



## A Book Study for Dads

### Ready to Take It to the Next Level

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Welcome to the Next Level Dad book group study! Thanks you for your willingness to discover more ways to take one of the most important roles in your life, being a Dad, to the next level!

During the upcoming weeks, we'll dive into the main categories of the Next Level Dad book:

- God Driven
- CFO (Chief Fun Officer)
- Get in the Game
- Every Day is a Classroom

While the book is full of 40 different ideas, this study will highlight just a few each week. Feel free to talk about other ideas during your time together.

This study guide was designed, like the book, to be quick and impactful. No messing around – getting right to the heart of it!

Throughout this study you will:

- Share ideas and wisdom with each other
- Get weekly challenges to help strengthen your father role
- Build long-lasting friendships with other dads who share the same ultimate goal of being the best dad they can be
- Get to know your Heavenly Father better

## **Week 1: God Driven**

### **Opening Prayer:**

“Dear Heavenly Father, I pray that you will use the next few weeks to help us grow as fathers. Please guide our discussions and bless us with your wisdom. Help us share our thoughts and encourage each other. Lord we ask that you bless this time together and help us take our important role of being a dad to the next level. Amen.”

### **Ice Breaker:** Favorite T.V. or Movie Dad and Why?

1. What are areas of fatherhood you feel you are good at?
2. What areas would you like to improve upon or learn about from other dads on?
3. The first idea in the book (p. 10) is about the importance of prayer. Do you pray with your children today? Why or why not? What type of prayers do you do for or with your children?
4. The second idea, “Helping Hands”, focuses on serving others. There are so many ways we can help others. Brainstorm ways your family can serve together.
5. On page 24, it talks about how real men say “I Love You”. It is important for our kids to hear and know how much they mean to us. Do you tell them often? What are ways you show your love for them?

### **Challenges for the week:**

1. Pray with your kids every day this week.
2. Brainstorm ways your families can make an impact by serving together. Pick one or two ideas from the list we brainstormed together to do with your family.

### **Closing Prayer:**

“Dear Lord, thank you for a great first group discussion on this book. Please help us to always keep you at the center of everything we do. Help us to grow in our prayer life with our children and to express our love for our children daily. Lord, we ask that you will use us to serve others in need. Thank you for your mercy and grace. Amen.”

## **Week 2: CFO (Chief Fun Officer)**

### **Opening Prayer:**

“Dear Lord, thank you for this day. We ask that you will help us build on our discussion last week and continue to share thoughts and inspire each other. Please bless this time together and fill this room with your Spirit. Amen.”

### **Ice Breaker:** Funniest dad moment?

Welcome back to another week of the Next Level Dad book study. Last week we started in the God Driven section and focused on areas of Prayer, Showing Love, and Serving Together. Share how you did with the Week 1 challenge of praying for and with your kids. Does your family have a serving opportunity planned yet?

Now this week we get to put on our CFO hats. Sorry finance dads, we are talking about ways to be Chief **Fun** Officers.

1. The first idea in CFO is about being silly. Share ways you make your kids laugh.
2. “Write Them a Letter” (p. 46) is about expressing your love and encouraging your kids. Have you ever written your children a letter? What did they think about it?
3. “Start Traditions” (p. 49) is a favorite thing to do. Traditions create so many great memories and they give us all something to look forward to each year. Share with the group any traditions you have with your children or that you had as a child.
4. In “3,2,1...Blast Off!” (p. 57) a rocket and a relationship was built. What is something you have built with your child or a project you worked on together? What was the outcome of that experience?

### **Challenges for the week:**

1. Write your child a letter. Tell them how proud you are of them, encourage them, and tell them how much you love them. If you already wrote them a letter recently, put a little note of encouragement in their lunch box or on their mirror.
2. Start a new project or tradition you can do with your children over the next week.

### **Closing Prayer:**

“Dear Heavenly Father, thank you for a very fun focused discussion. We know you have a sense of humor and we ask for your help in finding ways we can make our children smile. We are grateful for the stories and ideas shared today and please help us with our challenges next week and in our role as a dad. Amen.”

## **Week 3: Get in the Game**

### **Opening Prayer:**

“Dear Lord, thank you for allowing us the opportunity to get together today. We ask that you will help us use this time to grow closer to each other, grow closer to you, and strengthen our knowledge in being a dad. Lord please guide us and teach us. Amen.”

**Ice Breaker:** What is the favorite game you like to play with your children?

Last week the discussion focused on being the CFO (Chief Fun Officer). It was about being silly, writing letters, having traditions, and working on a project together with your child. Take a few minutes to go around the group and update everyone on your Week 2 challenges of writing your child a letter and starting a new project or tradition.

Are you ready to “Get in the Game”? This category centers on being an involved father. On p.60 there was a statistic that 46% of fathers feel they spend too little time with their children. Before you know it our children will be all grown up, so let’s make our involvement in their lives a priority.

1. The first idea in this category is about being engaged in all areas of our children’s lives. Thinking about that and the statistic we just discussed, what percentage of all the events your children participate in do you watch or are involved in?
2. If you are less than 50%, what keeps you from being more involved? Are there any steps you can take to improve your level of involvement? For fathers who are involved more than 50%, share how you effectively manage to be that involved.
3. Do you currently coach your kids in anything (ex: sports, academic, hobby)? Coaching is a great way to be more directly involved in their life. Talk about current coaching involvement or possible ways you could help coach your child in.
4. Idea #29 is about Adventures. What kind of adventures does your family go on?

### **Challenges for the week:**

1. Make a committed effort to be more involved in your children’s life each day this week. It could be attending a school event, going to a game or practice, helping them with homework or a project, or just simply listening to them talk about their day.
2. Go on a family adventure. It does not have to be hiking in the mountains. It can be a simple visit to a park, a museum, or exploring a historic site.

### **Closing Prayer:**

“Dear Heavenly Father, thank you for a great discussion today. We are grateful for your presence and helping us learn from each other. As we leave here today, please help us make every effort we can to be more involved in our children’s lives. Lord we thank you for all that you do and for all your many blessings. Amen.”

## **Week 4: Every Day is a Classroom**

### **Opening Prayer:**

“Dear Lord, thank you for giving us another opportunity to get together and talk about our fatherhood roles. We ask that you will fill this room with your Spirit, guide us, and challenge us. Thank you for all that you do for us. Amen.”

**Ice Breaker:** As a kid, what did you want to be when you grew up?

Last week we focused on being involved with our kids and finding ways to be more engaged in their life. You were challenged to make a daily effort to be more involved and going on an adventure. Share how you did with the challenges and their outcomes.

In the last group of ideas, we talk about ways to help our kids be successful in life through those teachable moments. A great way is by the example we set for them.

1. Share someone in your life you looked up to and set a good example for you.
2. What is something you strive for to set a good example for your kids?
3. “Mission: Safe Kid” (p. 85) is about teaching our kids to be safe in different settings. Share with the group ideas you have for teaching your children to be safe.
4. “Learning From You” (p. 92) is one of the most helpful things we as fathers can do. So much of what they will need to know in life will come from what they learned from you. What is something you have taught your children recently?

### **Challenges for the week:**

1. Talk with your children about being in a safe environment and making safe choices. If you have, do a refresher to make sure they know what to do in different situations.
2. Teach them something new, such as how to make something, or it can be a verbal lesson. The sky is the limit in what we can teach them!
3. Make a plan for other ideas in the book you want to try over the upcoming weeks.

Congratulations on completing this group book study. You gained great insight from other dads and hopefully it challenged you. Keep discussing the other ideas in the book. Seek God’s guidance daily and always strive to be the best dad you can be!

### **Closing Prayer:**

“Dear Heavenly Father, thank you for giving us the blessing of our children. Thanks for guiding us these past weeks and for all the wisdom shared. Lord we ask that you will help us take what we learned and apply it to our daily lives. Please guide us and help us be the best dads we can be. Thank you for giving us the opportunity to be a father and thank you Lord for being the perfect role model any of us could have. Amen.”