

Chapter 4: Love 101 - Championship Fathering notes on Love

Open in Prayer:

The word "love" appears 310 times in the King James Bible, 348 times in the New American Standard Bible, 551 times in the New International Version and 538 times in the New Revised Standard Version.

God, the Bible tells me, is love. And Jesus had some amazing things to say about love. Jesus was asked what was the most important commandment. (Mark 12:28-30)

His response: "The most important one," answered Jesus, "is this: 'Hear, O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' (Mark 12:29-30)

The Great Commandment is the key to grasping the loving part of Championship Fathering. Love isn't nearly as much about how you feel as it is about what you do for the other person and how you make him or her feel. In other words, you don't have to start feeling in order to start loving.

Love: The Fundamentals

When it comes to Championship Fathering, love is fundamental. We have to start with loving. But—love is a tough one for us men. I mean, most of the time, many of us feel clueless! Is loving a man thing?

If it is, how do we do it?

Loving all starts with realizing in our imperfections, we can be a living example of humble dependence on our heavenly Father, the ultimate role model. God loves us and shows us how to love.....

The Great Commandment talks about showing love in four ways: heart, soul, mind, and strength. There's a lot there that isn't about our feelings!

The Heart: which we usually can connect with emotion.

The Soul: which means expressing loving actions and thoughts from the core—whether or not we feel anything at all? Soul-love is figuring out the loving thing and doing it, no matter what we're feeling at the time. We can love God that way, just plain deciding to trust Him with our lives. We can love our wife and kids that way, too.

The Mind: Loving with the mind is definitely a man thing—thinking through the challenge of love, deciding to do what's right regardless of how the other person has treated you, finding out what would be meaningful and helpful to your loved ones. We

The Strength: Man isn't instinctively challenged to express care and value by using his physical abilities to lift, carry, work, and protect? Since we can't turn feelings off or on, why not concentrate on what we can control—putting our wills, minds, and backs into doing for others what will make them feel loved?

Where Love Comes From

But where does the love come from that you use to love God, your neighbor, yourself—and your kids?

Does it start with us? No. We're not the source of love. We can't love better than we've been loved. Whenever we love, we're giving back or passing on something that was given to us. If we haven't been loved or don't know we've been loved, we'll have to discover love ourselves before we can offer it to someone else—even God. If we don't understand this, our efforts to love our wife and children are going to fall short.

We can't give what we haven't received. We can't love unless we've been loved. It's a vicious circle. If your dad really loved you and showed you as much, you understand how important receiving love is before you try to pass it on.

You're going to father as you've been fathered, unless you intentionally choose another path and get any necessary help. You're going to love as you've been loved. This is why it's crucial for each of us to connect with God's love. The Great Commandment to love God and neighbor was given by the One who is love.

1 Corinthians 13:4-8

God is the original, inexhaustible source of love. Even the most loving father can't love his family more than God does. The greatest gift a dad can give to his wife and children is to love them and connect them with their heavenly Father, the ultimate source of love.

END – GROUP SESSION UNTIL 8:20PM

Seven Things You Need in a Healthy Home

- Faith
- Love
- Honesty and Integrity
- Affirmation and Acceptance
- Forgiveness
- Tradition
- Humor

Loving –

Responding to the emotional needs of your family members. It's time, talk and touch, laying a foundation for a child to grow and thrive. Your children need to know that you love them no matter what, simply because of who they are.

Key behaviors include listening, encouraging and affirming. It also includes showing honor and respect for your wife or child's mother. Together, as dads we can team up with moms to become a great parenting team.

Chapter 4: Love 101 - Championship Fathering on Love

Seven Things You Need in a Healthy Home

- Faith
- Love
- Honesty and Integrity
- Affirmation and Acceptance
- Forgiveness
- Tradition
- Humor

Loving –

Responding to the emotional needs of your family members. It's time, talk and touch, laying a foundation for a child to grow and thrive. Your children need to know that you love them no matter what, simply because of who they are.

Key behaviors include listening, encouraging and affirming. It also includes showing honor and respect for your wife or child's mother. Together, as dads we can team up with moms to become a great parenting team.