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Seven Superpowers of a Father

David Owens



Introduction

What is a superpower? It's not just a special power that comic book heroes may have. A superpower may be the secret sauce in the recipe for having the heart of a Godly father.

Someone recently told me, that a man doesn't really mature until he experiences being a father. That was probably the truest statement I've heard in a long time! The greatest decisions a man will make in his lifetime are those of being a father.

These seven superpowers will help dads become stronger in their faith, and subsequently stronger leaders and fathers.

What are the Superpowers?

Prayer

Knowledge of God's Word

Forgiveness

Encouragement

Love

Accountability

Courage



Prayer

Prayer is the **number one superpower** that any father could possibly desire! With all the temptation in the world, we must be in direct communication with God, our Father!

We are spirit, soul, and body. Our spirit has fellowship with God. Our fallen “flesh” nature which takes advantage of the desires of our body, sinfully opposes God. Meanwhile, our soul is our mind, feelings, and emotions. It is pulled in every direction by these opposing forces. Look at this verse where Jesus is talking about prayer...

Matthew 26:41

[41] Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!”



The spirit is willing, but the body is weak! It takes more than commitment; it takes getting our body under subjection and being led by the Spirit.

It is more than a meal prayer, or a bedtime prayer. It takes locking ourselves in a room, having a conversation with God, and not leaving until you hear from God.

This is an absolute necessity for every father today.

Knowledge of God's Word



Nothing really prepares us to be a father. The closest thing we have is God's word. There are many books written and available today on how to be a father. However, there is only one book that guides us through the challenges we face. The Bible is a father's complete instruction manual, and the example that we need to be a father. It shows how a father loves his children, and if we have that example in our lives our children are going to see that in us as well.

There's no way to fully understand the Bible in just one reading. It is powerful and supernatural. Our Bible is something that we must prioritize to read on a daily basis. It is God speaking to us through this powerful love letter.

Psalm 119:105 NLT

[105] Your word is a lamp to guide my feet and a light for my path.

Encouragement

Titus 2:6 NLT

[6] In the same way, encourage the young men to live wisely.



Words are powerful tools for our family. They can make or break a situation. Words can form our children's outlook on their life as they grow up. While correction is necessary, the power of staying positive and optimistic is immeasurable.

Focus on the strengths of your children and not their weaknesses. Your son may bring home a report card with four A's and a C in Geography. Our natural tendency is to focus solely on the weakness, right? Let's work on bringing that C up to a B, or an A, by the next grading period.

Here is where good differentiates from GREAT. If instead of focusing on the weakness, try managing the weaker subjects, while focusing even more on the stronger subjects. We should encourage our children on their strengths.

Encouragement

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If math is your child's strength, then try taking math to the next level. Encourage him or her to be the best math student in the school. They are excelling at their strength while taking pride in the powerful words from dad.

Here is another example. Let's say your son plays basketball and is an outstanding rebounder and has a passion for rebounding. However, he is not the greatest at shooting free throws. What do you do here? Keep practicing free throws and manage the weakness. However, building on the rebounding strength leads to greatness. Most of the time, the state's leading high school rebounder receives a college scholarship.

Lastly, let your children also know that they are not just in your family, but they are in God's family. Encourage them daily and tell them they have a strong resemblance to their Heavenly Father!

Forgiveness

Matthew 6:14-15 NLT

[14] "If you forgive those who sin against you, your heavenly Father will forgive you. [15] But if you refuse to forgive others, your Father will not forgive your sins."



You want to know 6 words that will change your life forever? Here they are, "I am sorry, please forgive me." Jesus made it clear that we cannot hold unforgiveness in our hearts. This also means that if there is contention between you and someone else, use these 6 words; regardless of who is right or wrong! Also keep in mind, unforgiveness is at the heart of spiritual warfare. Your sinful nature does not want any part of forgiveness.

As fathers, your family needs to see forgiveness in you. In addition, your children should be taught to practice humility and forgiveness, even from an early age. This is a SUPERPOWER!

**I
AM
SORRY
PLEASE
FORGIVE
ME**



Love

Ephesians 5:28-29 NLT

[28] In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself. [29] No one hates his own body but feeds and cares for it, just as Christ cares for the church.

Fathers, the greatest thing you can do for your children is to love their mother!

When this verse talks about husband's loving their own body it refers to their will to live. It is not referring to self-centeredness. If your love for your wife is as strong as your will to live, then you are living out your destiny as a husband. Dads, our children must see this love in action. The way they find and treat their future spouse will be based on the example you set. For your sons, the way they treat their future wife will be based on the way you love and respect your wife. For your daughters, the way they expect to be treated by their future husband will be based on how their mother is treated by you.

This example is never ending, regardless of the age of your children.

Accountability



This world is loaded with temptation! And being a father doesn't mean just checking all the boxes, going to counseling, or reading the newest book on parenting. Those are all helpful, but you are still going to be tempted away from all that. Every man is tempted! I don't care what their level is in this life. As long as we live in this body it is by nature subject to temptation! We will have it until our last day on this earth. A key tool for fighting temptation is accountability. It is critical that we find someone to hold us accountable. That is why we all need an Accountability Partner.

An accountability partner is NOT someone that you seek out to hold them accountable. An accountability partner is a little tougher than that. It is someone that you reach out to and say, "I am struggling with a certain situation. I'm struggling with great decisions that fathers face. I'm wondering if you could help? Would you mind asking me the tough questions in life that I struggle with, and hold me accountable?"

Accountability

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James 5:16 NIV

[16] Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Now let's take it a step further. In this passage James writes that we should confess our sins one to another. This completely takes confession to another level. That's where the accountability partner comes in to play. Which is easier? Confessing your sins to God, or confessing to someone you know? In all reality, the answer should be it's much harder to confess to God. But that's another discussion for another day. In our human mind, it may be easier to be alone and confess to God in Prayer. This may be just going through the motions. Think about this, and before I sin, do I give serious consideration to the fact that I'm going have to confess my sins to my brother, to my family, to my accountability partner? Given that, would I really commit the sin? Now how much more important is God than a human being here on earth? So, find an accountability partner and use this as a superpower for being great father!



Courage



Why do dads need courage? Being a dad is arguably the toughest job you'll be assigned for your entire life. There is nothing on this earth that really prepares us for it. Personally, I have held high level positions in global organizations, and I have had a great deal of responsibility on the business level. Nevertheless, this does not compare to being a dad.

So how is courage a superpower? The decisions that you will make as a father will have a lifetime of effect on your children. It takes courage to say no to the world and keep your child from it! It is going to take courage.

Courage

(Continued)



Joshua 1:9 NLT

[9] This is my command-be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go."

The Bible talks about courage 28 times. Here is a key passage. We need to trust and believe through faith that the things we say, the things we do, are going to be pleasing to God, and henceforth the right thing to do for our family.

The dictionary defines courage as, “to act in accordance with one's beliefs, especially in spite of criticism.” Fathers are going to need courage to uphold their beliefs, in spite of criticism. For that reason, Courage is a superpower!



Summary

Now that you have reviewed the Seven Superpowers of a Father, its time to put words to action. Make it a personal goal to focus on one or more of these superpowers on a regular basis. Share them with your men's group and put a plan together.

About the Author



David Owens serves as coordinator for the Lifebuilders men's outreach in Indiana. His passion is connecting with men and helping families. He and his wife Anita have been married for over 40 years. David is blessed to have the support of his family on this project and other ministry initiatives. In his spare time, you will find him fishing or smoking barbecue.

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