the bed and talking like a baby.
- Nightmares and other difficulties are sleeping.
- Problems in school - dropping academic standards and losing interest in participating in activities that once interested you.
- Become aggressive or withdrawn.

As parents and stepparents, you should:

- Listen to your children.
- Try to understand the situation from their point of view.
- Encourage all children in the new family to talk about their feelings and problems.
- Support relationships, but allow them to develop at their own pace.
- Prepare a series of routines for the new family situation that provides security for all children.
- Dedicate time to each child separately.
- Remind your children that you love them and that you will always be there to help them.

- Children need warm and secure relationships with both parents as they develop relationships with the new adults and children in their blended families.

CHAPTER 7: WHEN SOME MOMS DON'T COME BACK.

The role of mothers cannot be overstated in our society — from their influence on their children to how they can shape entire generations, mothers' influence is profound. But despite all of the influence that mothers have on our lives, there are some things that even the strongest mothers in the world are powerless against.

We tend to assume that if a couple divorces, both parents will still be actively involved in their kids' lives, sharing custody and caregiving responsibilities. It can be difficult when some moms don't return for their kids after the divorce.

There are many reasons a mother might not want custody of her child, but most often, the reason is that she has suffered from abuse at the hands of her ex-husband or he has been abusive towards her. So the question is, "Are you an abusive Father or drunkard or whatsoever that makes your wife resist the urge to visit your children? Aside from that, if you aren't in this category, there could be some reasons your ex-wife doesn't want to show up.

Here are four common reasons why some moms don't come back for their kids after divorce:

1. They're addicted to drugs or alcohol
2. They've got other priorities, like work or a new relationship
3. They feel like they don't deserve to bring their child into the world anymore
4. Their child is no longer under parental control.

Children frequently voice their preferences and wishes as they get older and more autonomous, which may differ from their parents. This can lead to conflict and disagreements, as children may feel they are no longer under parental control. In some cases, this may lead to children leaving home to pursue their own lives. While this can be difficult for parents to accept, it is ultimately a natural part of growing up.

How to help Children live well without their divorced mom.

There can be multiple causes that cause a separation: communication problems, unsatisfied expectations, discussions at the wrong time, lack of commitment or infidelity. At that moment, misunderstandings, assumptions, confused communication, resentment, and hatred color the relationship.

Children often have to face many challenges while they are growing up. They have to face everyday struggles and also deal with major life events. Divorce is one of those major life events that can be very difficult for children. Knowing how to help your child cope with the situation is important.

1. **Being honest** with your child is key, explaining the situation simply and clearly, without lies or false promises. Responding with great empathy to all the doubts or fears that may arise and making it clear that they are not to blame for the situation.
2. **Helping them to identify and manage all the emotions** that the separation will generate: sadness, rage, discouragement, anger, insecurity or Fear. Emotional instability will be very common, and they will need our security and trust more than ever.
3. **Let's try to agree**, although it will not be easy, on a common family educational project with your ex-partner, establishing common rules and adjusting our level of demand for our children. Your children and young people need to see how we respect each other and collaborate in everything that affects them. This attunement will provide them with a lot of security and help them adapt to their new life.
4. **Never use your children as a throwing weapon to hurt our ex-partner.** Let's avoid discussing the other parent in a derogatory and ironic way or involving our little ones

in the conflicts between us. These situations will cause them a lot of discomfort, discomfort and pain.

5. **Giving them time and freedom to adapt to all the changes** they will have. Opening communication channels, so they express their feelings and feel accompanied and understood throughout the process. Telling them daily that we love them and will always be by their side.

6. **Observe if there are changes in your children's behavior** or modifications in their eating habits, sleep, study or behavior at home or school. Establishing clear routines and rules will help them adjust more easily to their new situation.

7. **You must give yourself permission to feel bad, to meet and feel again**, trusting that time will modulate all our feelings. To seek your happiness and start over from scratch when you are ready. Without feeling guilty about the decision made because, without a doubt, it will be the best for your child too.

CHAPTER 8: MEN WHO SOW GOOD SEEDS

REAP GOOD HARVESTS.

Sow for yourselves righteousness and reap the fruit of loving devotion; break up your unplowed ground. It is time to seek the LORD until He comes and sends righteousness upon you like rain. Hosea 10:12.

Diligence is important because it makes you more productive, which means you can get more done. This is good for man to be excellent in life! When people talk about **sowing** and **reaping**, they usually refer to the financial side. But there's more than money at stake here: it's about what happens on a deeper level when someone is diligent in their work and does things well. And these efforts reap the rewards of **personal** and **professional** success.

People are always saying that good things will happen to you if you do good. You might even have a friend who has said to you, "if you sow good seed, you reap a good harvest." It is one of the most popular clichés that many have heard, but what exactly does it mean? Everyone wants to succeed in life. But few people are prepared to pay the price.

Success is never a result of "**luck**." It results from good judgment, hard work, perseverance and, most importantly, the determination to keep going no matter what happens. **When you sow good seed, you reap a good harvest.** The Bible says that **every diligent man will reap a good result.** What does this mean? It means that as a man, it is of wisdom you work diligently for yourself, your family and your loved ones, you'll get the rewards you deserve. "*Do you see a man skilled in his work? He will be stationed in the presence of kings; he will not stand before obscure men*" **Proverb 22:29.**

You can do this by working hard at your job, in your relationship, or doing what's right in your heart. Some believe that you should concentrate on your top priorities and set the rest aside when you don't have enough time to do all you want to. But, if you're not sowing good seeds, all our efforts are going towards sowing bad seeds—and those seeds will grow into thorns and choke off our growth as people and as a community.

As the Bible says: "***Diligence breeds success.***" And as we all know, that's a pretty good way to describe hard work. But even you couldn't have foreseen if I told you there was a way to apply this principle to your life. You can schedule time for each task or sub-task. Limiting the list to 3 tasks can help you focus and get things done. Prioritize. Putting off other less important things can help you focus on the task that will help you achieve your goals.

The measure of prudence, activity or diligence that can reasonably be expected and with which a prudent and reasonable [person] normally acts in certain circumstances; an absolute standard does not measure it but depends on the relative facts of the case in question.

Diligence is an essential skill in all aspects of life. This involves constantly focusing and concentrating on getting the task at hand done. By maintaining focus and discipline and practicing self-care, you can be diligent in your work and achieve your goals, whether they are personal or professional.

HOW TO BE DILIGENT.

The Bible says that every diligent man will reap a good result. What does this mean? It means that as a man, it is of wisdom you work diligently for yourself, your family and your loved ones, you'll get the rewards you deserve. These are practical steps you need to apply to make a difference in your life.

A. **BE DILIGENT AT WORK.**

1. **Use a schedule:** A plan will help you organize your day and stay on task. You must write down all major goals and due dates for a given period or term. You should include allotted times to study and stick to them.
2. **Start your days early:** Waiting until the late time of the day to work is a sign of laziness, irresponsibility, and character for excellence. Starting early will relieve you of a burden when you are overwhelmed with a series of work.

3. **Be aware of the unexpected:** When it comes to completing or finishing your work on schedule, life can sometimes make it tough or even impossible. You may have to reschedule, review, and reevaluate your goals. This is all fine and is a normal part of progress. There is no need to be harsh on yourself when this happens. However, don't confuse real reasons (such as a sudden serious illness in the family or job loss) with excuses (your friend has called you and wants to go out when you have a due date).

4. **Eliminate distractions:** Spending excessive time online, on the phone, or in front of the TV can distract you from your goals. It's easy to get sidetracked if your phone rings or you have social media tabs on your computer while you're working. There are even apps that help you eliminate distractions for certain periods. You can turn off notifications on your phone or turn on "**Do Not Disturb**" mode.

5. **Stay organized with to-do lists:** You can make separate lists for urgent, high-priority, and low-priority tasks. You can also make lists by dates. For example, you can list all the tasks you need to do today on one list and all the things you need to do tomorrow on another. By knowing what you want to accomplish, you can get more done. Breaking large tasks into smaller steps can help you see the total time a task will take and its possible complexity. You can schedule time for each task or sub-task. Limiting the list to 3 tasks can help you focus and get things done.

6. **Prioritize:** Putting off other less important things will help you focus on the task that will help you achieve your goals. Due dates will help you determine what's important and the impact completing or not completing a task will have on you and your employer.

7. **Use time efficiently:** Making a schedule and plan for the day will help you see how you use your time. This is where you can set due dates, make appointments, and schedule breaks. Remember to give yourself enough time for each task.

B. BE DILIGENT IN LIFE.

1. **Make a list of your interests and passions:** Write down the things you like to spend your time on. These can be related to your work, personal, or home life. They should be things that make you happy and that you enjoy doing. You would be willing to do these things without being paid, and they most likely make you lose track of time.
2. **Focus on the things that help you fulfill your purpose:** Once you have determined the actions you will take to fulfill your life purpose, you need to get going. Start with short-term changes and work your way up to long-term changes. Sometimes you need to take action instead of thinking twice to have better clarity and be happy.
3. **Focus your energy on your goal:** Sticking to the plan can help you invest your energy into achieving your goals. Consider your objectives and the reasons you are concentrating on the work. Sometimes devotion will seem easy, and other times you will have to force yourself to maintain it.
4. **Reward yourself for stimulating motivation:** The type of prize will depend on the step you have reached and the goal you are pursuing. If you're determined to lose weight, don't reward yourself with an extra-large pizza when you lose 1 pound (0.5 kg). It is not advisable to reward every little thing, as the rewards will lose meaning. Instead, focus on rewarding true progress by setting partial goals and rewarding yourself once you've achieved those goals.

5. **Realize the value of hard work:** When you accomplish a goal, before moving on to the next, make sure you give yourself time to appreciate your accomplishments. Each step usually builds on the previous one. Over time, you'll see your hard work pay off.

6. **Keep it real:** Sometimes, you might have to re-prioritize. After a few weeks or months of pursuing a goal, you may need more time, sometimes a lot more. Don't be so hard on yourself when this happens. Be careful not to get discouraged when you've hit a roadblock to your goal.

Diligence is the key to success. It's not enough to be hardworking and talented if you're not also focused and determined to achieve your goals—you must be willing to put in the hours necessary for success. It is a fact that every diligent man in his work reaps good results. If you work diligently, you will reap good results.

CHAPTER 9: EDUCATE YOUR MIND TO CREATE A VOICE OF INFLUENCE.

"Guard your heart with all diligence, for flow springs of life." **Proverbs 4:23**

Many dreams are unachieved because we have failed to explore the possibilities of our minds. The power of the mind goes beyond what we usually think. Our mind is wonderful, and it goes much wider than we imagine. Beyond consciousness, there is a world to discover where we bury our fears, uncertainties and those impulses that seem unacceptable to us. Utilizing your mind to its full potential is a lifestyle choice. You can be a successful person in your society or stand tall and use your voice. **The power of influence is a remarkable phenomenon.** Now, more than ever, the world is seeking new and innovative ways to communicate and connect. A simple change in your mindset can open the communication path to anyone willing to listen.

Your **consciousness includes all that you are currently conscious of and thinking.** Similar to short-term memory, it has a limited capacity. Your awareness of yourself and the world is part of your consciousness. **Your voice matters.** It is the instrument that you use to call attention to the things that matter most to you. But it can easily become muted if you're not careful. If you don't use it regularly, it can get lost in the white noise of your daily life. That's why you must educate your mind as a man to create a voice of influence. It's time to start building that instrument because it is more powerful than you know.

In the Bible, we're told to *"exercise our mind in all things"* (**Colossians 3:2**). The exercise of our minds is essential to our growth and development. The Bible teaches us that through education, we can be influential in both the secular and spiritual realms.

Scientifically, your mind is the source of your attitudes and behaviors. When you are educated in a way that aligns with your mind and God's word, you will be able to think about things differently than those around us do. As a result, you will influence those around you who are not properly educated.

You will be energized to use this knowledge to overcome the challenges you face at any time. We can become educated on how to use our minds correctly so that they will not be used against us and our destiny by Satan or others who seek to destroy us through bad thoughts and actions.

When you are educated correctly, you will be able to influence others with truth instead of falsehoods or half-truths. This allows you to speak life into other people's lives so they can grow into Christ-like beings who know Him as Savior and Lord!

Are you ready to hear what I have to say?

The Bible is chock-full of advice on how to improve your mind and influence others. The following are a few of the most crucial lessons:

1. Instead of listening to what people say about you, pay attention to what they do (Acts 17:11)
2. Know that God has a plan for all things (Romans 8:28)
3. Just because someone says they're wrong, doesn't mean they are (Proverbs 19:11)
4. You can't change what God has called you to be, but you can change how you respond to that calling (1 Corinthians 6:19)
5. Live in the present moment because it's all that matters (Matthew 6:34)
6. Don't be afraid to make your own decisions (2 Timothy 1:7)
7. Remember that God has a purpose for your life and always gives us more than we can bear when you're feeling down (1 Corinthians 10:13)
8. What matters is how you respond to what happens to you, not what happens to you (Ephesians 4:26–27).
9. Keep in mind that what comes out of your mouth, not what goes into it, defiles you (Matthew 15:11)
10. Never be scared to speak up in support of what you believe in (Ephesians 6:12)
11. It's easier to travel by car than a camel (1 Kings 19:19)

12. When you feel like your life is crashing down on you, just remember that God will never leave you or forsake you (Hebrews 13:5)

Tips to Wire Your Brain Straight for Success.

We know that changing daily habits and postures are difficult, but as you have already seen, it is possible to reprogram your mind.

1. **Spend time reading the Bible:** The more you read, the more you'll know about God's Word and how it affects your life.
2. **Listen to Christian music:** You can find Christian music on Spotify, Pandora, and iTunes—just search for something like "Christian music." This will help you find a song that makes you feel connected to God and His Word!
3. **Attend church services regularly:** Learning what other people have been doing with their hearts when they attend Church is one of the finest methods to develop your intellect. You can learn from other's experiences and find out what worked for them so you can apply it to yourself!
4. **Feed yourself well:** Healthy eating habits allow the body to carry out its activities without collapsing. Professionals who give up healthy eating tend to have poor performance and little creativity in their professional life. To have an healthy mentality, you must eat properly and at the appropriate times.

5. **Think positive:** It may sound cliché, but positive thinking is being studied worldwide. Although it is not known exactly how it works, its influence on the physical plane is evident.

When you think positively, you increase the opportunity to achieve your goals, whether personal or professional. More than a habit, positive thinking is an active and conscious posture in the face of adversity. Positive thinking makes us look for the solution instead of staying stuck on the problem.

6. **Play sports:** Just as healthy eating is important for maintaining a creative and willing mind, the practice of physical exercises cannot be neglected either. We are so busy with our business or something else that we forget to exercise our bodies. Devoting a few minutes of the day to physical activities, such as walking, running, swimming and even the gym helps keep the body and mind in shape.

7. **Learn to meditate:** People have used meditation to reach higher states of the Spirit, find their life purpose, and develop unique abilities. Successful people openly take up meditation practice frequently, usually every day.

The explanation for this success lies in the benefits generated by meditation, which include:

- Energy gain and readiness for activities;
- Decrease in stress and anxiety levels;
- Improves concentration and also creativity.

8. **Avoid negative environments:** Our behavior is constantly influenced by the environment we are immersed in. This is true not only for work but also for family, friends and other environments.

To be able to reprogram our minds to develop, it is important to avoid both toxic environments and people as much as possible. The more we surround ourselves with positive people, who share the same goals and objectives, the better our behavior will be. We are encouraged to grow in positive environments, while in negative environments, we tend to stand still or regress.

Mind programming is not a magical process. As we said, it takes time and needs to be stimulated daily. Therefore, learn these tips and integrate them into your routine.

CHAPTER 10: TIME MANAGEMENT.

Time management is intentionally planning and controlling the time necessary for a certain task to improve effectiveness, efficiency, or productivity. This is a definition of time management. To be more precise, it is about spending your time in the best possible way for the best possible results. Good time management means understanding that this is a scarce resource for man but not for God, for whom time does not exist in His eternity.

For men and women, time is life! Wasting time is wasting life, the essence of our existence; it is to lose what we cannot recover.

Ecclesiastes 3:1 *"Everything has its time, and everything that is loved under heaven has its hour."*

The same is true for your life as a whole: it is about spending your life in the best possible way for the best possible results. In today's world, time management is a well-developed plan. The top companies use sophisticated tools to track the time spent by their employees on projects and tasks to maximize their efficiency. But most people need access to such tools.

+So, what can you do? The answer is simple: develop your time management system. The most important part of any time management system is to track your time as accurately as possible.

Ephesians 5:15-17 *"Take heed therefore how you walk, not as fools but as wise, making the most of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is"*.

Time is the most valuable resource. We're all experiencing the same thing. There is no deadline. There are 24 hours a day, seven days a week, 60 minutes in an hour, and 52 weeks in a year.

The difference is in the way we allocate and use our time. How do we manage our time? The following expressions implicitly speak of poor time management.

- I have no time.
- Time is not enough for anything.
- I never have time for myself.
- I need more time.
- There is no balance in my life. I need quality of life
- When was it that you pronounced a similar phrase? You need to manage your time in an effective way!!

Therefore, the wisdom in spending time is not to economize it to acquire more. The answer is to know how to employ 60 minutes of an hour productively, as the Bible describes so vividly: **Proverbs 6:6 – 11.**

The Scriptures warn us, *"take heed therefore how you walk,"* that is to say that we are very careful in the way we use our time and in what we toil.

Making the most of opportunity, abounding in good deeds, strengthening fellowship, winning people to Christ, and through it all glorifying God and knowing that opportunity missed is like a shot arrow that never returns.

Time management in the life of Jesus Christ.

Mark 1:21, Mark 1:29-33, Mark 1:35. Take note of how much the Lord Jesus could accomplish in one day and what He did very early the next day. How did the Lord manage his time?

Therefore, any controllable activity that prevents or delays the effort to fulfill your task or work is called a time thief.

- Laziness or inertia
- Lack of personal planning
- Lack of delegation
- For not using the iPhone cell phone properly
- Inconsequential mail reading. FACEBOOK, SOCIAL NETWORKS.
- Lack of concern with the distribution of time

- Failure to state priorities

How to Eliminate Time Thieves.

Wasting time, in most cases, is the result of cultivating bad habits in the use of time.

Therefore, by eliminating time thieves, we are eliminating bad habits from your employment. The most difficult aspect of using time well is eliminating bad habits. A habit is formed by constant repetition over a long period and usually becomes unconscious.

1. Avoid the Over-Activity Trap

Many of us put in a lot of effort, yet at the end of the day or week, we have nothing to show for it.

Part of the cause can be attributed to the "over-activity trap" in which people become involved in many occupations that do not lead them to achieve a precise objective or goal. **1 Kings 20:40.**

Notice that the servant was busy. He was doing many activities, but he still needed to achieve his goal: to watch over the prisoner. It was the excess of activities that caused the servant to fail.

2. Set priorities

You must set priorities and deny yourself to be able to do the important things that God has destined for you. **Mark 1: 32-38.**

Jesus was showered with requests to use his time. However, in order to carry out his Father's orders, he was forced to refuse some activities. He managed his time in such a way that he was able to establish priorities in his daily work. He is not overcharged, nor does he seek to please the crowds.

3. Manage time wisely.

We Must Determine the Importance of Emphasizing the Right Distribution of Time. No one recognized the value of spending time wisely more than Jesus Christ.

He knew He had only three years to train His disciples to carry out His work of taking the Gospel to the whole world. Thus we find the occasion when he said to them. John 9:4. Jesus never lost sight of his goal. He worked diligently to secure the best use of His time. By which he could say to the Father: **John 17:4**, unfortunately, many modern leaders do not attach the same importance to the time factor that Jesus did. There is apathy concerning time.

4. Work at the Right Time.

Throughout His ministry, Jesus was aware of the importance of doing things according to the time established by God. He decided and acted according to divine timing.

(Luke 9:51) When the time came,» the Lord knew how to establish what he had to do, regardless of the sacrifices that this implied. **Matthew 26:18**. He always diligently prioritized his activities, he never stopped doing what was important, and he never left aside the activities that would lead him to the effective fulfillment of the goal, of the purpose for which he had been sent by the Father.

(Matthew 26:45) There was no point in continuing to wear out; what they had to do should have already been done. In this way, He managed to get to the cross, making the right effort at the right time. Effective use of time is doing what God wants at the time He wants it done. So also you must cultivate this attitude diligently for you to have maximum results. Go ahead and apply this!

How to Avoid Distractions as a Father at home.

- 1. Identify your distraction sources:** The first step in eliminating distractions is pinpointing their primary sources. This will assist you in maintaining your attention on jobs that demand undivided attention. Asking yourself what you are doing against

your better judgment can help determine what distracts you the most. What causes me the most distraction?

2. **Practice self-criticism:** While cleaning may provide distractions at home, working remotely is not the same as being on vacation. You must adhere to a rigid schedule, be up early, and carry out your tasks as though you were heading to the office. Let's refrain from blaming others for our shortcomings.

3. **Create a schedule:** One of the best ways to stop time thieves is to do the most difficult things first. The peace and focus we might have in the early morning hours can help us combat the burden and potential distractions of the day.

4. **Establish limits:** Working from home offers a lot of flexibility and convenience. It may, however, be quite distracting. There are many distractions when working on a project, including reading, dealing with family issues, raising kids, and watching television.

5. **Disable all notifications:** Avoid letting your phone ruin your day. Nearly 82 times a day, people check their phones. So, disable all of your device's notifications. I truly mean that. How often do you have a healthy discussion, concentrate on a project, or attempt to read an article when suddenly you get a gazillion alerts from all of your apps? Switch them off. Nobody requires alerts from every app. Have just "reminder" alerts turned on? You may decide when you wish to be interrupted in this fashion.

How to maintain productivity as a Father.

1. **Deal with your well-being:** In the unlikely event that you are ill, you will not truly be able to enjoy your loved ones. You need time to exercise, maintain a healthy and balanced diet, rest, and sleep the necessary hours. If you stick to it, you'll come to the

end of the day with more energy and patience and complete your to-do list. You will go to bed feeling good.

2. Get up earlier: your day only has 24 hours. And that will never change. To get up early, you have to go to sleep early, but sometimes it's hard to give up your favorite series or have a thousand things to do when your sons or daughters have gone to bed. To get to bed earlier, you must plan your afternoon well. Bath and dinner will be a little earlier, so you can clean up the kitchen after dinner and have time for story time.

3. Learn to say NO: Helping is good. Do not stop doing it, but measure the time you dedicate to helping others and that you could dedicate to yourself. Learn to say no to those favors you don't feel like and say no to commitments. And dedicate your day to what matters to you.

Don't offer to do chores or participate in projects you later regret. And say no, with a smile, to those events that you don't feel like attending at all, don't do it out of commitment.

4. Free your mind, make lists: Trust the power of lists. Always have a notebook handy to write down what comes to mind: an object to fix at home, a family outing, a doctor's appointment etc. You can have some things in your head. Making lists will allow you to unload your mind and feel more relaxed. You can have a categorized notebook or notepad: shopping list, homework, family plans, doctors, social events... It can be a shared notebook with your family to which you all can share ideas, tasks and responsibilities.

5. Use a single plan: Have a single inbox, or it can affect you mentally. Feel free to have a work schedule, another for your personal life and notes on your mobile, for example. If you are on paper, use a single schedule to write everything down. Use a day-view agenda and divide each page into three parts: personal issues, professional issues and

notes. And if you don't use paper and digital tools, you can also organize yourself well. With the notes on the phone, a Google calendar is shared with your family or files are uploaded to Drive to access them from wherever you want.

- 6. Put order in your house and simplify your life:** I encourage you to eliminate everything that does not bring you anything and does not make you happy. And why is it important for your productivity to put the order? Because the fewer things you have and the more organized they are, the easier and faster it will be to find them and make decisions about them.

- 7. Plan your meals:** Thinking about your weekly menu in advance will allow you to make a responsible purchase, avoiding throwing food away and cooking in a block. It all depends on the day you usually make your food purchases. For example, on Friday, plan your menu from Saturday to Friday of the next week. And make a shopping list based on that menu, and buy only what you need to prepare it.

- 8. Take advantage of the downtime to train and inform yourself:** What do you usually do on your way to work? What about when you're in the doctor's waiting room? What if you go running? You can listen to music and spend that time listening to podcasts on a topic of interest, take an online course or read a book (it seems that the latter is declining with the use of mobile phones).

- 9. Eliminate distractions:** Focus on the task at hand and avoid distractions. Do you remember the time thieves we discussed in the previous section? Exactly, silence the mobile, turn off the TV, and look for inspiration in music (if you need it). Working as a block will help you accomplish your daily tasks.

10. Out-perfectionism: Being a perfectionist is not bad. It is a trait of your personality that is well-controlled and excellent. It means that you take care of the details and that you care about the result. If you are a perfectionist person, surely you are orderly and planned. But being a perfectionist without having a limit can play tricks on you. It would help if you were wise with your dealings.

11. Delegate and ask for help: Do not try to reach everything on your own (or alone). If necessary, ask the mother of your son's school to pick him up so you have time to eat, or ask your mother-in-law to watch the children for a few hours so you may work out. And, at home, distribute household chores equally. The little ones can also participate and have their responsibilities.

12. Organize your day the night before: Review the menu for the next day and note the things you need to complete in your plan before you go to bed. Leave everything ready before going to bed; this means your things and that of the little ones: bags, backpacks, sports bags, clothes, shoes, lunch boxes, and water bottles. It sounds silly, but waking up with your day planned will make your morning much more comfortable. Less indecision about what to wear and doubts if you leave something at home.

Go ahead and engage yourself on these tips and enjoy productivity as a Father.

CHAPTER 11: HEALTH.

The word health comes from the Latin *Salus-utis*, which in ancient times meant overcoming a difficulty. It is defined as an organism's state when exercising and normally developing all its functions. Health is considered the ideal state of the individual by feeling the absence of illness or injury, leading a normal life. For life to have meaning, you must have and enjoy good health; in other words, if we have poor health, our time of existence in this world becomes shorter and shorter.

What is health?

According to the World Health Organization (WHO), health is the condition of every living being that enjoys physical, mental, and social well-being. That is, the concept of health not only accounts for the non-appearance of diseases or conditions but goes beyond that. In other words, the idea of health can be explained as the degree of efficiency of metabolism and the functions of a living being at a micro (cellular) and macro (social) scale.

PHYSICAL HEALTH AND MENTAL HEALTH.

Health can be recognized and analyzed from two perspectives: physical and mental health, although they are two interrelated aspects. To maintain physical health in optimal conditions, it is recommended to exercise regularly and have a balanced and healthy diet with a variety of nutrients and proteins.

PHYSICAL HEALTH.

It is a state of complete well-being in which the body of a living being is in optimal condition to carry out all kinds of activities. Living beings are mentioned because this section is quite general, considering that animals have specific similarities in terms of health.

They can be injured and heal just like the average human being. Physical health directly addresses the anatomical state of living beings, their correct functioning and the good ways it can be preserved, for example, by carrying out daily hygienic habits.

As is known, the body of a living being can be affected by various diseases or situations that, in one way or another, weaken its physical health, for which the help of medicine is needed to stabilize the anatomical values and get him back to his normal state of life. For example, it is quite common for humans to suffer from diseases that begin by affecting cells and, over time, escalate to a macro level. That is, they generate a social impact.

The lifestyle that a person has has a direct impact on their physical state. For example, if they live under many levels of stress, eat too many fried foods and sweets and do not go to the doctor daily, there is a risk of suffering from a type of heart disease that will affect their lifestyle if not treated in time. The most common heart diseases are caused by increased cholesterol levels, which can be treated by reducing the consumption of foods rich in fat and increasing the consumption of vegetables. In addition, a medical treatment capable of attacking the condition before it can worsen is imperative.

Thus, it is important to emphasize that to enjoy magnificent physical health life; it is necessary for you in question to have a series of eating and sports habits. Thus, concerning the first aspect, it must be emphasized that the diets carried out must be nutritious and balanced, ignoring as far as possible everything that refers to the intake of alcohol and other drugs and also leaving tobacco aside.

As for sports practice, many disciplines contribute to the individual enjoying good shape. Thus, you can carry out the practice of swimming, cycling or jogging. However, it is true that in recent years the sports disciplines that have experienced the greatest growth are those that allow maintaining good physical shape and mental balance. For instance, this would apply to Pilates or yoga.

Mental health, for its part, aims to bring together all the emotional and psychological factors that can condition every human being and force them to use their cognitive skills and

sensitivity to function within a community and resolve any eventual demands that arise in the context of everyday life.

Diabetes is also one of the most common diseases that degenerate people's physical health. In general terms, diabetes affects blood glucose, but it also affects the state of different body organs. The way to treat this disease may vary according to the type of diabetes you suffer from; it may well be type 1 or type 2 diabetes, which generates different treatments; however, at the level of food, it is recommended to reduce the consumption of gluten, foods rich in fat, sugar, liquor or vices such as tobacco.

MENTAL HEALTH.

It is a psychological and emotional well-being that all people must have; however, there are certain aspects that make this state impossible and physical health has a lot to do with it. If the body is not perfectly healthy, the mind can suffer from a variety of emotional devastation that later becomes severe and requires special treatment. This does not mean that people with mental health issues should be excluded. They need more rigorous care, specific medical treatments and adequate people willing to care for them.

When mental health is affected, emotional and cognitive capacities are altered, leaving the individual in temporary or permanent confusion. The WHO ruled that there is no specific definition of what mental health is, but there are experts who say that mental illness and mental health are different issues. What is meant by this? That a person is free of mental illness does not mean that he enjoys mental stability. Stress, for example, is a state of mind that harms the mental balance scientist's mention.

Sadness and anxiety are also moods that exhaust the mind, leaving it in a state of complex vulnerability, and it is only a matter of time before mental health is compromised. These are not diseases or pathologies that can be treated, but they still exhaust the mind. Do you understand why they say that mental illness and mental stability differ? To know even more about the difference between the two, it is essential to mention at least 5 of the most frequent mental illnesses in the world.

Schizophrenia is one of the mental illnesses that wreaks the most havoc on people. It is a mental diagnosis that alters the patient's personality, makes him see hallucinations and causes a total loss of contact with reality for many. Although this illness's specific source is unknown, heredity and substance addiction may contribute. The most common symptoms of this disease are related to thoughts that go beyond reality, concentration problems, memory loss and becoming withdrawn.

The following diagnosis is autism, a pathology that includes attention deficit and disorders related to neurodevelopment. People with autism have problems relating to society; they are generally lonely and have fixed interests, repetitive behaviors and marked habits. The start of autism is heavily influenced by genetics, and its symptoms range from problems in language and methods of expressing oneself to the uncontrollable movements that persons with this condition experience. Most of the time, there is also an insistence on carrying out different activities.

Bipolarity is also another of the most common mental illnesses. It is a pathology that affects a person's mood; it was previously known as manic-depressive psychosis and is currently an affective disorder. The patient can present varied moods, such as sadness or happiness, in short periods; his attitude and behavior can start being docile and aggressive. The symptoms are related to lack of sleep, excess or decreased energy in short periods, chronic episodes of depression and loss of interest in performing different activities.

On the other hand, there are phobias, another diagnosis related to unexplained fears of certain animals, elements or situations. There are multiple types of phobias, for example, claustrophobia, which is the fear of staying in closed places or trypanophobia, the fear or disgust of objects with numerous holes. There is no specific symptom to determine that a person suffers from phobias, but the feeling of fear, rejection or uncontrollable disgust towards objects, situations or elements. These diseases can be treated through therapies, exposure or immersion, and both have cognitive and behavioral approaches.

Finally, there are personality disorders, which are not so common but quite interesting since they are disorders or anomalies in a subject's personality. This can have different moods, identities and passions. Experts say that patients suffer from this diagnosis because they were

exposed to situations too strong for them. Symptoms of personality disorders are disturbances in emotions, in the cognitive part of the brain, and impaired interpersonal functioning. These diseases have no cure but can be treated with special therapies and medications.

The father is a key factor in the health of the family. As the family's leader and responsible adult, he must be aware of his health status, recognize the risks and how manage them, and be able to counsel his loved ones. He also needs to provide an example of good health, allowing his children to lead healthier lives.

Research shows that dads who prioritize their mental health are more confident in their role as a parent, more present in their children's lives, and more supportive of their partners. Although it may seem obvious, happy and healthy dads truly make better dads. Common depression symptoms in men and women include loss of interest in usually enjoyable activities, low energy and motivation, problems with sleep, changes in appetite, and changes in concentration.

However, men tend to focus on the physical symptoms of depression and are often confused about what is happening to them. Instead of sadness and worthlessness, men may be more likely to become easily annoyed, irritable, hostile, and aggressive.

Rather than reaching out to family and friends, men tend to withdraw, pull away and suffer alone. They are more likely to engage in self-defeating behaviors such as excessive drinking and watching pornography. Men tend to tell themselves to “just get over it” and “I am the only one feeling this way.”

This guide contains useful tips on how fathers should treat their health.

- 1. Book an Appointment with Your Doctor and Get a Checkup:** Nothing says self-care more clearly than visiting your doctor and getting an annual physical for you— and your families — peace of mind. Men make half as many visits per year to their primary care physician compared with women. This shows how careless men treat their health. It would help if you were in good health to care for your family.

- 2. Manage your time with a task manager:** Many people use a paper planner. However, finding a task management app for any device and operating system is now possible. Many people find that these software applications allow them to manage their time.
- 3. Construct and keep to a routine:** You may need to create a schedule that works for your lifestyle initially, but if you discover one that works for you, stick to it. It will help provide stability and allow you to manage your time better.
- 4. Take care of yourself:** Eat healthy meals, exercise regularly and get plenty of sleep. These are all important parts of taking care of yourself.
- 5. Make time for your family:** Make sure you make time for your family and spend enough time with them. Having areas of strength for a bond is a significant part of an individual's life.
- 6. Spend time with your children:** Spending time with your children is just as important as spending time with your spouse or any other family member. Children need their fathers to be involved, so you must make time for them. Take them on outings, and do activities with them. It will strengthen the relationship between father and child.
- 7. Drink plenty of water:** Drinking plenty of water is important for anyone, but it is especially important for someone with ADHD. As a person with ADHD, you are at a higher risk for dehydration. Drinking plenty of water has many other benefits, including keeping your skin and hair healthy, improving your digestion, and helping you feel full.

- 8. Eat breakfast:** Eating a healthy breakfast is important. It will help you avoid the mid-morning sugar crash many people experience. Make sure your breakfast contains protein and carbohydrates, such as fruit and cereal.

HOW TO AVOID UNHEALTHY CHOICES?

- 1. Get enough sleep:** Many people with ADHD have difficulty sleeping, but getting enough sleep is important. Make sure that you get a good night's sleep every night. There will be times when that is absurd. However, it ought to be something that you attempt to do consistently.
- 2. Get organized:** People with ADHD have trouble organizing their lives. Using a calendar to schedule your tasks and stay on top of your finances is helpful. You will feel much better and more in control if you are organized.
- 3. Learn to meditate:** People with ADHD can experience high levels of stress. Learning to meditate can help reduce stress levels. It is also a great way to focus the mind. Contemplating for only a couple of moments daily can have a major effect on your life.
- 4. Manage your emotions:** Managing your emotions can be challenging for people with ADHD. Keeping note of your feelings and life events is beneficial. You may utilize this knowledge to assist you in controlling your emotions.
- 5. Get enough exercise:** Exercise helps people to stay focused and sharp. It also helps to reduce stress levels. You should do exercise every day because it offers many additional advantages. Massage is an excellent method to unwind and relax after a long day. It can also help to relieve tension and stress in the body. If you don't like getting a stranger to massage you, try self-massage. There are lots of great books about self-massage that can help you do this.

- 6. Follow a healthy diet:** Choose vegetables, fruits, whole grains, high-fiber foods, and lean sources of protein, such as fish. Limit foods high in saturated fat and high in sodium.

- 7. Limit the consumption of alcoholic beverages:** If you decide to drink alcohol, do so in moderation. For men, moderate drinking refers to two drinks a day for those aged 65 and younger and one drink daily for those aged 65 and older. It appears that the risk of some cancer, such as liver cancer, increases with the amount of alcohol consumed and the period since you last drank regularly. An excessive amount of alcohol can also increase your blood pressure.

CHAPTER 12: EMOTIONS

Did you know that **emotional intelligence for parents** is a fundamental tool for creating **healthier families**? Establishing relationships based on understanding and empathic listening with children from a very early age boosts the **formation of happy adults**.

The management of emotions is defined as the way to be more aware of what we feel, identify feelings, accept them and moderate our response. Feelings are neither good nor evil; they are just emotions, each with its function. For example, fear mobilizes us to action and protection. In this sense, each emotion has an adaptive competence necessary to assume external situations and explore our resources to benefit our emotional health.

One of the most fulfilling experiences a person can have is becoming a parent. Children, on the other hand, are a lot of labor. Furthermore, having several children makes it much more difficult. Everything you can do is position yourself for what awaits you. Emotions will run high on a day-to-day basis. Keeping your emotions in check is the best way to manage your life as a father.

It is the responsibility of each adult to be aware of how they educate the child or children in their care. Hence, emotional intelligence for parents is a **process of self-knowledge**, where everyone learns to recognize how they express what they feel.

Managing strong and negative emotions is much easier said than done. But it's worth the effort because the rewards are huge for you and your child. Here are some helpful guiding principles and strategies:

HOW TO DEAL WITH EMOTIONS AT HOME.

Working on emotional intelligence for parents is much simpler than it seems; it can even become a little fun when the time calls for **games or teaching**. I will leave a summary of activities that every adult in the guardianship of a child can do in this regard.

- 1. Read stories with the little ones:** Children's **stories** are a source of riches that can be used in favor of emotional intelligence for parents since many of them are written so that children can **easily recognize the** characters' emotions, but also so that young readers experience them.
- 2. Talks at home:** A home that generates **open conversations** is a great measure of how emotional intelligence affects family dignity. Children must be allowed to know the consequences their actions generate in other people to teach them to **be empathic**. In a home where emotional intelligence for parents is practiced, children and young people **feel comfortable giving their opinion or asking** about those issues that cause them doubts, but they also know how to apologize and openly admit when they have failed.
- 3. Teach them to give and receive affection:** The importance of emotional intelligence in the family lies in **openly showing affection**. You must correct but also show signs of love, reinforcing ties. A child who knows he is loved will likely become a healthy adult, capable of loving and knowing what he wants.
- 4. Activities with music and paintings:** Another way to help work emotions with parents is by using music and drawings. A very simple technique is to ask them to imitate their **emotional reactions** in front of a mirror, then draw them, and once they have finished, ask them when they remember feeling that way.
- 5. Make games a way of learning:** Emotional intelligence at the family level can also be worked on in various ways. From mimes to familiar board games, there are many educational ways to teach children to **recognize emotions** and what to do about them.

MANAGING STRESS AS A FATHER.

Being a parent is a demanding job. Everyone experiences stress or worry at some point in their lives. The sole distinction between them is the frequency and severity of their bouts. Seek expert treatment if these anxiety episodes significantly hurt your life to the point of debilitation. On the other hand, if your stress and anxiety are light to moderate, you may work on managing one episode at a time.

Maintaining a healthy lifestyle and changing your thinking to have a more optimistic view of life will help you overcome stress and anxiety.

- 1. Recognize the warning signs:** Stress and anxiety might appear with bells and whistles, but they can also appear quietly. Observe the symptoms as they appear. Look for the following warning indicators in your conduct, which are frequently associated with stress and anxiety.
- 2. Analyze the situation:** Determine what caused your anxiety. Determine whether or not the source can be resolved.
- 3. Consider Regular** exercise helps to rid your body of stress chemicals while raising endorphin levels, which are important for happiness. Make time during your hectic day to exercise to maintain your body healthy and as a natural stress release.
- 4. Get adequate sleep:** Give your body what it craves, and your stress levels will plummet. Sleep is a procedure that allows your body to recover and replenish its energy reserves. Without stored energy, your body will utilize stress to keep you active and aware if you don't get enough sleep.

CHAPTER 13: HOW TO BE A GREAT FATHER.

Every day, men become fathers. There has been a notable shift toward more balanced parenthood based on collaboration, even though we still live in a world where moms are typically the main role model for our children.

Both children and parent

s benefit when we men become more involved in our children's lives. Today, I'll share some advice with you on how to make family life even better. Of course, I've already tried these methods out.

We all want to be good parents. We want the best for our children. We want them to grow healthy, smart, respectful, and happy. But once we're in the middle of everyday life as parents, it's not always easy to know the "right" way to respond to our children. Parenting is learned.

Being a good parent means that you:

- Protect and guide your children
- Provides them with a safe and loving home
- Meet your special needs
- Provides the rules and love
- show them a lot of attention
- Sometimes you put aside what you need or want to help your children
- Accept responsibility for being parents
- That you love your children no matter what

HOW TO BECOME A GREAT DAD?

1. **Be of integrity:** Be the same dad in public as you are at home. If you've promised all week that you'll go on a fun trip together at the weekend and then back down, your

kids will eventually see through the transparency of what you're saying. **Keep your promises.**

2. **Discipline lovingly:** Inevitably, children will also learn discipline. However, as parents, we often make the mistake of letting our anger overshadow the task that is being learned. When we discipline in love, we are fairer. Let's remind our children that certain actions have consequences and reward them generously when they do something well.
3. **Act as a family:** Don't underestimate the power of constructive family conversations. If there is an issue with one of your kids, remember the kid for the discussion that you will then, at that point, make certain to have with your accomplice. When they feel that the **family** is there for them as a unit, the conflict will be easier to resolve, and your child will feel safe and secure and will be able to develop basic trust in life.
4. **Being a father is a lifelong task:** Even when your children have grown up and left home, they will still turn to you for advice. You will always remain a **role model for a responsible life**. And you will always be an indispensable part of her life. Enjoy it and be thankful for it.
5. **Show your soft side:** Children want to feel loved, wanted, and part of their family. Hug and kiss your kids as often as you can (and the little ones want it); find as many precious moments as you can each day to show your kids how much they mean to you, even if it's only sometimes a small gesture.
6. **Spend quality time with your kids just having fun together:** That's easier said than done. Finding the time is the first step. Our kids will feel abandoned if we don't do this. Sometimes that means making sacrifices – but trust me – they grow up so quickly, and then sometimes we regret not making more time together possible, but then it's too late.

- 7. Listen to your children:** If your child wants to say something to you, listen. **Listen to him.** Quite often, we only half listen, are distracted or have something else on our mind that only allows us to concentrate on our child fully. So **put away your cell phone or laptop** and enjoy talking to your offspring.
- 8. Eat together:** Studies show that we are sitting less and less at the same table to eat together. People often eat when it suits them, in between or on the side, unfortunately very often also in front of the computer or television. It can be some meals but decide together what works best for you, maybe breakfast or dinner.
- 9. Accompany your children in important moments:** While scheduling weekly family time is a terrific method to improve your bond with them, you should also be present during significant events. Plan your workday so that you can attend important events like your daughter's first ballet recital, your son's first day of school, or your high school graduation.
- 10. Develop good communication:** Speaking with your children whenever you are by their side is just as vital as being present during key occasions in their lives. You don't always have to do anything interesting with your kids for them to enjoy spending time with you; instead, concentrate on improving your communication skills so that you can recognize their worries and challenges.
- 11. Plan trips with your children:** To be a good father, you must take the time to go on trips with your children, either with or without their mother. You can go fishing once a year with your sons, to the beach with your daughter, or even go on a camping trip that your sons will never forget. No matter what you do, make it special, memorable, and repeatable at least once a year so that you develop a routine of parent-child activities.

12. Reward your children appropriately: Discipline is about more than just punishing your kids when they make a mistake. It is also about rewarding them when they do something good so that they feel encouraged and want to repeat that behavior. Take them to their favorite restaurant, or help them with their good behavior, whether they got perfect or a younger grade. Do whatever it takes to show how much you appreciate them. Mature enough to run away from assignments or arguments.

CONCLUSION.

It's a long-established fact that a father's involvement in a child's life can profoundly impact the type of man or woman that child becomes. In this book, I've shared with you some things I've learned from my experience as a father. By sharing them, we can help inspire you to be a better father and help your kids be better people. It's about improving yesterday's performance and learning from our mistakes. Be a good example. Your kids will learn to be good parents by watching what you do. If you are not a good parent, they won't know how to be one! Be there. If you aren't there, you can't be a decent father. If you spend more time at work than with your family, your family will feel neglected and irrelevant. Being a good parent sets a good example. You must model adult responsibility and compassion if you want your children to follow in your footsteps.

Be great, and go ahead to being a loving one.