



Pro Tips for Raising Healthy Kids

I MUST FIGHT FOR MY CONNECTION

FIRST WITH MY BRIDE

Malachi 2:13-17

¹³ Another thing you do: You flood the LORD's altar with tears. You weep and wail because he no longer looks with favor on your offerings or accepts them with pleasure from your hands.

¹⁴ You ask, "Why?" It is because the LORD is the witness between you and the wife of your youth. You have been unfaithful to her, though she is your partner, the wife of your marriage covenant. ¹⁵ Has not the one God made you? You belong to him in body and spirit. And what does the one God seek? Godly offspring. So be on your guard, and do not be unfaithful to the wife of your youth. ¹⁶ "The man who hates and divorces his wife," says the LORD, the God of Israel, "does violence to the one he should protect," says the LORD Almighty. So be on your guard, and do not be unfaithful. ¹⁷ You have wearied the LORD with your words. "How have we wearied him?" you ask. By saying, "All who do evil are good in the eyes of the LORD, and he is pleased with them" or "Where is the God of justice?"

The Prize = EMOTIONAL INTIMACY

SECOND WITH MY BABIES

Deuteronomy 1:29-31

²⁹ Then I said to you, "Do not be terrified; do not be afraid of them. ³⁰ The LORD your God, who is going before you, will fight for you, as he did for you in Egypt, before your very eyes, ³¹ and in

the wilderness. There you saw how the LORD your God carried you, as a father carries his son, all the way you went until you reached this place.”

Ephesians 6:4

⁴ Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

HOW? I Model → I Mentor → I Message

THROUGH...Time → Talk → Touch

What does God model?

Matthew 3:16-17

¹⁶ As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. ¹⁷ And a voice from heaven said, “This is my Son, whom I love; with him I am well pleased.”

My job as Dad is to:

1. Parent with the end in mind

Prov. 22:6

Train up a child in the way they should go and even when they are old, they will not depart from it

2. Create a family atmosphere of healthy bonding and boundaries

Ephesians 6:4

⁴ Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

3. Pray them up, Coach them up and send them out

1 Chronicles 28

⁹ “And you, my son Solomon, acknowledge the God of your father, and serve him with wholehearted devotion and with a willing mind, for the LORD searches every heart and understands every desire and every thought. If you seek him, he will be found by you; but if you forsake him, he will reject you forever. ¹⁰ Consider now, for the LORD has chosen you to build a house as the sanctuary. Be strong and do the work.... ⁰ David also said to Solomon his son, “Be

strong and courageous, and do the work. Do not be afraid or discouraged, for the LORD God, my God, is with you. He will not fail you or forsake you until all the work for the service of the temple of the LORD is finished.

1 Thess. 2:11-12

¹¹ For you know that we dealt with each of you as a father deals with his own children,
¹² encouraging, comforting and urging you to live lives worthy of God, who calls you into his kingdom and glory

Psalm 127

³ Children are a heritage from the LORD,
offspring a reward from him.
⁴ Like arrows in the hands of a warrior
are children born in one's youth.