

REVIVING FATHERHOOD

Companion Guide

A Workbook for Reflection, Processing, and Application

How to Use This Companion Guide

This guide is your personal space to process what God is teaching you through *Reviving Fatherhood*. It's not a test—it's a tool for growth.

What You'll Find:

- Reflection questions to help you think deeply
- Action steps to put what you learn into practice
- Journaling prompts to capture your thoughts

How to Use It:

- Read each chapter or section of the book
- Turn to the matching section in this guide
- Answer the questions honestly—there's no 'right' answer
- Pick one action step to start with
- Write freely in the journaling space

Remember: God is patient. You don't have to change everything at once. Small steps lead to lasting change.

Grace for the journey,

Steven

PART 1: THE KEY PLAYERS

Chapter 1: The Greatest Father

Reflection Questions:

- How has your view of God shaped the way you father?
- Which characteristic of God (grace or love) is hardest for you to mirror? Why?

- When have you experienced God's grace in your own life recently?
- What does it mean practically that God is your Good Shepherd?

Action Steps:

- ☐ Pray and ask God to show you one way to be more gracious with your kids this week.
- ☐ Write down 3 ways God has provided for your family and thank Him.

Journaling Prompt:

"God, what do you want me to know about you as a Father?"

Chapter 2: We Are Masterpieces

Reflection Questions:

- Do you truly believe you are God's masterpiece? What holds you back?
- How are you letting God work on you right now?

- What does 'living a holy life' mean to you practically?

- When have you compared yourself to another dad recently? How did that affect you?

Action Steps:

- ☐ Spend 10 minutes alone with God this week—no agenda, just be with Him.
- ☐ Identify one area where you've been comparing yourself to others and surrender it to God.

Journaling Prompt:

"What is God chiseling away in my life right now?"

Chapter 3: Who Made You a Father?

Reflection Questions:

- How does knowing your children belong to God change your perspective?
- In what ways are your kids currently a blessing to you?

- What truths about God are you teaching your children through your actions?
- Are you doing the 'little things' (diapers, playtime, bedtime) with intentionality?

Action Steps:

☐ Do one 'little thing' this week you normally leave to your wife.

☐ Pray over each of your children by name, asking God what He wants for them.

Journaling Prompt:

"What does stewarding God's children look like for me today?"

PART 2: PRIORITY MANAGEMENT

Chapter 4: The Relationship Waterfall

Reflection Questions:

- Which relationship priority is out of order in your life right now?
- Are you prioritizing your wife over your kids? How do you know?

- Who are you actively discipling in your life?

- What would change if you put God first every morning?

Action Steps:

- ☐ Schedule a date night with your wife within the next two weeks.
- ☐ Write down your priorities in order and post them where you'll see them daily.

Journaling Prompt:

"If someone watched how I spend my time, what would they say I prioritize?"

Chapter 5: Thrive, Don't Just Survive

Reflection Questions:

- What does your current daily routine say about your priorities?
- Are you creating space for your wife to connect with God?

- How are you 'working the garden' of your home and family?

- Do you practice a weekly Sabbath? Why or why not?

Action Steps:

- ☐ Wake up 15 minutes earlier to spend time with God before anyone else is up.
- ☐ Choose one day this week to rest—no projects, just enjoy what God has given you.

Journaling Prompt:

"What needs to change in my daily routine to put God first?"

Chapter 6: The Very Real Tension of Priorities

Reflection Questions:

- What 'good thing' has become an 'ultimate thing' in your life?
- Is your job taking you away from your family more than it should?

- What substance or habit do you struggle to control?

- Who have you let into your struggle? Who needs to know?

Action Steps:

- ☐ Identify one area where boundaries need to be set and write them down.
- ☐ Tell one trusted friend about a struggle you're facing.

Journaling Prompt:

"What priorities are in conflict right now, and what needs to change?"

PART 3: TOOLS FOR SUCCESS

Chapter 7: Work Your Responsibilities

Reflection Questions:

- What responsibilities has God given you that you've been neglecting?
- How are you helping bring your wife and kids through a 'finishing process'?

- Are you protecting your family both physically and spiritually?

- What does it mean to you to 'preserve their beauty'?

Action Steps:

- ☐ Identify one spiritual threat in your home and address it this week.
- ☐ Pray protection over your family every day for the next week.

Journaling Prompt:

"What does being a 'man' look like in my daily life?"

Chapter 8: We Are Not Alone

Reflection Questions:

- Do you believe there's a 'crowd of witnesses' cheering you on?
- What weights are slowing you down in your fatherhood journey?

- Have you considered counseling? What's holding you back?

- Who are your 'linemen'—the friends who support you?

Action Steps:

- ☐ Research counselors or groups, or even recovery groups in your area.
- ☐ Reach out to one dad friend and share something you're struggling with.

Journaling Prompt:

"What do I need to drop so I can run this race better?"

Chapter 9: Spiritual Armory

Reflection Questions:

- Which spiritual discipline are you currently practicing?
- How has reading the Bible changed your perspective recently?

- When do you feel most connected to God's presence?

- What tool do you need to pick up first?

Action Steps:

- ☐ Commit to reading the Bible for 10 minutes every day this week.
- ☐ Try praying using the Lord's Prayer template one morning.

Journaling Prompt:

"If I used these spiritual tools daily, how would my life look different in 6 months?"

Conclusion: A Tale of Two Trees

Reflection Questions:

- What are your roots feeding on right now?
- Twenty years from now, which tree will your life resemble?

- What does an 'abundant life' look like for you?

- What legacy do you want to leave your children?

Action Steps:

- ☐ Write a letter to your future self describing the father you want to become.
- ☐ Share one thing from this book with another dad this week.

Journaling Prompt:

"What is the one change I need to make today to start growing the tree I want to become?"

Your Next Steps

You've made it through the entire book and this guide. That's a victory worth celebrating!

But remember: reading isn't the same as doing. Growth happens when you apply what you've learned.

Before You Close This Guide:

- Pick ONE thing to start this week
- Tell your wife what you're working on
- Find one dad friend for accountability
- Pray and ask God to lead you

You don't have to be perfect. You just have to take the next step.

God is with you. The crowd is cheering for you. Your family needs you.

Now go revive fatherhood.

Final Commitment

I commit to working on this area of my fatherhood journey:

My accountability partner will be:

I will check in with them on this date:

"The time for talk is over. It's time to power up and revive fatherhood forever."

Steven Kolberg