

Fathers Podcast 06 Starting a Fathers Group

Podcast Highlights

- It is incredible useful and unusual for men to get together for encouragement, accountability, and celebration.
- The group can be three or more men that meet regularly (preferably weekly) and talk about practical ways to make positive life change.
- Schedule it when is best for everyone and not a negative to the families.
- The primary purpose is to change ourselves. Secondary purpose is to support the change within other men that they choose (not what we think they should do).
- Meet for an hour or so to talk about: hopes and fears...accomplishments and failures...and what everyone hopes to accomplish in the short and long term.
- Before the meeting ends talk about what your practical/non-abstract short and long term goals are so that you can encouraged and accountable.
- Encourage each other throughout the week (phone calls, email, text, etc.)

Thinking/Conversation Starters

- Are there barriers to getting in a fathers group? How do you go around them?
- Who would you like to get together for a fathers group. If you're already in a group talk about the positive traits you see in the others.

Action Step

- Get a group together.
- Talk in group about the expectations and level of accountability you each want.
- Use the accountability sheet on the next page (if it helps).

There are eternal consequences to the seemingly inconsequential.
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Accountability

Detail specific action and plan (day, time, what help needed? When?)

Record it now, Report Back Next Week

Date: _____

Example

Name: *Phil Smith*

Short Term goal: *Write a note to my wife for Tuesday morning.*

Long Term Goal: *Establish date night weekly. Need to have a conversation with wife and schedule babysitter.*

Prayer request: *Pray for wife's eagerness for date night.*

Name:

Short Term goal:

Long Term Goal:

Prayer request:

Name:

Short Term goal:

Long Term Goal:

Prayer request:

Name:

Short Term goal:

Long Term Goal:

Prayer request: