



Catholic Dads Spiritual Triathlon Conclusion Guide

The Spiritual Triathlon is over. The training continues.
Heart. Mind. Home.

Over the last three days, we traced a formation path for Catholic dads: trust the Father, let Christ renew the mind, and make faith visible in the domestic church. The goal is not perfection or technique-driven control. The goal is faithful cooperation with grace.

DAY 1: TRUSTING PROVIDENCE (THE HEART)

When the brook is drying up - in finances, marriage, patience, or peace - a Catholic dad does not panic or become passive. Like Elijah, he trusts that God provides in concrete and surprising ways. He pauses, prays, and takes the next faithful step.

DAY 2: RENEWAL OF THE MIND (THE MIND)

Believing in God is one thing; letting Him govern your thought life is another. Name the thought. Test it in truth. Ask for grace. Choose charity. What you repeatedly practice, you strengthen.

DAY 3: MODELING THE GOOD (THE HOME)

The home is the domestic church. Your children are not only hearing what you say; they are watching what you embody. When they see prayer, repentance, repair, patience, and presence, they see faith become flesh.

THE ULTIMATE SECRET

“Microchange leads to substantive change.”
— Edward L. De La Loza

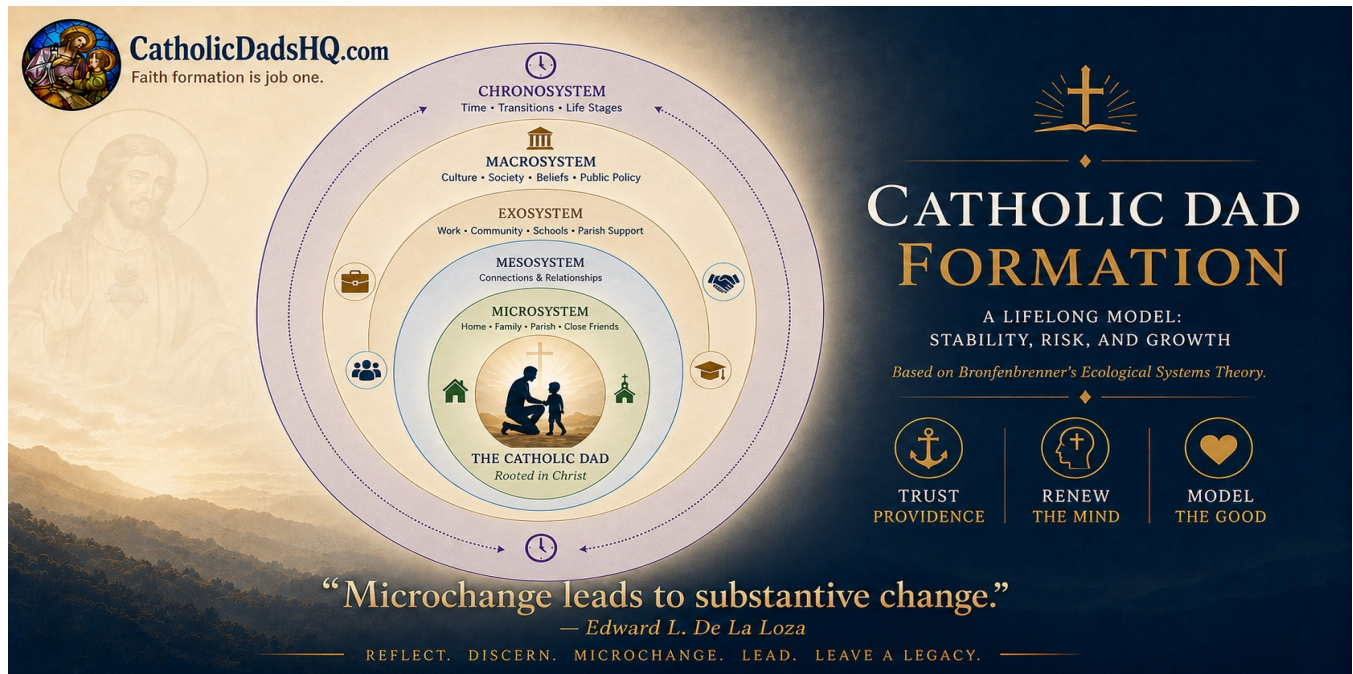
You Are Not Helpless

A Catholic dad cannot fix the whole culture in one day. But he can choose one faithful microchange.

Looking at the full ecological model, it is easy to feel overwhelmed by the scale of what is shaping your family - media, technology, work pressure, cultural drift, school, parish, peers, and the seasons of life.

But you are not helpless. Small, daily actions rooted in grace compound over time into lasting transformation of character and a legacy for your children.

- Put the phone down and make eye contact at dinner.
- Pause for three seconds before reacting in anger.
- Read Scripture for five minutes or pray where your children can see you.
- Schedule your next Confession as a regular rhythm of repentance.



The model is not a burden. It is a map. It helps a dad notice what is forming him and his family so he can respond with prayer, prudence, charity, and courage.

Your Final Locker-Room Review

Look at the full map one more time. Without judgment or guilt, answer honestly before the Lord.

Which of the three pillars do you need to take into the training room this week?

1. TRUSTING PROVIDENCE

Stop running on fear and control. What is one next faithful step?

2. RENEWAL OF THE MIND

Name the automated thought. Test it in truth. Ask for grace. Choose charity.

3. MODEL THE GOOD

Make faith, patience, repentance, and presence visible at home.

A Closing Charge

The Catholic dad is not called to be perfect. He is called to be faithful.

Continue the race: pray, read the Word, confess, repair, bless, listen, and lead your home toward Christ. Let your family see faith become flesh.

Lord Jesus, form my heart, renew my mind, and help my family see faith become flesh. Amen.

Download the full three-part PDF teaching series and appendix guide for free at CatholicDadsHQ.com.

Bonus: download the high-resolution ecological model image to use as a desktop wallpaper or phone background so the training plan stays in sight.

#CatholicDadsHQ • #AMDG • #SpiritualTriathlon • #CatholicFatherhood • #DomesticChurch • #Microchange • #LeaveALegacy

Reflect. Discern. Microchange. Lead. Leave a legacy.

— Edward L. De La Loza, EdD, LCSW
 Founder, CatholicDadsHQ.com