

The 3C's of Fathering:



Courage
Consistency
Caring

Table Of Contents

Introduction	2
Courage	3
Definitions of Courage:	4
Different Types of Courage	5
1. Emotional Courage	5
Developing Self Control	6
2. Mental Courage	7
3. Relational Courage	8
So what can I do for a better marriage and family?	8
4. Spiritual Courage	10
Becoming an Encourager in your Family	11
Consistency	12
Definition of Consistency	12
God made Creation Consistent	14
God Made Marriage and Family Life To Be Consistent	15
God's Consistency	16
Consistency Develops Character	18
Caring	19
Definition of Caring:	20
4 Ways We Show we Care	22
The Ministry of Dads' UNI	23

Introduction

After considering the type of simplified advice I would offer to a young father who had limited time to listen, I came up with what I believe are 3 things that are crucial for anyone wanting to build a family that can survive the test of time. If you as a father do these 3 things well you will have a great chance to be the best husband and father you can be in life and enjoy the rewards of having a loving family.

The 3C's of Fathering: Courage, Consistency and Caring

Courage

Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go." (Joshua 1:9)

Joshua was a man who lived long ago and faced a huge challenge, he had to lead the nation of Israel into the promised land that God had given them as an inheritance. His role and challenge were formidable but he had something amazing on his side, Joshua was a servant of God, and God was backing him in this venture. If we as fathers position ourselves in God's will for our lives we will also experience the victory through His power backing us!

(The Book of Joshua Chapter 1)

King David was only a young man when he was needed to fight Goliath the giant, but David had a secret weapon and it was not his shepherd's sling but his faith that God was with him and would give him victory over his enemy.

(The Book of 1 Samuel Chapter 17)

The prophet Daniel still prayed faithfully to God even when it was outlawed in ancient Babylon and punishable by being thrown to the lions. Daniel's relationship with and faithfulness to God were more important than his own life and he entrusted his future to God's hands. (The Book of Daniel Chapter 6)

(The Book of Daniel Chapter 6)

These three men did not just rely upon their Courage or else they probably would have failed, they drew upon the Courage that God imparts to His children when they call upon Him in faith!

The 3C's of Fathering: Courage, Consistency and Caring

Definitions of Courage:

Courage is the choice and willingness to confront agony, pain, danger, uncertainty, or intimidation. Valour is courage or bravery, especially in battle. (Wikipedia)

Courage is the mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty. (Merriam-Webster Dictionary)

It takes courage to stand up and take responsibility for your family, but as we accept our role as a father and leaders, courage is imparted into our hearts.



When men think of the word Courage they often think of being courageous in battle or standing up for their friends in a fight. It is however important to know that courage comes in multiple forms and is not restricted to physical courage. I have seen incredible courage exhibited when men who were facing overwhelming emotional circumstances, decided to stand and fight for what they believed in, rather than to cut and run as

some were advising them to.

Your family and your marriage are worth fighting for and as the father and leader of your home, they are looking to you to be the example in life they should follow!

Courage always begins with a decision to do what you know is right.

Different Types of Courage

1. Emotional Courage

Courage takes many forms and just because someone has courage on a battlefield does not mean they will also have courage when things get tough on the home front. Emotional courage is often the most difficult for men to grasp as it often requires us to deal with complex feelings, a situation that many men are not experienced in.



Emotional courage is always linked to mental courage because our emotions are a result of what we are thinking about. If we can change the thoughts racing through our minds then we can also change the emotions we are experiencing. Emotional control comes through choosing to think positively and trust in God through living by faith, rather than thinking negatively and being ruled by fear.

(2 Timothy 1:7) For God has not given us a spirit of fear, but of power and of love and of a sound mind.

The 3C's of Fathering: Courage, Consistency and Caring

Developing Self Control

Jesus Christ showed incredible self-control numerous times throughout His ministry in particular when His enemies were trying to arrest or kill Him. Even on the night that He allowed Himself to be arrested, He showed self-control while revealing clearly to the soldiers and priests that He was totally in control and only went with them because He chose to.

Whether it was to merely speak and cause those trying to arrest Him to fall over backward or to simply walk through a crowd that wanted to kill Him, Jesus always restrained Himself and maintained control over His emotions.

(Found in Gospel of Luke Chapter 4 & Gospel of John Chapter 18)

Sometimes the hardest thing to do in emotive circumstances is to do nothing, just to sit there and say nothing and maintain control of our temper. This type of courage requires self-control/self-restraint which is identified as one of the fruits that grow in the heart of the born-again believer. Fruit doesn't grow overnight but as we continue to yield our anger and frustration to the Holy Spirit in prayer the transformation process continues daily.

Fear is a powerful emotion, but faith is even stronger! It takes courage to pull away from fears hold and trust instead for God to move on your behalf

The 3C's of Fathering: Courage, Consistency and Caring

2. Mental Courage

Mental courage is developed step by step as you experience breakthroughs and victories in the smaller difficulties we face as a father. It is here that you develop mental strength and resilience that can often only come through a lived experience. However, a wise man doesn't wait until it starts raining before he buys an umbrella, he knows that one day he is going to need it and he prepares for that day in advance!

How can you prepare yourself mentally?

The study of God's promises in the Bible daily enables your faith and mental courage to grow incrementally, bit by bit. We learn to trust in what God has promised us rather than what our current circumstances or feelings are telling us! As we begin to trust God in the little things we face our faith continues to grow and eventually enables us to trust Him for the big things.



Unfortunately, many men wait until a problem blows up and becomes serious before they begin to trust God, and although God can help, they often don't have enough faith to believe Him for it.

That's why a wise man prepares for what MIGHT happen in the future! Getting to know Jesus is a wonderful and joyful part of life, not just a parachute

for when your plane is crashing.

(2 Corinthians 5:7) For we walk by faith, not by sight

The grass is not greener on the other side of the road, the grass is greener where you spend the time watering it!

The 3C's of Fathering: Courage, Consistency and Caring

3. Relational Courage

Sometimes it takes real courage to stick it out when your relationship/marriage is struggling. It may even seem that life would be easier if we just packed up and left, thinking "at least then we wouldn't be fighting all the time!"

But this is not the answer your family needs from you, it is merely an admission of defeat and allowing your emotions to control you, rather than what God says and what you know deep inside is right. When this happens it's time to buckle down and get serious with God and with yourself, don't allow your thoughts or emotions to continue to offer you an exit strategy.

Marriage and family are not easy, it takes real courage to stick in there through the worst times, but they are worth fighting for.

"I ask not for a lighter burden, but for broader shoulders." – Jewish Proverb

So what can I do for a better marriage and family?

*Humility is the number one requirement for a successful long-term relationship or marriage.



Somebody has to be humble enough to say sorry first and start rebuilding rather than destroying your family and home. Men, as the head of the home, it is your responsibility to lead by example and choose to be humble and become a peacemaker in whatever situation you are facing.

Don't wait for your wife to do it, you do it! That is real relational courage and real leadership!

The 3C's of Fathering: Courage, Consistency and Caring

Sometimes we have to go through our toughest times before we can step into our greatest times!

Your children need your marriage to survive and thrive, and it truly can if you both submit to God and ask for His help daily in your marriage. Every marriage goes through tough times, but if you choose to go through them together it will draw you closer than you have ever been and strengthen your relationship so it can stand the test of time.

(Matthew 5:9) Blessed are the peacemakers, For they shall be called sons of God



The 3C's of Fathering: Courage, Consistency and Caring

4. Spiritual Courage

Sometimes we as men and fathers need the Courage to trust God in situations that are totally out of our control. I have been in situations that have surpassed my ability or strength to handle emotionally and mentally, it was at these times that I had no other choice than to throw my trust and faithfully onto our Heavenly Father. It was through these situations that I have found Him trustworthy as He encouraged me by moving on my behalf and in my situation.

The Courage to 'Let Go and Let God' is unique within human experience.



Throughout history, we have stories of men and women who have chosen to believe in and trust God with their lives, and they have reported the amazing results that they have experienced.

It is because God made us in His image and created us to live in a relationship with Him, that we can call upon Him for help when life becomes too much for us to

handle at times.

The answer to prayer doesn't always come in the way we think it should, or even in the time frame we expect it, but if we pray and continue to trust in God He will answer us.

The 3C's of Fathering: Courage, Consistency and Caring

Becoming an Encourager in your Family

Developing Courage Yourself Enables You To Become An Encouraging Person

To Encourage means to give Courage to someone else.

To Discourage means to take Courage from someone else.

We as fathers should learn how to become encouragers in our own families, so that they may receive the courage they need to overcome the challenges that they will face. Without a father's love and encouragement, many children struggle to be successful in life, because they don't believe they can do it! But if you are there for them, encouraging them and believing in them, it will enable them to rise and achieve in life.

Without a husband's love and encouragement, it is difficult for wives to fulfill their role in your marriage. God has instituted marriage as His way to strengthen and build society, and because marriage is from God, He will help us and strengthen our marriage and our family.

Fighting to keep our marriage and family strong is best accomplished upon our knees in prayer. By knowing and trusting in God's promises in the Bible we as fathers can receive the encouragement we need from Him.



(Mark 9:23) Jesus said to him, "If you can believe, all things are possible to him who believes."

Courage is being scared to death, but saddling up anyway- John Wayne

The 3C's of Fathering: Courage, Consistency and Caring

Consistency

Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord. (1 Corinthians 15:58)

This wonderful promise from the Bible reveals the importance of becoming steadfast and consistent in our character. This scripture ensures us that if we stick to the plan and are consistent that eventually all of our hard work will pay off. Our labor will not be in vain!

As husbands and fathers, our greatest opportunity to make a real difference in the world is to invest the very best of ourselves into the lives of those within our own family. Loving and serving our family throughout life is a true reflection of our Heavenly Father's heart.

Definition of Consistency

Consistency: (BEING THE SAME)

the quality of always behaving or performing in a similar way, or of always happening in a similar way: (Cambridge English Dictionary)

*Consistency is important to the social, emotional, and cognitive development of babies and young children. Regularity, predictability, routines, orderliness, and setting and enforcing limits contribute to a positive consistent environment.

If you want to change the world, go home and love your family. -Mother Teresa.

The 3C's of Fathering: Courage, Consistency and Caring



Peace in the home is begun initially by setting behavioral boundaries and then ensuring that those boundaries are followed consistently.

A peaceful home is a wonderful experience and one that every family should experience, however, it won't come without an effort and the cooperation of both parents.

Once the boundaries are agreed upon by both parents they need to be enforced consistently for them to become normal behavior within your family. It's no use letting the kids get away with something one day and then disciplining them for the same thing tomorrow. That type of inconsistency only brings confusion and robs the children of the sense of safety that consolidated boundaries bring.

When our kids know that they won't get away with bad behavior, it's amazing how peaceful our homes can become!

"Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan." — Tom Landry

The 3C's of Fathering: Courage, Consistency and Caring

God made Creation Consistent

Every day the sun comes up and goes down, twice a day the tides come in and go out. The 4 seasons of Summer, Autumn, Winter, and Spring arrive every year, even if they may be experienced differently by us individually within our nations.



The sun shines upon the vast oceans of the world, evaporates saltwater, and turns it into clouds which are blown by the wind over the land to drop the rain we need for crops and drinking water.

God designed a fully automated process that has continued unabated since Creation, revealing His loving care for all living things that He made.

Never lose an opportunity of seeing anything beautiful, for beauty is God's handwriting. - Ralph Waldo Emerson

The 3C's of Fathering: Courage, Consistency and Caring

God Made Marriage and Family Life To Be Consistent

Marriage and family life are certainly not boring, but they are constant and therefore require consistency. We live in a world where instant gratification has become the expected norm, we order a meal through a drive-thru and start getting upset if our food doesn't arrive at the precise moment we arrive at the window. We press our smartphones and complain if it takes longer than a few seconds to bring up whatever we are looking at.

Unfortunately, we transpose that same impatience into our marriage and expect everything to be like those portrayed by Hollywood, where the wives are always beautiful 24 hours a day, the meal is always waiting when you arrive home from work hungry and the children are always well behaved and happy to see you whenever you see them.



The reality of family life is much messier, far louder, and has many more ups and downs than I expected from reading the Hollywood brochure! In real life, we don't often receive instantaneous gratification, if you want something worthwhile you have to work at it, especially when it comes to relationships.

Your marriage will take constant work if you are to prosper, and your children will take even more effort if you are to build the close and trusting bond required for wonderful lifelong relationships.

Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come - Dwayne Johnson

The 3C's of Fathering: Courage, Consistency and Caring

God's Consistency

(Hebrews 13:8) Jesus Christ is the same yesterday, today, and forever.

How encouraging it is to be able confidently to rely upon our Creator. That He will always be consistent with those things He has revealed about Himself in His Word. He doesn't say something one day then change His mind and do the opposite tomorrow! What He has spoken to us we can rely upon 100%, He is the same, Consistent, Reliable, Unchanging.

Some people seem to get a little confused when God reveals Himself both as a God of Love and a God of Judgment. They seem to think that because He is one He can't also be the other, but they forget that we are made in His image and after His likeness and we certainly have more than one aspect in our personalities.

When my children were growing up I always wanted to be a kind, fun, and loving father to them, but very occasionally my children's behavior and disobedience required me to reveal another side of my character. We need to establish reasonable and very clear boundaries and take the time to explain their importance to our children, and the repercussions to themselves if they are not followed.

Sometimes my patience ran out and I needed to discipline them after their actions transgressed the boundaries that my wife and I had established as required behavior in our home.



The 3C's of Fathering: Courage, Consistency and Caring

God our Heavenly Father is like that, or more realistically it's we who are like Him. God always wants to be the Father who is kind, fun, and loving to His children, but sometimes like us, His patience runs out and He must discipline His children. He prefers to be seen as a God of Love, but we must never forget that He is also a God of Judgment.

If a father does not discipline His children when they are small, there is a very good chance that they will grow up to be selfish, uncontrolled, and rebellious in later life, and the world already has far too many of those. Discipline brings training, we as fathers must train our children to grow up respectful, responsible, and caring in their attitudes toward their family and their fellow man.

(Hebrews 12:7-8) If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons

It's all to do with the training: you can do a lot if you're properly trained.- Queen Elizabeth II

The 3C's of Fathering: Courage, Consistency and Caring

Consistency Develops Character

(James 1:4) But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

I grew up in an era that was far different than what many young people experience now. There were no fast-food restaurants until I was a teenager, if we wanted a hamburger we would order it and go do some shopping and pick it up 10 mins later.



Most businesses shut at noon on Saturdays and didn't re-open until Monday morning, so if I didn't pick up the parts for my bike on time then I just had to wait. These day-by-day situations helped me and my generation develop a degree of patience and self-control because we just had to be patient and control the frustration that may have been caused.

The good part about those days was that families had much more time together because very few people were required to work on the weekends. This helped consolidate and strengthen the family bonds of my generation and contributed to a far more respectful and caring society than the one that many of us live in now.

Having a long-term view of your marriage and family enables you to make wiser decisions and plans. Your family is a masterpiece that you and your wife jointly are creating, be patient because it will not happen overnight, and be consistent in working together for something so precious, that it will bring you a lifetime of joy.

(Galatians 5:22-23) But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law

The 3C's of Fathering: Courage, Consistency and Caring

Caring

Husbands, love your wives, just as Christ also loved the church and gave Himself for her (Ephesians 5:25)

We are given the example of Christ's sacrificial love for the church as the pattern we as husbands and fathers should follow in life. There is no higher standard that we as men could have been called to by God in the service and leadership of our families. The way we treat our wives will reveal where we are at in our walk with God and indeed is of crucial importance if we want God's continued blessing. We must represent Christ faithfully by our life example and should reflect His love and selflessness in our role as head of the home.

(1 Peter 3:7) Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.



Our Care for our family will be outworked in many ways, some times our Care for them will be revealed through very practical things like ensuring that their basic needs for food, clothing, and shelter are met. At other times we will need to be the emotional strength of the family and especially regarding your wife.

Just as we grow in faith daily and continue to look to Jesus Christ as the Rock that we stand upon, so we must reflect His stability and His strength to those who are looking to us as husbands and fathers.

The 3C's of Fathering: Courage, Consistency and Caring

The great encouragement that we receive from God ourselves is meant to flow through us in kindness, wisdom, and service toward our families. It is therefore paramount that we as men and fathers must live a life of closeness and obedience to our Heavenly Father, that we may have an unending flow of His grace and power in our lives personally. The more time we spend in the presence of God and His Word (The Bible), the more we continue to be transformed into His image and reflect Him more effectively within our homes.

(2 Corinthians 3:18) But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord

Definition of Caring :

Caring: feeling or showing concern for or kindness to others a kind, caring person (Merriam-Webster Dictionary)

If someone is caring, they are affectionate, helpful, and sympathetic. (Collins Dictionary)

Much is said about the bond that a mother has with their child, and I am so thankful for the examples of tenderness and sacrifice that many mothers exhibit. However, in my experience, a father's love is in no way inferior to a mother's love, even if at times it may be expressed differently.

"A daughter may outgrow your lap but she'll never outgrow your heart."

The 3C's of Fathering: Courage, Consistency and Caring



In whatever way our personality and care for our family are expressed, whether it be cuddles and stories as they go off to bed or spending time building something together in the garage, we as fathers must Find the Connection with our children.

I understand that this degree of emotional closeness may not be easy for some men, especially if you have grown up without it in your own life. It is however one of the most wonderful parts of being a dad. Becoming emotionally available to our wife and children opens up a whole new level of life that many men never even dreamed was possible, and one that brings a deep sense of fulfillment within our hearts.

Even for those men who may struggle in this area, there is hope! The good news is that when you are walking daily in relationship with Jesus Christ, you have access to an unending flow of His Holy Spirit which includes His love and tenderness. My previous Blog on The Power of Touch may assist you if you have not grown up in a caring family environment.

"A son who is loved by his father becomes a father who loves his son."

Caring for our wives and children is a fundamental responsibility of manhood and fatherhood.

Our wife and our children will all have different emotional, physical, and spiritual needs. It is the role of the Husband and Father to be alert to this and seek to ensure that these needs are fulfilled to the best of his ability. Thankfully those who are believers in Jesus Christ also have access to the riches of God's resources and abilities.

The 3C's of Fathering: Courage, Consistency and Caring

4 Ways We Show we Care

It is part of our role in life as husbands and fathers to Provide, Protect, Guide, and Cherish our families throughout life.



- As men we show that we care through going to work and Providing finances to buy food and provide a home for our family.
- As men we show that we care by laying down our own lives in Protecting the ones that we love the most in life.
- As men we show we care by listening to and Guiding our family members by offering wise words of counsel

and experience to help them move forward.

- As men we show we care by Cherishing each family member and being a constant source of love, acceptance and encouragement to all within our home.

God Bless

Great works are performed not by strength but by perseverance - Samuel Johnson

The Ministry of Dads' UNI

Dads' UNI is an Online Ministry based in Australia and is focused on providing simple biblical teaching to assist young men in Growing Families God's Way.

All Dads' UNI resources are provided free of charge, and we encourage those who enjoy our teachings to share them freely among family and friends.

Dads' UNI can be found online in the following locations:

Facebook: <https://www.facebook.com/Dadsuni/>

Instagram: <https://www.instagram.com/dadsuni/>

You Tube: https://www.youtube.com/channel/UCV1vuth1FMmKxiJw_xQZpQg

Website: <https://www.dadsuni.com/>

We hope you enjoyed this eBook and will visit Dads' UNI online regularly to see our latest blogs and updates.

