

ONE-MINUTE  
PRAYERS®  
*for Dads*



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## ONE-MINUTE PRAYERS® FOR DADS

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*To dads everywhere*



## INTRODUCTION

**D**ads, we have a high calling from God. While it's a joyous calling, it's also a perilous calling, fraught with unexpected circumstances, emotional outbursts (sometimes from the kids too), and a clash of personalities ("Are we sure this is *our* kid?").

This joyful but perilous journey through fatherhood is a one-day-at-a-time trek. It's also, along with motherhood, the ultimate on-the-job-training (OJT) assignment in life. We learn as we do. That means successes and failures along the way, with lots of fun and laughs, but sometimes tears and heartache.

But then growing up is an OJT process for our kids too. They've never done this before, and from their point of view, it's perilous for them as well.

Thank God that He gives dads a powerful resource in prayer. No matter where we are on the fatherhood map, prayer is a great option. *Daily* prayer. Of course, we're busy men. We always have our jobs or chores from the "honey-do" jar or church work beckoning us. But no matter how busy we are, our family is our first priority, right after our relationship with our Father in heaven.

We simply can't allow ourselves to be too busy to pray. For that reason, I hope this book of short prayers will help jumpstart your daily intercession for your

family. Yes, the prayers are short, but they don't end with an "amen." That's because I hope as you pray the words written on the page, you'll continue beyond the final sentence and add a few words of your own. Take what I've suggested and personalize it for your particular family situation.

Preceding each prayer is a short exhortation about the day's topic. Some of the more crucial topics are repeated for reinforcement.

Dads, to be a father is to be blessed by God. Enjoy your blessings, every day, no matter what.

## PROTECTOR

*I will say of the LORD, "He is my refuge and my fortress; my God, in Him I will trust."*

PSALM 91:2 NKJV

One of the primary roles we dads have is that of protector. Our children need to see in us a refuge and fortress. They need to be able to trust us to protect them as a means of learning how to trust their heavenly Father for His divine protection. The necessary protection may be physical, spiritual, psychological, or it might be related to an individual child's specific needs. How do your children need your protection?

Lord God, I love the children You've entrusted to me. I'd protect them with my life if need be. But I know there are other ways for me to protect them too: against the fiery darts of the Enemy, against the pull of the world on their hearts, against inner wounds I may know nothing about.

Father, as the designated protector of my kids, I need You to help me keep my eyes open to all sources of danger to their bodies and their souls. And as I stand guard over them, please, stand guard over me. Be my refuge from danger, just as I am their refuge. I trust in You, Lord...in You alone.

## LOVING MY CHILDREN

*The Father loves the Son and has  
given all things into his hand.*

JOHN 3:35

**B**uilt into every dad's heart is a natural love for his children. But as Christian dads, we have an additional resource: we can love them with the love of God. We can see our children as God's children too. That realization awakens in us a glimpse of love that is deeper than earthly paternal love—as important as that is.

Lord, I love my children as much as any human dad. But that's not enough for me. I want to love them the way You love them. The way You love me. And the best way to do that is for You to love them through me. I pray You'll let me see past their disobedience, past their immaturity, past their many lapses in judgment, and allow me to see them and accept them just as they are—for that is surely the way You love me.

Lord, show Your love to my kids through me.

## AS THEY ARE

*Having loved his own who were in the world, he loved them to the end.*

JOHN 13:1

**B**ecoming a father is one of the major thrills in a man's life. Sometimes God surprises us with children who aren't what we expected. We're quiet and they're loud, or we're loud and they're quiet. We love sports, and they want to take piano lessons. The challenge for every dad is to perceive that God makes no mistakes in assigning children to fathers.

You are your children's dad by divine arrangement. Believe that, and love all your children as the individuals they are.

God, I'm an imperfect man. I make mistakes, sometimes I sin, sometimes I'm just not the kind of man or dad I need to be. But even then You love me.

Lord, likewise, I pray I can accept my kids just as they are, with no strings. No matter how different they are from me, I will love them. I will see them as Your perfect gift to me. No other kids will do. Just these. These wonderful kids You've entrusted to me. Today, especially, help me realize the gravity of Your divine assignment to be a father to these, my kids.

## A WHITE-HATTED MAN

*I am the good shepherd. The good shepherd  
lays down his life for the sheep.*

JOHN 10:11

There's a popular saying, "God is good all the time... all the time, God is good." How great it would be if our kids held that opinion of us dads? The good news is we can make that happen. Being a good dad isn't hard. Largely, it's listening to our kids, giving them quality time with us, and simply caring about them in a way that shows them our love. In short, being a good dad is loving our kids in a way that is unmistakably *good*. We really don't need a white hat.

Father, in the old western movies, the good guys could be recognized by their white hats. The bad guys always wore black hats. Sometimes I suspect the hat I should wear is gray. But You are the Lord of white-hat dads. You are first and foremost, a very good Father to me. You are a shepherd to me.

Lord, I desperately want to be a white-hat dad and a good shepherd to my kids. I want them to think, "I've got a good dad...a very good dad." Help me today to demonstrate in tangible and unmistakable ways how much I love them.

## MODELING FAITH

*Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.*

JAMES 1:2-4

**K**ids need to see faith on display. If they see doubt, fear, and negativity in our lives, they will model that—and likely suffer some unhappy days as a result. But if we hold our heads high during adversity, we teach our children how to respond rightly when adversity comes their way—as it surely will.

God, sometimes I have great faith in You. Other times, not so much. But my kids need to see me as a man of faith, trusting You in every adverse circumstance and praising You in every happy circumstance.

Forgive me for those times when I'm not trusting You. I pray You'll use every circumstance You bring into my life as a way of calling me to a deeper faith. Yes, I'm bold enough to pray for endurance in the trials You send me—with the result that my kids can see how a faithful dad faces his challenges.

## THE HARD PATCHES

*May you be strengthened with all power,  
according to his glorious might, for all  
endurance and patience with joy.*

COLOSSIANS 1:11

**B**eing a dad is not always an easy road. Things may move along just fine, and then out of nowhere comes a hindrance to being a good dad. Maybe it's because we're personally facing some of the hard patches in life. If we can recognize how our present hard patch is affecting our dad-hood, we can do what's necessary to change. One place to start when we're going through a hard patch is to ask our kids to pray for us. God will hear those prayers.

God, it's been hard lately. You know the situation. You know my reactions and how they hinder me from being a great dad. I pray that daily You will show me how to react to the hard stuff I have to face. I pray You'll change me or change my circumstances. I pray for peace in our household and that the kids will look back on these days as the time when Dad prevailed against a hard situation. I pray that as my children pray for me, You'll listen and answer—not just to get through this rough patch, but to show them the power of their prayers.

## LOVING MOM

*Husbands, love your wives, as Christ loved  
the church and gave himself up for her.*

EPHESIANS 5:25

A great dad coupled with a great mom is an unbeatable team. As men we're called to love our wives—the mother of our children. When our kids see the unity between a mom and dad, it's easy to explain to them how marriage is a model for Christ and His bride, the church. Disunity, on the other hand, not only unsettles the kids, but also gives them a distorted picture of Christianity. They no longer can see the beauty of Christ and His bride.

God, what a gift I have in my wife. You chose her for me from all the women on the planet. You called us to be a couple. You've given us great kids. Lord, I honor my wife in the best ways I know how. If necessary I will lay down my life for her, just as Jesus did for His bride, the church.

Today, I pray for my wife. Build her up as a woman of God. Bless her with Your presence. Give me creative ideas to show her how much I love and cherish her.

Thank You, Father, for the high calling of being her husband and the father of our children.

## PATIENCE

*If we hope for what we do not see, we  
wait for it with patience.*

ROMANS 8:25

**B**eing a dad is a lifelong calling. We will be fathers to our children until either we or they are called home to heaven. During the long years of fatherhood, patience is required. Patience for potty training, patience as they learn to ride their first two-wheeler, patience as they enter the often turbulent adolescent years, patience as they find their God-ordained place in this world.

Perhaps today is a day when patience is called for as a dad. If so, know that God honors those who wait in patience.

Father, as I regard my children, I think about my hope that they will have happy, fulfilled lives as they serve You in the calling You're placing on their lives. That's a desire I do not see in reality yet; it just exists in my hopeful imagination.

Lord, I will wait with patience for that hope to be realized, keeping my eyes on You, trusting that You want this for my kids even more than I do. Bring it about. Bring about strong hope for my kids. I praise You, Lord!

## RIGHT AND WRONG

*Woe to those who call evil good  
and good evil,  
who put darkness for light  
and light for darkness,  
who put bitter for sweet  
and sweet for bitter!*

ISAIAH 5:20

**M**any kids don't have dads to teach them right from wrong. And yet that's such a crucial lesson for them to learn. A good dad teaches his children integrity, honesty, and truthfulness. He also teaches them that such virtues will not be valued by everyone he or she meets. Nonetheless, the growing child must learn to cling to good and avoid evil.

Lord, I see enough of what goes on to know that right and wrong are under assault today. Sometimes evil is considered good and good is considered evil. Help me counteract the present culture's false values by implanting Your sense of right and wrong in the hearts of my kids. Whether it's through discussing a TV program or a current event or something that happened at school, help me be aware and speak up when I need to. Give me eyes to see, and my kids ears to hear.

## RESPECT

*Show yourself in all respects to be a model of good works, and in your teaching show integrity, dignity, and sound speech that cannot be condemned, so that an opponent may be put to shame, having nothing evil to say about us.*

TITUS 2:7-8

All dads want the respect of their children. But respect is a two-way street. We need to also respect our children and treat them fairly and with dignity. We need to affirm them with “sound speech” to let them know how special they are to us—and to God.

Father, I offer myself as one who wants to model good works and walk in integrity and dignity. I offer my mouth as one who desires to utter only sound speech that edifies, not tears down—especially in the presence of my children. I want my kids to never hear something evil said about me. I value their opinion of me more than that of any other person. Take my offering of myself today and use me to model Christian fatherhood.

## BEING A FRIEND

*A friend loves at all times.*

PROVERBS 17:17

God calls us first to be dads to our kids, but somewhere along the way as they grow up, they should become our friends too. The extent to which that happens depends on how we interact with them while they're still young and at home. We can lay the groundwork now for future friendship with our kids by respecting them, learning what they like, affirming them at every opportunity, and most of all, loving them at all times.

Father God, You are my friend. My best friend. You know all about me and still accept me. You love me at all times. For this I praise and honor You.

Although I'm first and foremost a dad to my kids, I want to be their friend too. Especially as they move into young adulthood, I know our relationship will change as they ask for my advice less often. Still, I want a future friendship with the kids that will be strong and lasting. Help me, now, to forge the kind of relationship that will turn into adult friendship with my children.

Lord, may I genuinely show them my love "at all times." May I be the friend to them that You are to me—always loving, always loyal, always enduring.

## SEXUAL INTEGRITY

*This is the will of God, your sanctification:  
that you abstain from sexual immorality.*

1 THESSALONIANS 4:3

**S**urveys show that a high percentage of Christian men fall prey to porn. That sin is a quick way to short-circuit our fatherhood. We are less than godly men when we become enslaved by any form of sexual immorality. Kids pick up on stuff. They know when something's not right. If they have not discovered your struggle yet, they soon will. Learn to abstain from sexual immorality, no matter what. Use an accountability partner, computer software, or whatever it takes for you to be known for your sexual integrity.

Wow, God. Everywhere in my culture I see temptations to sexual immorality. And, as a man, I admit I'm vulnerable. But I know Your will is that I abstain from such sin and walk in sanctification—that is, I walk as one “set apart” for Your use.

It would harm my kids greatly (not to mention my wife!) for me to become caught up in sexual immorality. Guard me, Lord. Guard my eyes and help me keep my body under control, never submitting myself to the draw of sensual temptations. Help me stay pure. Keep me set apart for You—and for my wife and kids.