



Tools For Men

Father & Son Adventures

Purpose

To begin the habit of connecting with your son through shared experiences to make significant memories.

Advance Preparation

- Select a big or small adventure to do with your son. An adventure is something creative and out of the ordinary. Examples: weekend fishing trip, hike with compass, road trip to cool destination, camping in the backyard, etc. It is less about the adventure and more about the experience fostering a connection.
- Consider letting your son help choose the adventure.
- Set a date on your calendar.
- Plan a fun adventure and think through how you will prompt meaningful conversation during the adventure.
- Optional: Purchase a gift or write a meaningful note to give to your son during your adventure such as a compass (to talk about God's direction), a pocket knife, headlamp, etc.
- Find specific ideas in the book *Raising A Modern Day Knight* by Robert Lewis.

During the Adventure

1. Initiate meaningful conversation that is appropriate for the age of your son. This is the time for positive connection, so try to avoid issues that might come across as negative or that could create conflict. Use open ended questions such as:

- Who do you enjoy hanging out with? Why?
- Tell me about someone you look up to.
- What two things can I pray about for you?
- If you had a superpower, what would it be and why?

Listen to your son's answers and ask more questions as he shares.

2. Choose a time during the adventure to affirm and encourage your son. Give specific examples of things that you see in him and give him a vision for how God might use that in his future. If you brought a gift or note, use this time to give it to your son as a way to bless him. For insights on giving a meaningful blessing watch the free BLESSING training video at rushcreek.org/athome.

3. Take a moment to read 1 Corinthians 16:13-14 together: "Be on your guard; stand firm in the faith; be a man of courage; be strong. Do everything in love." Talk about how both you and your son can apply this verse to your lives.

4. Take at least one picture so that you can capture the memory and look back on that time together. Consider starting a book of your father/son adventures.

Finish your adventure by brainstorming a list of future adventures you would like to experience together. Go ahead and start planning the next adventure and get it on the calendar.