

FREE FATHERHOOD RESOURCE

Better Christian Father Checklist

Lead with presence, character, wisdom, and faith.

A practical fatherhood growth tool

- 01 Be more present with your family
- 02 Strengthen your example and character
- 03 Communicate with patience and clarity
- 04 Lead your home spiritually
- 05 Review your week and choose the next step

Faithfulness at home is built through small choices repeated consistently.

EPHESIANS 6:4 | COLOSSIANS 3:21 | JOSHUA 24:15

QUICK START GUIDE

How to Use This Fatherhood Checklist

Start with one area. Take one practical step. Review honestly each week.

1

Choose one focus area

Presence, example, communication, spiritual leadership, or connection.

2

Read the checklist honestly

Mark what is already strong and where you need attention.

3

Pick one action for this week

Choose a step small enough to complete, not just intend.

4

Schedule it

Put the action on your calendar or attach it to a regular family rhythm.

5

Review and adjust

Notice what improved, what got in the way, and what to do next.

Five Growth Areas

- **Presence**
Be available and attentive.
- **Example**
Model what you teach.
- **Communication**
Listen before correcting.
- **Leadership**
Bring faith into daily life.
- **Connection**
Build trust through time.

Simple Rule

Do not try to become a perfect father this week. Choose one behavior that makes your family experience you as more present, patient, faithful, or dependable.

CORE CHECKLIST

Better Christian Father Checklist

Use this page as an honest snapshot - not a score of your worth.

01

PRESENCE

Be There on Purpose

- ☐ I give my family regular time without a phone, television, or unnecessary distraction.
- ☐ I know what is currently important, difficult, or exciting in my children's lives.
- ☐ I make time for individual connection instead of relying only on group family time.
- ☐ My family can usually count on me to be emotionally available, not merely physically present...

02

EXAMPLE

Model What You Want to Teach

- ☐ I practice the honesty, respect, responsibility, and self-control I expect from my children.
- ☐ I admit when I am wrong and apologize without shifting blame.
- ☐ I keep important promises or explain quickly when circumstances force a change.
- ☐ My behavior at home matches the values I communicate publicly.

03

COMMUNICATION

Correct Without Crushing

- ☐ I listen long enough to understand before giving advice or correction.
- ☐ I avoid using humiliation, ridicule, threats, or anger as my primary discipline tools.
- ☐ I explain expectations clearly instead of assuming my children should already know them.
- ☐ I make encouragement and appreciation as normal as correction.

04

FAITH

Lead Spiritually at Home

- ☐ I pray for my family consistently and with specific concerns in mind.
- ☐ I bring biblical principles into ordinary conversations without forcing every moment into a ...
- ☐ I help my family connect faith with decisions, relationships, responsibility, and character.
- ☐ I am growing personally instead of expecting my family to follow a faith I am not practicing...

05

CONNECTION

Build a Relationship That Can Carry Truth

- ☐ I create experiences that allow us to laugh, talk, work, or learn together.
- ☐ I know how each child best receives encouragement and attention.
- ☐ I address conflict without withdrawing love or connection.
- ☐ I am building the kind of trust that makes difficult conversations more possible.

WEEKLY ACTION PLAN

Turn Good Intentions Into One Week of Action

Choose three fatherhood behaviors to practice intentionally this week.

1

Presence Action

What I will do: _____

When I will do it: _____

What could get in the way: _____

How I will make it easier: _____

2

Character / Example Action

What I will do: _____

When I will do it: _____

What could get in the way: _____

How I will make it easier: _____

3

Faith / Connection Action

What I will do: _____

When I will do it: _____

What could get in the way: _____

How I will make it easier: _____

WEEKLY RHYTHM

One Simple Family Rhythm

Choose one repeatable family practice for this week: a meal together, bedtime conversation, prayer, walk, Bible discussion, game night, project, or one-on-one time.

MY RHYTHM: _____

Lead Spiritually Without Making Faith Feel Forced

Spiritual leadership is often strongest when biblical truth becomes part of ordinary family life.

CONVERSATION

Questions That Open the Door

- ☐ What was the best part of your day?
- ☐ What was difficult today?
- ☐ Is there anything you are worried about?
- ☐ Did you have to make a hard decision?
- ☐ How can I pray for you this week?
- ☐ What is something you are grateful for?

SPIRITUAL LEADERSHIP

Simple Practices

- ☐ Pray briefly with your family.
- ☐ Read a short passage and discuss one practical principle.
- ☐ Connect faith to a real decision or responsibility.
- ☐ Let your children hear you express gratitude to God.
- ☐ Ask for forgiveness when your example falls short.
- ☐ Serve someone together as a family.

A Better Question

Instead of asking, 'Am I doing enough spiritually?' ask, 'Does my family regularly see faith shaping how I speak, decide, apologize, serve, and love?'

WEEKLY REVIEW

Review Your Week as a Father

Celebrate progress, learn from the hard moments, and choose one better next step.

Wins this week

Where did I show up well?

Connection

When did I feel closest to my family?

Missed moments

Where was I distracted, impatient, or unavailable?

Correction

What conversation or apology needs to happen?

Faith at home

Where did biblical truth shape our week?

Next step

What is one change I will make next week?

Prayer for the Coming Week

God, help me become more faithful in the ordinary moments of fatherhood. Give me wisdom to lead, patience to listen, humility to correct myself, and courage to love my family well.