

# Fathering Leadership

Prepared by Scott B Froerer

## Posted Blogs

### **Part 2**

**6<sup>th</sup> February 2015  
through  
17<sup>th</sup> February 2012**

### **Go to Part 1**

7<sup>th</sup> October 2020  
through  
13<sup>th</sup> February 2015

[Fathering Leadership Bookshelf](#)

[These blogs represent my personal views and are not an official site of  
The Church of Jesus Christ of Latter-day Saints.]

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## Because of Christ

## Additional Resource's Index

## Choose Happiness



Jesus chose to be baptized  
*"to fulfill all righteousness"*  
by going to one who had authority.



Jesus then went on to give even greater  
authority to His chosen twelve apostles.

Now this is where fathers come in. Fathers want the best for their family. Fathers want their family to be happy during this life and in the life to come. The problem is, fathers can't 'make' their family be happy. Fathers can only share with their family how to bring happiness into their own lives.

This is how:

*"And he [Christ] commandeth all men  
that they must repent, and be baptized in his  
name, having perfect faith in the Holy One*

*of Israel, or they cannot be saved in the  
kingdom of God."* [2 Nephi 9:23](#)

A humble father will choose to repent, be baptized by one who has authority, and continue on having faith in Jesus Christ. He will help his family choose to do the same. Then together, he and his family can press forward with hope in their family's future. (See [Mosiah 4:11-16](#))

A father can't 'make' his family be happy.  
A father can only invited his family to Choose Happiness.

### Additional Resources

[Be of Good Cheer: Choosing Happiness](#)

Camille Fronk Olson

[Lesson 1: Happiness Comes from Choosing the Right](#)

Primary 2: Choose the Right A, (1995), 1–5

### Joy

Guide to the Scriptures

[Jesus Teaches of Being Born Again](#)

LDS Bible Video

Posted 6th February 2015 by Scott B Froerer

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## A Bad Idea



Can you imagine waking up in prison because you went along with someone else's bad idea?

While riding along what is now Interstate 15, long before I could drive, the driver pointed out the window and said to me "That's the shortest state highway in Utah and it leads to the state prison." It left a lasting impression on my young mind.

Fathers can help their children understand that who they choose to listen to will directly affect their long term personal liberty. Breaking laws of the government, of nature, or of heaven is a bad idea and will lead you down the wrong road.

Fathers have the responsibility to establish enlightened family traditions, teach liberating truths, and encourage willing obedience to God's commandments. Let's put our house in order and invite the blessings of heaven into our lives.

Following lawbreakers is always A Bad Idea!

### Additional Resources

#### [Finding Joy in the Journey](#)

President Thomas S. Monson

#### [The Prophet and the Prison](#)

Marvin J. Ashton

#### [Revelation to Frederick G. Williams through Joseph Smith the prophet](#)

[Doctrine & Covenants 93:36-43](#)

#### [When has Someone been there to help you through...](#)

Facebook Video

Posted 30th January 2015 by Scott B Froerer

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## Spiritual Steps



In December 2012, my son John and I climbed to the summit of Kalapathar (18,519 feet) in the Nepalese Himalayas and gazed up at Mount Everest (29,029 feet). Air was thin and legs were weary, as we celebrated the success of our nine day trek with great jubilation. Step by step (sometimes baby sets with rest in between those) I was able to accomplish our goal. Even the athletic young can't reach these heights too quickly for fear of altitude sickness. It wisely takes time to acclimatize. My many months of preparation had prepared me well for the often required eight hours a day trekking.



Elder David A. Bednar writes: *Increasing physical stamina requires sustained focus and frequent effort, as opposed to occasional or intermittent bursts of intense activity. In like manner, if you and I are focused and consistent in developing our spiritual capacity, we can slowly and steadily strengthen our minds and hearts to discern, accept, and employ gospel truth; we can increase our spiritual capacity to detect and avoid temptation; and we can increase our determination and our ability to endure, through the enabling power of the Atonement, any challenges we encounter.*



Elder Bednar continues: *We can avoid or overcome unsustainable spiritual spurting as we employ the Lord's pattern of small and simple things and become valiant disciples with strong, spiritual stamina---blessed with capacity to endure to the end with faith in the Savior.* ([Power to Become](#), pages 119 & 121)

Fathers who follow a pattern of intentional and persistent spiritual steps will reach great spiritual heights.

### Additional Resources

[One Step after Another](#)

Joseph B. Wirthlin

[A Virtuous Life--Step by Step](#)

[Mary N. Cook](#)

## Peace



Fathers want *Peace* for their family.

In the hymn, [Where can I turn to peace?](#), the answer is given, “He, only One.” Jesus invites each of us to seek out and then pass through the gate which He stands watch over. Heaven is separated from hell by a fence of fixed and eternal laws that bar the unjust from the just, the abusers from the innocent, and the lawbreakers from the righteous. The humble seeker of peace covenants to obey the laws of happiness and is permitted to enter into heaven's relief.

### **Fathers -- which side of the fence do you want for your family?**

Peace is both deeply personal and publicly obvious. While the suffering in Gethsemane was a deeply personal experience for Jesus, dying on the cross made His personal commitment publicly obvious. Among the final instructions to His disciplines He said: “*Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.*” ([John 14:27](#))

**Fathers, look in a mirror, then look around you.**

**Are you seeing the peace Jesus spoke of?**

**If other's ways aren't working then come and try His way.**

Jesus said, “*If ye love me, keep my commandments.*” ([John 14:15](#))

He also said,

*“Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets. Enter ye in at the strait gate: for wide is the gate, and broad is the way, that*

*leadeth to destruction, and many there be which go in thereat: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.”* ([Matthew 7:12-14](#))

### **Come Unto Christ and You Will Find Peace**

#### Additional Resources

[Loving Others and Living with Differences](#)

[Dallin H. Oaks](#)

[One Key to a Happy Family](#)

[Dieter F. Uchtdorf](#)

[Come and See](#)

[David A. Bednar](#)

## Face the Truth

Fathers need to Face the Truth and teach their family to do the same.

So, what is the truth?

Jesus Christ answered this question for us when He said, *“I am the way, the truth, and the life”* ([John 14:6](#)). Jesus Christ showed us the way. Truth doesn’t change. Truth is the same yesterday, today, and forever. Truth retains its integrity. Truth dwells in light.

Why is knowing the truth so important?

Fathers want to be there for their family. They want to meet their children’s needs and help them succeed. Again Jesus taught, *“I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.”* ([John 15:5](#)) As fathers live the way Jesus taught, through keeping His commandments, they will be blessed and bring “forth much fruit” or in other words bring forth many good things for their family.

Fathers – be honest, truthful, and forthright with yourself and with your wife and children. Never lie or misrepresent the truth. Make needed changes, repent, and always obey God’s teachings. Admit that there are negative consequences and seek to avoid them. Identify positive consequences and seek to achieve them.

How can I know the truth?

Ask God what you should do. He knows what works. *“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”* ([James 1:5](#)) By following the example of Jesus, fathers will pray to their Heavenly Father and *“thy Father which seeth in secret shall reward thee openly.”* ([Matthew 6:5-13](#)).

Joseph Smith Jr. beheld a heavenly vision and writes:

<i>“The first thing that I can recollect was a voice speaking unto me, calling me by name. I looked up, and beheld the same messenger standing over my head, surrounded by light as before. He then again related unto me all that he had related to me the previous night, and commanded me to go to my father and tell him</i>	<i>of the vision and commandments which I had received.</i>
	<i>“I obeyed; I returned to my father in the field, and rehearsed the whole matter to him. He replied to me that it was of God, and told me to go and do as commanded by the messenger.”</i> ( <a href="#">JS History 1:49-50</a> )

It is notable that Joseph “obeyed” the heaven sent messenger, “rehearsed the whole matter” to his father, and followed his father’s counsel to “do as [the messenger] commanded”. Joseph’s father was inspired in teaching his seventeen year old son to listen and to follow truth.

We can’t tell where life will take us. What we can be sure of is that we will never regret the positive consequences that will adorn our journey throughout life when we keep Christ’s commandments. As we Face the Truth, we will always walk in His light.



### Additional Resources

#### [What is Truth?](#)

Dieter F. Uchtdorf

#### [Receiving a Testimony of Light and Truth](#)

Dieter F. Uchtdorf

#### [Joseph Smith–History 1](#)

Extracts from the History of Joseph Smith, the Prophet



## Proper Perspective



### Mortality Represents a Small Part of Life

We are born into mortality and then, because of Jesus Christ, we move on. Life is a journey that takes us through mortality, the resurrection, and into eternity. *"And this is the promise that he hath promised us, even eternal life."* ([1 John 2:25](#)).



*"36 ¶ And as they thus spake, Jesus himself stood in the midst of them, and saith unto them, Peace be unto you.*

*"37 But they were terrified and affrighted, and supposed that they had seen a spirit.*

*"38 And he said unto them, Why are ye troubled? and why do thoughts arise in your hearts?*

*"39 Behold my hands and my feet, that it is I myself: handle me, and see; for a spirit hath not flesh and bones, as ye see me have.*

*"40 And when he had thus spoken, he shewed them his hands and his feet.*

*"41 And while they yet believed not for joy, and wondered, he said unto them, Have ye here any meat?*

*"42 And they gave him a piece of a broiled fish, and of an honeycomb.*

*"43 And he took it, and did eat before them."* ([Luke 24:36-43](#)).

This proper perspective gives fathers an advantage. With this proper perspective, fathers can plan for the best and avoid the worst. With this proper perspective, fathers can see their true place in life and intentionally make choices that will make a difference.

**This proper perspective makes life more meaningful.**

[Additional Resources](#)

[Eternal Perspective](#)

[Teaching Adolescents: From Twelve to Eighteen Years](#)

[Families Can Be Together Forever](#)

LDS Children's Songbook

[Families Are Forever](#)

LDS Church News



## When Discipline Starts



### When does discipline start?

As a young father, of what came to be five rambunctious children, I began with a simple disciplining rule, *If you do something wrong you'll get spanked*. As I started growing up, I modified the rule to, *If you do something wrong you'll get spanked three times...unless you lie or speak back to your mother--then you get four spanks*. This worked pretty well.

Then one day I realized how angry I was becoming after my repeated warnings to obey went unheeded by our children. I remember getting their attention (yet again) and loudly saying, *I'm getting angry. See this hand. See how big this hand is*. And immediately went into the living room and sat down in a comfortable chair. I noticed two things. First, I began to calm down and feel greater control over myself. Second, I heard the kids start to obey. I seldom had to spank after that because I was learning to calm down enough to think of alternative ways of disciplining.

That's when I started using my head more and my hand less. I said to myself, *I'm smarter than a two year old (who soon turned into a sixteen year old)*. *How can I get her/him to do what is right?* Ironically it's my oldest child who showed me a better way as I watched her discipline her children with a question, *Do you want to go to bed now or after we read together? You can choose*.

I have learned that **discipline starts with the father**, not with the child.

### Additional Resources

#### Moral Discipline

D. Todd Christofferson

#### Dad, Are You Awake?

F. Melvin Hammond

## Be Wise



### [Let Your Light So Shine ~ Matthew 5:16](#)

Jesus taught the following parable (see [Matthew 25:1-13](#)):

1. *Then shall the kingdom of heaven be likened unto ten virgins, which took their lamps, and went forth to meet the bridegroom.*
2. *And five of them were wise, and five were foolish.*
3. *They that were foolish took their lamps, and took no oil with them:*
4. *But the wise took oil in their vessels with their lamps.*

After the five wise virgins were admitted into the marriage the door was shut. When the five foolish virgins finally showed up, after trying to buy oil, they were turned away.

Why didn't the foolish virgins take any oil with them?

Surely they would have known what was expected of them when it came time to meet the bridegroom. Perhaps they had intended to buy more oil but got caught up doing other things. For whatever reasons, they hadn't put the Savior first in their daily life.

Fathers, help your family put the Savior first.  
Let your good example shine in their lives.

#### Additional Resources

[Let Your Light So Shine](#)

Joseph B. Wirthlin

[Choose Wisely](#)

Quentin L. Cook

Posted 24th October 2014 by Scott B Froerer

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## Choose To Serve



Jesus said, “*In my Father’s house are many mansions...I go to prepare a place for you.*” ([John 14:2](#)).

In my mind, I picture the following story taking place after I die:

The great hall was more magnificent than words can express. The ceiling rose high above my head, was filled with light, and seemed to reach to eternity. Countless numbers of people were greeting and mingling one with another. Others were coming and going from various side rooms where laughter and talking could faintly be heard.

My guide quietly bade me to ‘feel right at home’, ‘visit freely while awaiting judgment’, then said before hurrying away, ‘I’ll return quickly.’

It didn’t take me long to begin meeting people I had known during mortality. Former friends embraced me and welcomed me home.

Many wanted to learn about my experiences and were eager to tell me about what had happened during their time on earth.

Where were you born, they asked? Who were your parents? Did you marry? What work did you do? Did you die young or old? How did you die? For each question they asked me, I would asked them two.

After a while, I began to wonder from room to room and was astonished by the diversity. Some loudly and irreverently reminisced about their wild adventures and conquests in mortality. Others tearfully bemoaned wasted opportunities and unprofitable actions. Still others joyfully visited with family and friends. We were all ‘waiting’ in our own way for the judgment promised.

Occasionally we were interrupted with an invitation to serve. Requests went out to be a greeter, to help new arrivals find a relative, or to comfort an individual with concerns. I wanted to help so I volunteered to serve. I began listening to people with concerns. I listened, gave encouragement, and shared a few learning moments from my own life. Many were concerned about their loved ones still in mortality.

By and by, I was asked if I would help greet little children who were leaving mortality in their infancy. Having a love for children, I quickly accepted this invitation and soon found myself in a much more glorious and beautiful place. I felt honored to greet these precious spirits and, with joyous reverence, led them into the arms of waiting progenitors.

In time, the reception hall stood quiet and empty. After a final invitation to serve was extended by the one who greeted me when I first arrived, the great doors to each room were closed and locked. Each person had freely chosen to remain in the room with those they enjoyed being with the most or to move on by giving additional service. Judgement had come.

*"The fundamental question facing all of us is not whether we will live but with whom we will live after we die."*  
([The Sacrament and the Atonement, Elder James J. Hamula](#))

Fathers, Help Your Children **Choose to Serve**

### Additional Resources

[Good Friends](#)

[L. Tom Perry](#)

Other Resource

[Heber C. Hale, Heavenly Manifestation](#)

January 20, 1920

## What of the Future?



### How did God, a perfect father, prepare His son Adam for the future?

\* God created Adam in His own image.

Genesis 1:27 *“So God created man in his own image, in the image of God created he him....”* Your potential is infinite!

\* God created Eve to help Adam.

Genesis 2:18 *“And the Lord God said, It is not good that the man should be alone; I will make him an help meet for him.”*

Things are designed so you don't have to do it alone!

\* God instructed Adam and Eve to have children and to replenish and subdue the earth. Genesis 1:28 *“And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it....”* Families are important in God's plan!

\* In fact, God's plan includes a Savior and Redeemer for the world and for all mankind.

Helaman 5:12 *And now, my sons, remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall*

*beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall.*

In short, Adam and Eve were commanded to Clean-up the weeds, Build-up the kingdom, and Raise-up a righteous family, that the earth might be made beautiful, holy, and fulfill the measure of its creation.

Doctrine & Covenants 88:18 *Therefore, it [the earth] must needs be sanctified from all unrighteousness, that it may be prepared for the celestial glory; 19 For after it hath filled the measure of its creation, it shall be crowned with glory, even with the presence*

*of God the Father; 20 That bodies who are of the celestial kingdom may possess it forever and ever; for, for this intent was it made and created, and for this intent are they sanctified.*

The family of Adam and Eve is to prepare the earth, and themselves, to receive the "presence of God the Father..." in "the celestial kingdom...." Don't let the weeds, the work, or the temporary darkness take away your faith in the future.

### What of the Future? It is glorious!

#### Additional Resources

##### Faith

Words: Beatrice Goff Jackson, b. 1943. (c) 1978 IRI

Music: Michael Finlinson Moody, b. 1941. (c) 1978 IRI

LDS Children's Song Book

##### Faith

A Guide to the Scriptures

##### Face the Future with Faith and Hope

M. Russell Ballard

##### Ebenezer's Miracle

Friend, 1999, July



## A Living Prophet



**Question:** How can a father be sure he is doing what God wants him to do and still walk by faith?

**Answer:** Follow God's living prophet!

**Question:** How can a father know a true prophet?

**Answer:** “Wherefore, by their fruits ye shall know them.”

([Matthew 7:20](#))

**God has always spoken through living prophets.**

Brigham Young was a Latter-day Prophet and  
President of The Church of Jesus Christ of Latter-day Saints

Birth Date: June 1, 1801

Death Date: August 29, 1877

**Question:** Is there a true prophet living today?

**Answer:** Yes! His name is [Russell M. Nelson](#)

Beginning with Joseph Smith, The Church of Jesus Christ of Latter-day Saints has always been led by a prophet of God. These prophets also serve as Presidents of the Church and direct the affairs of the Church.

[Joseph Smith Jr.](#)

1st President, 1830–1844

[Heber J. Grant](#)

7th President, 1918–1945

[Ezra Taft Benson](#)

13th President, 1985–1994

[Brigham Young](#)

2nd President, 1847–1877

[George Albert Smith](#)

8th President, 1945–1951

[Howard W. Hunter](#)

14th President, 1994–1995

[John Taylor](#)

3rd President, 1880–1887

[David O. McKay](#)

9th President, 1951–1970

[Gordon B. Hinckley](#)

15th President, 1995–2008

[Wilford Woodruff](#)

4th President, 1887–1898

[Joseph Fielding Smith](#)

10th President, 1970–1972

[Thomas S. Monson](#)

16th President, 2008–2018

[Lorenzo Snow](#)

5th President, 1898–1901

[Harold B. Lee](#)

11th President, 1972–1973

[Russell M. Nelson](#)

17th President, 2018–Present

[Joseph F. Smith.](#)

6th President, 1901–1918

[Spencer W. Kimball](#)

12th President, 1973–1985

[Additional Resources](#)

[We Follow Jesus Christ](#)

Quentin L. Cook

[God Speaks to Us Through Prophets](#)

Posted 6th September 2014 by Scott B Froerer

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## The Power to Act

One definition of power is the ability to act or to produce an effect. ([Merriam-Webster](#)) In physics, power is defined as the rate of doing work and an example is: “The same amount of work is done when carrying a load up a flight of stairs whether the person carrying it walks or runs, but more power is needed for running because the work is done in a shorter amount of time.” ([Wikipedia](#))



Fathers, we have the power to act and, yet, we are only given a limited amount of time to perform our labors; “...behold the day of this life is the day for men to perform their labors.” ([Alma 34:32](#)).

Fathers, we must remember that our works have consequences; “Wherefore by their fruits ye shall know them.” ([Matthew 7:20](#)).

Fathers, we can choose for ourselves; “...ye are free; ye are permitted to act for yourselves; for behold, God hath given unto you a knowledge and he hath made you free.” ([Helaman 14:30](#)).

What does your future hold for you and your family? That largely depends upon what you choose to do today; “...every man may act in doctrine and principle pertaining to futurity, according to the moral agency which I have given unto him....” ([Doctrine and Covenants 101:78](#)).

Your small acts will make a big difference in the lives of those who will walk upon the pathway of your good labors.

**Fathers, you have The Power to Act!**

~

**"What E're Thou Art, Act Well Thy Part" \***

### Additional Resources

\* [Act Well Your Part](#)

Qunitin L. Cook

[Sanctify Yourselves](#)

Jeffrey R. Holland

[Power of the Priesthood](#)

James E. Faust

[Power in the Priesthood](#)

Neil L. Andersen

Posted 29th August 2014 by Scott B Froerer

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## Why Modesty?

Why should fathers care about modesty for their son or daughter?

**\* It's Heavenly Father's pattern.**

We read in Genesis 3, verses 9 and 10

*“And the Lord God called unto Adam, and said unto him, Where art thou? And he [Adam] said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.”*

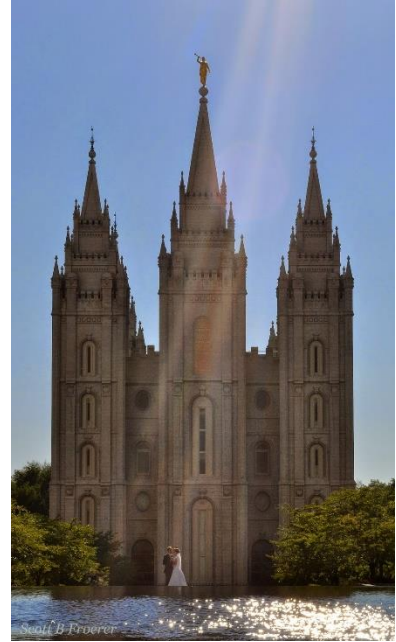
Then we read in verse 21,

*“Unto Adam also and to his wife did the Lord God make coats of skins, and clothed them.”*

Adam and Eve, as soon as they discovered their potential to become parents, were taught to protect and preserve themselves for each other through the wearing of clothing. There is only one standard of modesty for male and female children of Heavenly Father.

**\* Start with the end in mind.**

On your child's wedding day, you will witness two anxious, curious, and pure individuals as they give each other their most dear and precious gift--a chaste and virtuous body and spirit. Modest clothing symbolizes our awareness of the importance to preserve our sacred creative potential for the one we marry and is an outward expression of this inner attitude.



### Why Modesty?

Pray about it, then listen to Heavenly Father's answer.

#### Additional Resources

##### Modesty

LDS.Org

##### Noelle Pikus-Pace

LDS Olympian Faced with a Modesty Dilemma

##### Ye Are the Temple of God

LDS.Org

Posted 20th August 2014 by Scott B Froerer

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## Dare to Stand Alone!



Fathers, teach your children that it often takes more courage not to join than it does to go along with the crowd.

“So many times young people are enticed to go to the very edge or even beyond it. [Where]...it is easy to be seriously injured or even die. Life is too precious to throw away in the name of excitement....”

*“Each of us must take the responsibility for the moral decisions we make in life about how close we live to the edge. Lehi states: ‘And because that they are redeemed from the fall they have become free forever, knowing good from evil; to act for themselves and not to be acted upon.’ Being acted upon means somebody else is pulling the strings.”* - [Acting for Ourselves and Not Being Acted Upon](#)

When the crowd you're with starts pulling your strings to be immodest, dishonest, or take unhealthy risks, find a different crowd or stand alone if you must!

President Thomas S. Monson has said: *“We live in a time when we are surrounded by much that is intended to entice us into paths which may lead to our destruction. To avoid such paths requires determination and courage.”* He also shared a childhood poem:

*Dare to be a Mormon;  
Dare to stand alone.  
Dare to have a purpose firm;  
Dare to make it known.*

He adds one more insight: *“May we ever be courageous and prepared to stand for what we believe, and if we must stand alone in the process, may we do so courageously, strengthened by the knowledge that in reality we are never alone when we stand with our Father in Heaven.”* - [Dare to Stand Alone](#)

When we choose to stand for the right, we will never stand alone!

### Additional Resources

#### [Acting for Ourselves and Not Being Acted Upon](#)

James E. Faust

#### [Dare to Stand Alone](#)

President Thomas S. Monson

#### [I Never Stand Alone](#)

From Cumorah's Hill

The Book of Mormon Speaks to Our Day

Steven Kapp Perry



## A Family in Heaven

There is one question central to our personal-identity which requires revelation from God to answer.

The question is:  
Where did I come from?

The stunning answer:  
I came from my Family in Heaven!



The President of The Church of Jesus Christ of Latter-day Saints, Thomas S. Monson, taught in the [April 2012 General Conference](#):

"The Apostle Paul told the Athenians on Mars' Hill that *"we are the offspring of God."* ([Acts 17:29](#)) Since we know that our physical bodies are the offspring of our mortal parents, we must probe for the meaning of Paul's statement. The Lord has declared that *"the spirit and the body are the*

*soul of man."* ([D&C 88:15](#)) Thus it is the spirit which is the offspring of God. The writer of Hebrews refers to Him as *"the Father of spirits."* ([Hebrews 12:9](#)) The spirits of all men are literally *His "begotten sons and daughters."* ([D&C 76:24](#))

The family has been, is today, and will continue to be God's pattern for nurturing, preparing, and providing for His children...in time and throughout eternity.

### **We have a Family in Heaven!**

Fathers, let's choose to live more heavenly with our family on earth.

#### Additional Resources

##### [Premortality, a Glorious Reality](#)

Neal A. Maxwell

##### [Our Heavenly Family](#)

LDS Gospel Principles, Chapter 2

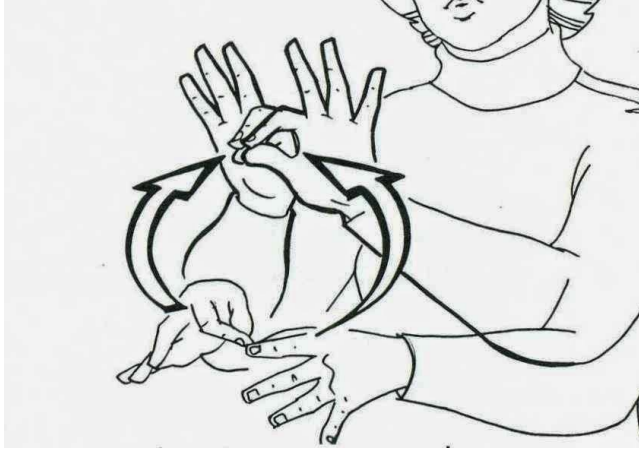
##### [The Family](#)

Read a guest author's talk submitted by Sarah Hull.

Posted 25th July 2014 by Scott B Froerer

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## Be Praise Worthy



American Sign Language: Worthy, Important, Value

Fathers lead their family, first by example and then by instruction. As a result, no one is surprised when children begin to walk and talk like their father. However, learning is not so automatic for a blind or deaf child. For these children, body movements or voice recognition aren't independently learned and must be taught more overtly or translations provided. Most sighted and hearing fathers initially assume all children will automatically learn how to run and speak. They often take for granted that these skills must be learned.

To one degree or another, everyone's progress can be accelerated through personalized effort and praise for improvement. Similarly, qualities of character must be learned. Most children seem to automatically begin to exhibit personality traits (i.e., honesty, caring for others, and a willingness to share) of those around them. And yet here again, everyone's progress to develop strong and healthy values can be accelerated through personalized effort and sincere praise for improvement.

### [The Epistle of Paul the Apostle to the Philippians 4:](#)

*"8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are*

*lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."*

### [The Articles of Faith:](#)

*"13 We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men; indeed, we may say that we follow the admonition of Paul—We believe*

*all things, we hope all things, we have endured many things, and hope to be able to endure all things. If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things."*

Fathers, be praise worthy and intentionally teach your children to be the same.

- Coauthor, Adam S. Froerer

### [Additional Resources](#)

[What Seek Ye?](#)

L Tom Perry

[American Sign Language Support](#)

Posted 13th June 2014 by Scott B Froerer

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## Being Prepared



Being prepared will help a father provide for his family during a time of need.

We hope a fire hydrant will never be needed, however if it is, the preparation it took to install and maintain one could save your possessions and possibly your life. Most would agree, where feasible, every neighborhood should have fire hydrants...just in case.

President Ezra Taft Benson emphasized this counsel when he said: *"The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah"* (Ensign, November 1980, p.33). Are we on board?

In a recent Church News Viewpoint entitled, *Be Prepared* we were again reminded to follow the direct counsel from President Brigham Young, *"Learn to sustain yourselves; lay up grain and flour, and save it against a day of scarcity."* Where feasible, everyone should have three months of food storage...just in case.

A fire hydrant pretty much goes unnoticed and unused until one is needed. A supply of food and water isn't meant to be like that. It should be part of our daily life as we use, cycle through, and then replenish our stored supply. Being prepared is what fathers do today for a secure tomorrow.

### Additional Resources

[Church News Viewpoint: Be Prepared](#)

[Emergency Preparedness and Response](#)

Posted 3rd June 2014 by Scott B Froerer

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## Why Religion?

Why should fathers care about religion?

After Adam and Eve had been cast out of the Garden of Eden, the scriptures record:

*“6 And after many days an angel of the Lord appeared unto Adam, saying: Why dost thou offer sacrifices unto the Lord? And Adam said unto him: I know not, save the Lord commanded me.*

*“7 And then the angel spake, saying: This thing is a similitude of the sacrifice of the Only Begotten of the Father, which is full of grace and truth.*

*“8 Wherefore, thou shalt do all that thou doest in the name of the Son, and thou shalt repent and call upon God in the name of the Son forevermore.*

*“9 And in that day the Holy Ghost fell upon Adam, which beareth record of the Father and the Son, saying: I am the Only Begotten of the Father from the beginning, henceforth and forever, that as thou hast fallen thou mayest be redeemed, and all mankind, even as many as will.” - [Moses 5:6-9](#)*



*"thou mayest be redeemed"*

God has revealed himself to his mortal children, given them commandments, and provided a Savior for them, even Jesus Christ, so that they can choose to return to him after this life.

We have been commanded to pray to God...

*“13 For whosoever shall call upon the name of the Lord shall be saved.*

*And yet...*

*“14 How then shall they call on him in whom they have not believed? and how shall they believe in him of whom they have not*

*heard? and how shall they hear without a preacher?*

*“15 And how shall they preach, except they be sent? as it is written, How beautiful are the feet of them that preach the gospel of peace, and bring glad tidings of good things!” - [Romans 10:13-15](#)*

27 Thus we may see that the Lord is merciful unto all who will, in the sincerity of their hearts, call upon his holy name.

*“28 Yea, thus we see that the gate of heaven is open unto all, even to those who will believe on the name of Jesus Christ, who is the Son of God.” - [Helaman 3:27-28](#)*

Why religion? So the Word of God can be preached to all mankind, so all may learn what God expects of them, and so everyone will have the opportunity to keep His commandments and one day return to His presence.

### Additional Resources

[Another Prophet Now Has Come!](#)

Mark E. Petersen

[Religious Freedom](#)

[Why Religion Matters: The Ground We Walk On](#)



## Power Over Death

Fathers should teach their children not to fear death because Jesus Christ overcame death for Himself and for everyone.

### **The Widow's Son / Luke 7:**

11 ¶And it came to pass the day after, that he went into a city called Nain; and many of his disciples went with him, and much people.

12 Now when he came nigh to the gate of the city, behold, there was a dead man carried out, the only son of his mother, and she was a widow: and much people of the city was with her.

13 And when the Lord saw her, he had compassion on her, and said unto her, Weep not.

14 And he came and touched the bier: and they that bare him stood still. And he said, Young man, I say unto thee, Arise.

15 And he that was dead sat up, and began to speak. And he delivered him to his mother.

### **Jairus' Daughter / Luke 8:**

49 ¶While he yet spake, there cometh one from the ruler of the synagogue's house, saying to him, Thy daughter is dead; trouble not the Master.

50 But when Jesus heard it, he answered him, saying, Fear not: believe only, and she shall be made whole.

51 And when he came into the house, he suffered no man to go in, save Peter, and James, and John, and the father and the mother of the maiden.

52 And all wept, and bewailed her: but he

### **Lazarus / John 11:**

39 Jesus said, Take ye away the stone. Martha, the sister of him that was dead, saith unto him, Lord, by this time he stinketh: for he hath been dead four days.

40 Jesus saith unto her, Said I not unto thee, that, if thou wouldest believe, thou shouldest see the glory of God?

41 Then they took away the stone from the place where the dead was laid. And Jesus lifted up his eyes, and said, Father, I thank thee that

### **Jesus Christ / Luke 24:**

39 Behold my hands and my feet, that it is I myself: handle me, and see; for a spirit hath not



**Jesus Christ is Messiah, The Anointed One.**

said, Weep not; she is not dead, but sleepeth.

53 And they laughed him to scorn, knowing that she was dead.

54 And he put them all out, and took her by the hand, and called, saying, Maid, arise.

55 And her spirit came again, and she arose straightway: and he commanded to give her meat.

56 And her parents were astonished: but he charged them that they should tell no man what was done.

thou hast heard me.

42 And I knew that thou hearest me always: but because of the people which stand by I said it, that they may believe that thou hast sent me.

43 And when he thus had spoken, he cried with a loud voice, Lazarus, come forth.

44 And he that was dead came forth, bound hand and foot with graveclothes: and his face was bound about with a napkin. Jesus saith unto them, Loose him, and let him go.

flesh and bones, as ye see me have.

40 And when he had thus spoken, he shewed

*them his hands and his feet.*

*41 And while they yet believed not for joy, and wondered, he said unto them, Have ye here any meat?*

### **Jesus Christ / 3 Nephi 11:**

*7 Behold my Beloved Son, in whom I am well pleased, in whom I have glorified my name— hear ye him.*

*8 And it came to pass, as they understood they cast their eyes up again towards heaven; and behold, they saw a Man descending out of heaven; and he was clothed in a white robe; and he came down and stood in the midst of them; and the eyes of the whole multitude were turned upon him, and they durst not open their mouths, even one to another, and wist not what it meant, for they thought it was an angel that had appeared unto them.*

*9 And it came to pass that he stretched forth his hand and spake unto the people, saying:*

*10 Behold, I am Jesus Christ, whom the prophets testified shall come into the world.*

*11 And behold, I am the light and the life of the world; and I have drunk out of that bitter*

*42 And they gave him a piece of a broiled fish, and of an honeycomb.*

*43 And he took it, and did eat before them.*

*cup which the Father hath given me, and have glorified the Father in taking upon me the sins of the world, in the which I have suffered the will of the Father in all things from the beginning.*

*12 And it came to pass that when Jesus had spoken these words the whole multitude fell to the earth; for they remembered that it had been prophesied among them that Christ should show himself unto them after his ascension into heaven.*

*13 And it came to pass that the Lord spake unto them saying:*

*14 Arise and come forth unto me, that ye may thrust your hands into my side, and also that ye may feel the prints of the nails in my hands and in my feet, that ye may know that I am the God of Israel, and the God of the whole earth, and have been slain for the sins of the world.*

Jesus Christ showed His power over death!

Because of Him, death is not the end...it is a new beginning!

### Additional Resources

#### [I Know That My Redeemer Lives](#)

LDS Hymnal #136

#### [Easter](#)

LDS.Org Video

#### [Blessed Are They That Have Not Seen, and Yet Have Believed](#)

LDS.Org Video

#### [Handel's Messiah](#)

Tabernacle Choir on Temple Square & Orchestra

#### [Christ the Redeemer](#)

Carlos H. Amado

Comment:

Scott B. Froerer, April 18, 2014 at 7:56 AM

*“As a father, teaching my children about Jesus is life changing.”*

## My Father's Voice



### ***“I Was Lost...Until I Heard My Father's Voice.”***

We were on a family vacation and had just arrived at the rented mountain cabin. Everyone jumped from the car and began unloading the luggage, except for me. I heard a squirrel chirping in the surrounding pine trees and went to investigate. It sounded so close. As I moved slowly into the evergreen and shadowy trees the sound seemed to be coming from just a little farther into the woods. Still not able to see the squirrel I took cautious steps ever further from the cabin and my family.

A thought came to mind, *“Don't lose sight of the cabin.”* I glanced over my shoulder and said to myself, *I'll remember the direction back*, and took more steps toward the enchanted chirping. One step led to another, and another.

Panic came on suddenly when I realized I wasn't sure which way to turn. I realized that if I chose the wrong direction, I would be going farther from, not nearer to, my family. Trying to hold back my fear from taking over, I stood completely still and listened. There were no voices or comforting sounds to lead me back. I tried to recalculate my situation and fought against my rising fear.

A thought came to mind, *“Wait where you are and listen.”* I turned my head in the most likely direction, froze in place, and listened once again. That's when I heard my father's voice call out my name! Fear was instantly replaced by a flood of relief. I quickly began walking toward my father's voice. I knew he knew the way and that all would be well...after his chastising me for wandering off.

Since this experience and long after my earthly father's passing, I still think of those words, *“Wait where you are and listen.”* So, here I stand, listening for my Heavenly Father's voice. I know He will call for me. I pray I will hear His voice. I know He knows the way.

#### Additional Resources

[That the Lost May Be Found](#)

M. Russell Ballard

# Holy Temples



Moroni is depicted on the spire of many latter-day temples.

Fathers who help their children learn the importance of keeping promises and becoming trustworthy citizens will also help them understand the importance of sacred temples.

The Holy Bible describes how the Lord commanded various prophets to build [temples](#).

*"In the temple we are taught, we make covenants, and we are promised blessings. We receive ordinances that enable us to live in the presence of God."* [Why Latter-day Saints Build Temples](#).

Apostle Mark E. Petersen testified:

*"Because the Lord desires to save mankind, even until the end, He revealed to John the Revelator that in the latter days angels would again fly through the midst of heaven as emissaries of the Almighty. John saw that one of these angels would fly from heaven to earth and would bring the everlasting gospel back to earth, it having been lost to mankind over the ages. [Rev. 14:6](#).*

*"That angel was Moroni...."*

*"We declare that there is revelation today! There are apostles and prophets on earth now! They are inspired, and they do speak the word of God. Marvelous and repeated angelic visitations have taken place in modern times as God once again established His divine Church on earth, following a long period of darkness." [The Angel Moroni Came!](#)*

The first prophet chosen to receive the "everlasting gospel" in these latter-days was [Joseph Smith Jr.](#)

Latter-day Saint Temples are sacred, a place of holiness, and we refer to each as a House of the Lord.

## Additional Resources

[Temple, The House of the Lord](#)

[Prepared in a Manner That Never Had Been Known](#)

Linda K. Burton

Posted 31st March 2014 by Scott B Froerer

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## One Hat Leadership



While serving as a Bishop for The Church Of Jesus Christ of Latter-day Saints, I began to feel overwhelmed with everything I was expected to do. I started adding up all the hats of responsibility I was constantly switching between during a single week.

There was a husband hat, a father hat, a son hat, a brother hat, a neighbor hat, a bishop hat, a employee hat, a student hat, a home teacher hat, a volunteer hat, a friend hat, a play hat, a yard hat, a fix-it hat, a scout hat, a meeting hat, a study hat, a teacher hat.... That's when a simple yet powerful idea came to me.

I decided to only wear one hat and I called it my serving Heavenly Father hat. I would serve Him as a husband, a father, a son, a brother, a neighbor, a bishop, a employee, a student, a home teacher, a volunteer, a friend, and in every other responsibility I bore. At the end of the day, I could report back to Heavenly Father and tell Him how I had carried out my responsibility. Symbolically wearing only one hat brought me great peace of mind.

In my report to Heavenly Father, I explained that tomorrow I would serve Him by giving more time to a responsibility I missed today. I would ask for His help in organizing or in improving the quality of my work. Rather than feeling like I had failed in so many of my responsibilities, I was able to say I had succeeded in doing my best to serve Heavenly Father.

I started wearing Just One Hat: the Serving Heavenly Father Hat

### Additional Resources

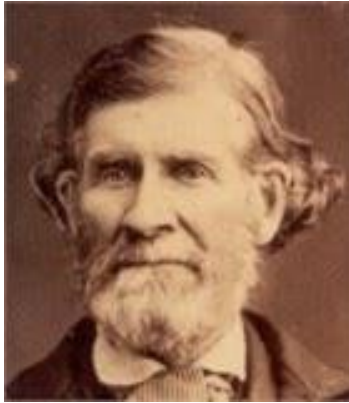
[How Do We Show Our Love?](#)

President Thomas S. Monson

Posted 7th March 2014 by Scott B Froerer

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# Your Life Makes a Difference



## **Armstead Moffett**

Birth:

Feb 7, 1814

Leesburg, Loudoun County, Virginia, USA

Death:

Mar. 27, 1891

Eden, Weber County. Utah, USA

Does how you live your life make a difference? Read Armstead Moffett's obituary and then answer this question.

Deseret News, June 5, 1891, page 7:

MOFFETT. – The news of the death of Brother [Armstead] Moffett, which occurred at his residence in Huntsville, Weber county, at 4:35 a.m., [March] 27 1891, was not entirely unexpected by his numerous friends and relatives.... He was the son of Robert Moffett and Bethsina M. [McGeath]....

Brother Moffett was a man highly esteemed and respected by his friends and acquaintances for his sterling integrity, untiring energy and, above all, for his openhanded charity. No one ever vainly appealed to him for assistance, if it was in his power to grant it....

In 1835 he went to Columbiana Co., Ohio, where he resided for two years, and while there heard the Gospel, and he and his sister Elizabeth Jane, the only ones of his mother's children, embraced it; he was baptized by Lorenzo Barnes October 9, 1837, at Rochester, Columbiana County, Ohio. In the fall of 1837 moved with his mother and family, in company with Moses Buck of Richmond, Mo., and from there to Far West. From there he was called to [Adam-ondi-ahman], where he went in company with

Alexander McKay; after assisting there returned to Far West with A. Lyman and Jacob Scott.... he saw the army arrayed against the Mormons, and Joseph, Hyrum and others betrayed into the enemies' hands.... He heard General Clark in a speech say they would never see those prisoners again alive....

...In the following year, Jan. 1845, he was married to Mary Jane Emmett, and went with the Emmett Company up the Iowa River, crossed the Missouri River in the spring of 1846 and went to Council Bluffs and joined the Saints there.... They were blessed temporally and his sister Elizabeth Jane Pierce and husband, Enoch Burns, and the families of Brothers Simson Emmett, Edson Whipple joined Brother Wilford Woodruff's company and started for the Great Salt Lake valley June 16, 1850, where they arrived after many hardships October 10, 1850. They were directed to Ogden by Brother H. C. Kimball, under the presidency of Lorin Farr....

Brother Moffett was ordained a Seventy in the thirty-eighth quorum, after which he was ordained a High Priest in order to act as Counselor to Bishop Erastus Bingham. He

served as clerk for the High Priests' quorum for several years, then as Counselor to Charles R. Dana, after whose death Brother L. Farr presided and chose Armstead Moffett as Counselor, which office he held up to his death.

...He moved up [to Ogden Valley] and, in company with Captain Hunt, erected a grist mill, which he sold. He then built two saw mills in company with Brothers Perry and Froerer, and with David Garner. In the fall of 1883 he went to Illinois and the surrounding States, for the purpose of getting genealogy, and on his return went to Logan remained there doing work for the dead until 1885, when he returned to the Eastern States for the purpose of gathering genealogy. On his return he moved to Logan city, where he remained and worked in the house of the Lord.... We can truthfully say of Bro. Moffett he was industrious, honest, temperate and faithful to the cause he espoused; he has been a man much blessed of God....

The deceased was the father of eighteen children and thirty-six grandchildren, to whom he set a good example, and whose temporal and eternal welfare he had diligently sought to promote.

Parents:

Robert C. Moffett (1783 - 1853)  
Bethsina *McGeath* Pierce (1794 - 1846)

Spouses:

Mary Jane *Emmett* Moffett (1825 - 1909)  
Lucinda *Emmett* Moffett (1831 - 1915)

Children:

Phoebe Jane Moffett (1846 - 1859)  
Martha Marinda Moffett (1848 - 1848)  
William Armstead Moffett (1850 - 1920)  
Mary Jane *Moffett* McBride (1852 - 1901)  
Malinda Ann Moffett (1854 - 1876)  
Joseph Ammon Moffett (1856 - 1932)  
Carlos Smith Moffett (1856 - 1876)  
Benjamin Franklin Moffett (1858 - 1874)  
Moses Simpson Moffett (1858 - 1940)  
Bethsina Moffett (1860 - 1861)  
Sarah Moffett (1860 - 1871)  
Alvin Smith Moffett (1862 - 1885)  
Delphia Bethsina Moffett (1863 - 1863)  
Elizabeth Ann *Moffett* [Froerer]  
    Wangsgaard (1864 - 1958)  
James Robert Moffett (1865 - 1943)  
Sariah *Moffett* Carter (1866 - 1946)  
John Moffett (1869 - 1870)  
Nathan Porter Moffett (1872 - 1937)  
John Franklin Moffett (1874 - 1876)

~ ~ ~ ~ ~

Does the way you live your life make a difference?  
As a descendant of Armstead, I think so.

Additional Resources

Family History

LDS.Org

"Love Her Mother"

Elaine S. Dalton

## A Self-Reliant Family



The Father of our spirits, Heavenly Father, gave physical life to Adam and Eve in the Garden of Eden. He commanded them to stay together, be fruitful, multiply, and replenish the earth ([Moses 4:18](#), [Genesis 1:27-28](#)). He also commanded them not to partake of the forbidden fruit. In order for Adam and Eve to keep the greater commandments (which I call the relationship commandments) they broke the lesser commandment (which I call the task commandment). As a result, they were driven out of the Garden and their carefree life was over. Now they were required to work to survive.

### **And so began the first Self-Reliant Family!**

A Self-Reliant Family is

- self-correcting
- self-determining
- self-perpetuating
- self-mastering
- self-motivating
- self-replicating
- self-supporting
- self-sustaining

Some couples begin their married life in the safety and well provided [Generational Family's Garden of Eden](#). Because of an accumulation of gathered wealth by hard working ancestors, sometimes today's generation is lavished with every comfort. Yet for most newlyweds, they must start their life together with little more than faith in each other and in their God. They strive to become a Self-Reliant Family!

We, like Adam and Eve, should continue calling upon God for help ([Moses 5:4](#)). They knew Him and knew they had been command by Him to start a family. They were determined to keep their relationship with their Heavenly Father. We, like they, can be determined to keep God's commandments as we become a Self-Reliant Family!

### Additional Resources

[Put Your Shoulder to the Wheel](#)

Neal A. Maxwell



## You Must Have 'Sisu'!



'Sisu' is a Finnish word meaning to have the courage and resolution to face adversity, even after repeated failures. Sisu is related to determination, perseverance, resilience, and having the guts to do what is right. A father has sisu when he sacrifices his own life to save the lives of his children.

Like water, sisu is a necessary part of life. Without sisu we will begin to wither and eventually die. Sisu is a gift from heaven which we must root for and then draw into our being. The process of rooting for sisu will anchor your life, bring nourishment to your soul, and allow you to grow ever closer to heaven's light. Sisu is a necessary part of fathering and will help you fill the full measure of your creation.

It is natural for the seed of your body (children) to yearn to be just like you. Fathers must face the winds and storms of life...for in them come the waters of life. Take courage, be more resolute, and with faith, endure to the end.

### **Fathers Must Have 'Sisu'!**

#### Additional Resources

[Filling the Measure of Your Creation](#)

Patricia T. Holland

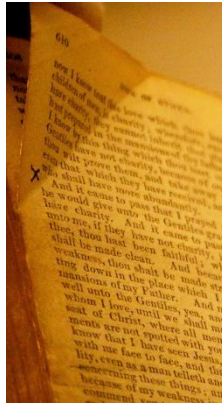
[How Firm a Foundation](#)

LDS Hymnal #85

Posted 31st January 2014 by Scott B Froerer

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## Reading Scripture



### Reading scripture can provide comfort and direction.

Fathers need all the help they can get, especially in times of difficulty. Reading and pondering scripture can provide needed direction and comfort.

The prophet Joseph Smith Jr. and his brother Hyrum Smith turned to the scriptures for such direction and comfort when faced with their impending martyrdom.

From the [Doctrine and Covenants, Section 135, Verses 4-6](#) we read:

*“When Joseph went to Carthage to deliver himself up to the pretended requirements of the law, two or three days previous to his assassination, he said: ‘I am going like a lamb to the slaughter; but I am calm as a summer’s morning; I have a conscience void of offense towards God, and towards all men. I shall die innocent, and it shall yet be said of me—he was murdered in cold blood.’—The same morning, after Hyrum had made ready to go—shall it be said to the slaughter? yes, for so it was—he read the following paragraph, near the close of the twelfth chapter of Ether, in the Book of Mormon, and turned down the leaf upon it: “And it came to pass that I prayed unto the Lord that he would give unto the Gentiles*

*grace, that they might have charity. And it came to pass that the Lord said unto me: If they have not charity it mattereth not unto thee, thou hast been faithful; wherefore thy garments shall be made clean. And because thou hast seen thy weakness, thou shalt be made strong, even unto the sitting down in the place which I have prepared in the mansions of my Father. And now I ... bid farewell unto the Gentiles; yea, and also unto my brethren whom I love, until we shall meet before the judgment-seat of Christ, where all men shall know that my garments are not spotted with your blood. [[Ether 12:36–38](#).] The testators are now dead, and their testament is in force.”*

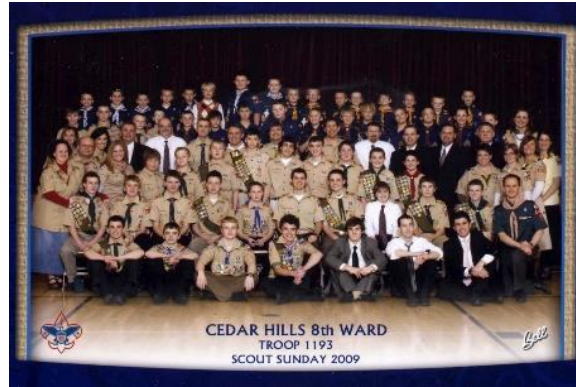
Under the most stressful conditions or simply facing the little day to day challenges, fathers need all the help they can get and scripture will provide needed direction and comfort.

### Additional Resources

[Hyrum Smith "Firm As the Pillars of Heaven"](#)

M. Russell Ballard

# Scouting



Fathers need all the positive help they can get and Scouting offers positive help.

The 1998 Boy Scouts of America Handbook states: Scouting promises you the tools to help you make the most of your family, your community, and your nation. The good deeds you perform every day will improve the lives of those around you. You will be prepared to help others in time of need.

Scouting builds character:

Young people need to know to be good and to do good. Few will argue with the importance of teaching values and responsibility to our children - not only right from wrong, but specific, affirmative values such as fairness, courage, honor, and respect for others. Beginning with the Scout Oath and Scout Law, the Boy Scouts of America program is infused with character-building activities that allow youth to apply abstract principles to daily living situations. - [see Why Scouting?](#)

Fathers can participate with their children while at the same time not having to do everything themselves. The Patrol, the Troop, and the Sponsoring Organization will provide an organized, prioritized, and customized adventure experience.

## **Fathering and Scouting is a Great Team**

### Additional Resources

#### "Run, Boy, Run!"

President Thomas S. Monson

Posted 10th January 2014 by Scott B Froerer

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## Life is Self-Evident



A prima facie or self-evident matter is clearly true and requires no proof or explanation. Life is self-evident.

Moral standards have been established by societies to protect life. Perhaps the most quoted standard of protection is the [United States Declaration of Independence](#). It states:

*"We hold these Truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."*

As our society strives to implement the highest moral standards of protection for human life, it is self-evident that a generational family has the greatest potential for securing, protecting, and sustaining a human life. A generational family can establish an environment where more than accumulated wealth and physical protection can be provided. A generational family can also provide personal identity, inspired instruction, and instill social virtues from a historical perspective.

A single generation family is a good start. A two generation family is better. A multi-generation family is the best! Each generation increases the circle of love and legacy.

Thank you great-grandfathers and great-grandmothers for the legacy you have provided for me and my generational family!

### Additional Resources

[A Legacy of Testimony](#)

Henry B. Eyring

[Family](#)

A Guide to the Scriptures

Posted 27th December 2013 by Scott B Froerer

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# A Happy Family

## A Happy Family Isn't Rocket Science.



Have you ever wanted to do something spectacular...like walk on the moon? Okay, but before it can be done, you will need to meet certain conditions in order to fulfill your dream.

Some important conditions you must meet before you can walk on the moon are:

- Arrange for the proper transportation (there and back).
- Provide the correct environmental controls (air, nourishment, etc.).
- Have sufficient resources (time, funds, and a great support team, etc.).

Your dream to walk on the moon can be fulfilled but certain conditions must first be met. If all the necessary conditions are met, then you can walk on the moon.

**Having a happy family isn't rocket science...and yet,**  
certain conditions must be met before you can really have a happy family.

So, personally, I...

- Pray often.
- Read and ponder scripture.
- Attend church and serve where I can.
- Try to live my life in the pattern Jesus Christ has commanded.
- Then invite my family to follow me and improve upon my example.

Because I want to have a happy family, I try to consistently and intentionally act in harmony with these conditions. And because I want our grandchildren to have a happy family, I invite them to follow our Redeemer too. It isn't easy, but at least it isn't rocket science.

### Additional Resources

#### [The Laws of God](#)

N. Eldon Tanner

#### [How to Dare Great Things](#)

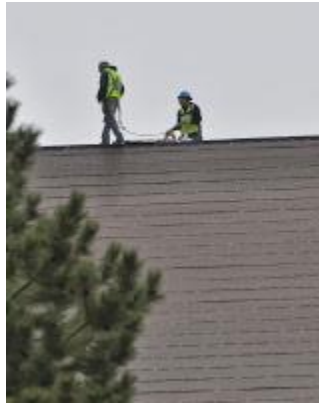
Elaine S. Dalton

### [Scripture / Study Helps](#)

### [Service Opportunities](#)

### [Marriage](#)

## "Don't You Trust Me?"



At some point, a child may ask: "Don't you trust me?"

In their wanting to be free from a parent's rules or to prove how grown up they have become, they will risk the consequences of a single misstep.

A wise father will find the words to say:

"Because I love you and want you to be safe, let me hold on a little longer."

Although we can't control the elements or the actions of others, we can strive to limit the consequences of evil through the Atonement of Jesus Christ and by keeping His commands and Our covenants.

### Additional Resources

#### [It Can't Happen to Me](#)

James E. Faust

#### [How to Talk to Your Parents](#)

Shanna Butler

#### [Rearing Children in a Polluted Environment](#)

Joe J. Christensen

#### [Trust in the Lord](#)

Gene R. Cook

Posted 24th November 2013 by Scott B Froerer

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## Remember Jesus



From the *Book of Mormon ~ Another Testament of Jesus Christ*, we learn that the resurrected Lord showed himself to the people of Nephi and instituted the sacrament.

The sacrament helps us remember Jesus and renew our baptismal covenant to keep His commandments. Through the keeping of His commandments we are promised that His Spirit will always be with us.

We read in [3 Nephi 18](#):

*“1 And it came to pass that Jesus commanded his disciples that they should bring forth some bread and wine unto him.*

*“3 And when the disciples had come with bread and wine, he took of the bread and brake and blessed it; and he gave unto the disciples and commanded that they should eat.*

*“7 And this shall ye do in remembrance of my body, which I have shown unto you. And it shall be a testimony unto the Father that ye do always remember me. And if ye do always remember me ye shall have my Spirit to be with you.*

*“8 And it came to pass that when he said these words, he commanded his disciples that they should take of the wine of the cup and drink of it....*

*“10 And when the disciples had done this, Jesus said unto them: Blessed are ye for this thing which ye have done, for this...doth witness unto the Father that ye are willing to do that which I have commanded you.*

*“11 And this shall ye always do...in remembrance of my blood, which I have shed for you, that ye may witness unto the Father that ye do always remember me. And if ye do always remember me ye shall have my Spirit to be with you.” [Underline added.]*

Fathers who remember Jesus, His resurrection, and His commandments will begin to realize the importance of living today for tomorrow.

~

Fathers who remember Jesus and truly receive His Spirit will have Heaven's help in being a better father.

### Additional Resources

#### Sacrament Meeting and the Sacrament

Dallin H. Oaks

#### As Now We Take the Sacrament

L. Tom Perry

#### The Sacrament

David B. Haight

# We Are Sowing



Eyes4Zimbabwe Humanitarian Project

## [We Are Sowing, Hymn #216](#)

1. We are sowing, daily sowing  
Countless seeds of good and ill,  
Scattered on the level lowland,  
Cast upon the windy hill;  
Seeds that sink in rich, brown furrows,  
Soft with heaven's gracious rain;  
Seeds that rest upon the surface  
Of the dry, unyielding plain;

2. Seeds that fall amid the stillness  
Of the lonely mountain glen;  
Seeds cast out in crowded places,  
Trodden under foot of men;  
Seeds by idle hearts forgotten,  
Flung at random on the air;  
Seeds by faithful souls remembered,  
Sown in tears and love and prayer;

3. Seeds that lie unchanged, unquickened,  
Lifeless on the teeming mold;  
Seeds that live and grow and flourish  
When the sower's hand is cold.  
By a whisper sow we blessings;  
By a breath we scatter strife.  
In our words and thoughts and actions  
Lie the seeds of death and life.

4. Thou who knowest all our weakness,  
Leave us not to sow alone!  
Bid thine angels guard the furrows  
Where the precious grain is sown,  
Till the fields are crown'd with glory,  
Filled with mellow, ripened ears,  
Filled with fruit of life eternal  
From the seed we sowed in tears.

*Text:* Anon., *Pure Diamonds*, Cleveland, 1872

*Music:* Henry A. Tuckett, 1852-1918

## [D&C 6:33](#)

33 Fear not to do good, my sons, for  
whatsoever ye sow, that shall ye also reap;  
therefore, if ye sow good ye shall also reap  
good for your reward.

## [Psalm 126:5-6](#)

5 They that sow in tears shall reap in joy.  
6 He that goeth forth and weepeth,  
bearing precious seed, shall doubtless come  
again with rejoicing, bringing his sheaves  
with him.

## [Additional Resources](#)

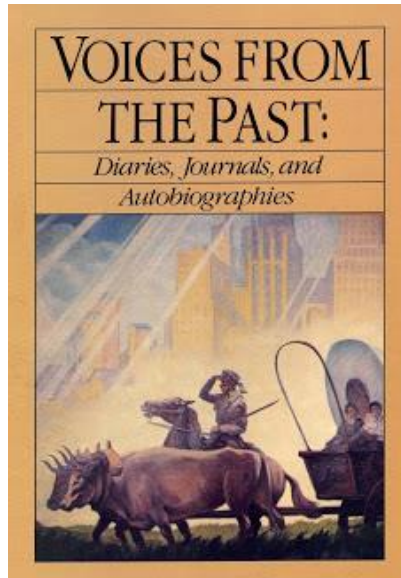
### [Christlike Attributes](#)

Video

### [Good Habits Develop Good Character](#)

Delbert L. Stapley

## Voices From the Past



*“The Savior emphasized the importance of keeping records. And one of the most valuable records is the one you keep of your own life.”*

(The Angels May Quote from It - [October 1975 New Era](#), Spencer W. Kimball)

In 1980 the [Campus Education Week](#) department, under the direction of Brigham Young University's Division of Continuing Education, compiled a small book entitled:

### Voices From the Past: Diaries, Journals, and Autobiographies

The editorial board included: Leonard J. Arrington, Thomas G. Alexander, Donald Q Cannon, Richard H. Cracroft, and Neal E. Lambert. It was “dedicated first to our ancestors who took the time to share portions of their lives with us; next to those who are now recording personal experiences for future generations; and finally to our children whose lives may be guided by these distant but shining ancestral stars.” Campus Education Week has graciously given their permission to make available this wonderful collection.

Have your ancestors left you inspiring voices from their past?

~

Will your children's children have your voice to inspire them?

Would you like to share an inspiring story?

Please submit it to:

[fathering.leadership@gmail.com](mailto:fathering.leadership@gmail.com)

#### Additional Resources

[The Angels May Quote from It](#)

Spencer W. Kimball

[The Ten Day Journal Challenge](#)

Fathering Leadership Journal Record



## The Book of Mormon



As a young man I read the first sentence of [The Book of Mormon ~ Another Testament of Jesus Christ](#) and knew it was the start of a great adventure. It began:

*I, Nephi, having been born of goodly parents, therefore I was taught somewhat in all the learning of my father;*  
- [1 Nephi 1:1](#)

I immediately liked Nephi. And, like Nephi, I too trusted my parents and wanted to be like my father. I too wanted to know more about spiritual things. By the time I finished reading,

I knew The Book of Mormon was true. I knew that no uninspired man or men could have written such a book. Nevertheless, I decided to do as the book's final prophet Moroni recommends:

*And when ye shall receive these things, I would exhort you that ye would ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with real intent, having faith in Christ, he will manifest the truth of it unto you, by the power of the Holy Ghost.*  
- [Moroni 10:4](#)

I prayed to God, my Eternal Father, in the name of Jesus Christ, if The Book of Mormon was true. Gradually over the next fifty years my testimony has grown from a simple good feeling about its truthfulness to a sure knowledge that The Book of Mormon is true. I know it is true.

The Book of Mormon guides, informs, and inspires me as I strive to be a better father. I know your prayers will be answered regarding this remarkable book of Holy Scripture and you will feel closer to our Savior, Jesus Christ.

### Additional Resources

[The Holy Bible](#)

Scriptures

[The Book of Mormon ~ Another Testament of Jesus Christ](#)

Scriptures

[BYU TV](#)

# Prayer



My mother taught a frightened-of-the-dark young child this prayer:

Now I lay me down to sleep,  
Please Dear Lord my soul to keep.  
Place four angels 'round my bed;  
Two at my feet and two at my head.  
If I should die before I wake,  
Please Dear Lord my soul to take.

I believe prayer makes all the difference.

I know there is a divine Heavenly Father. I know He cares about His children. I know He is personally interested in my happiness. I know He has given me the courage to face my fears and challenges. I know I will see Him again after I die.

## Additional Resources

[We Never Walk Alone](#)

[President Thomas S. Monson](#)

## LDS Topics ~ Prayer

### LDS Hymnal

- [Did You Think to Pray? \(#140\)](#)
- [Sweet Hour of Prayer \(#142\)](#)
- [Prayer Is the Soul's Sincere Desire \(#145\)](#)
- [Home Can Be a Heaven on Earth \(#298\)](#)

### LDS Children's Songbook

- [A Child's Prayer \(#12\)](#)
- [I Pray in Faith \(#14\)](#)
- [Children All Over the World \(#16\)](#)
- [A Prayer Song \(#22\)](#)
- [We Bow Our Heads \(#25a\)](#)
- [I Love to Pray \(#25b\)](#)
- [Search, Ponder, and Pray \(#109\)](#)
- [Family Prayer \(#189\)](#)

# Generational Families

Your Generational Family is a treasure in many ways.



Families Are a Treasure

[Yo-Yo Ma's](#) father, Hiao-Tsiun Ma, is quoted as saying: *“It takes three generations to make a musician: the first to leave poverty, the second to go to school, and the third to master an instrument.”* ([Link: PBS, Faces of America](#)) Yo-Yo Ma's generational family shared their treasure with him and he, in turn, is sharing his treasure with the world. Generational families can build wealth, provide learning opportunities, and inspire self-mastery.

Your father and mother gave and sustained your life. Your generational family gave you an ancestral name and historical identity. Your physical characteristics are inherited through your nourishing genealogy tree. Who you are, is in part, a result of who they were.

How has your generational family helped you?

~

What generational treasure are you going to pass on?

Still, it's not about numbers, or wealth, or fame. The great treasures of a generational family are the lessons learned from life and the inherited wisdom of past ages. And as the Apostle Paul said, the greatest treasures are: *“faith, hope, charity, these three; but the greatest of these is charity.”* ~ [1 Corinthians 13:13](#). Pass it on!

## Additional Resources

["That Our Children May Know"](#)

Jeffrey R. Holland

[The Family: A Proclamation to the World](#)

[Family History and Genealogy Records](#)

Posted 4th September 2013 by Scott B Froerer

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## A Father's Warning



Slow down before it's too late!

When Patrick was learning to drive, his father directed him to follow the south road leading out of town and warned him to slow down well before reaching the top of the hill or it would be too late if he didn't. Patrick listened to his father.

At the top of the hill Patrick saw for himself the wisdom of his father's counsel. Skid marks told the sad story of the most recent driver who hadn't paid attention to the warning signs and thus paid the price by going over the embankment. Through the years, this curve has caught many drivers by surprise. Patrick would long remember and appreciate his father's advice.

A father's warning can protect his children from unseen dangers...before it's too late.

### Additional Resources

#### [Each a Better Person](#)

President Gordon B. Hinckley

## Learning to Share



Sharing is a Learned Behavior

Teach your children to share.

As I've watched young children over the years it has become interesting to observe their willingness to share...or not. Fathers, it becomes more likely your child will model what they see you do...so model sharing!

They will more likely do what you intentionally and repeatedly reinforce during one of your "teaching moments." The next time you have an opportunity, praise your child for sharing. Try having a "stop-the-action" moment where you interrupt whatever is going on and thank your child for sharing.

Don't let positive behavior go unnoticed or unappreciated! Sharing is the foundation of all positive relationships.

### Additional Resources

[I Can Help Others Be Happy by Sharing](#)

Primary 2: Choose the Right manual

[Alma 1:29-30](#)

The Book of Mormon ~ Another Testament of Jesus Christ

[Unselfish Service](#)

Dallin H. Oaks

Posted 9th August 2013 by Scott B Froerer

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## Claim Your Blessings



Thank You, Papa !!!

Unfortunately, many blessings go unclaimed. A blessing is something that meets a need, provides a comfort, or fulfills a heartfelt desire in a way that improves life. An unclaimed blessing is similar to not enjoying the complimentary breakfast provided by the hotel where you spent the night.

Like the missed complimentary breakfast, we far too often leave fathering blessings unclaimed. Perhaps we aren't aware of the prepaid blessing's existence or perhaps we choose not to rise up early enough to claim the blessing waiting for us. Knowing, choosing, and acting wisely can increase the likelihood of your claiming the blessings of fatherhood.

What are the blessings of fatherhood? Potential blessings include the joys in planning for, the conceiving of, and in contributing to a child's miraculous existence. As the paternal partner, you may be given the blessing of participating in the preparation, training, and maintaining of your child's growth and development. Your sincere efforts to love and care for your children will be the most personal example of Heavenly Father's love you can give your family.

One of heaven's greatest prepaid blessings available to man is to participate together, as loving paternal and maternal partners, in God's eternal and life-renewing circle of love.

Fathers, claim your blessings  
by doing the best you can,  
by rising up to your full potential,  
and by showing your children  
you truly care for them  
and for their mother.

### Additional Resources

[Ask of God: Our Solace, Guide, and Stay](#)

[Bonnie H. Cordon](#)

[Science and human heart both say dads important to a kid's life](#)

[Lois M. Collins](#), Deseret News

Published: Saturday, June 15 2013 6:00 a.m. MDT

Updated: June 17, 2013

## Why Marriage?

When I first read the Bible, it was easy for me to imagine having a Heavenly Father. I read of when Jesus taught us to pray,

*“Our Father which art in heaven, Hallowed be thy name....Thy will be done in earth, as it is in heaven.”* [Matthew 6:9-10](#).

And John declared, *“...we have seen and do testify that the Father sent the Son to be the Saviour of the world.”* [1 John 4:14](#).

Because I believed what Jesus and his apostles taught, I believed and prayed to our Heavenly Father.



In time, I fell in love with the girl I sat next to in my high school English class and seven years later we were married. My joy was overflowing and I prayed for our companionship to last forever. Today, forty-one years later, I still offer the same prayer.

On the 14th of May, 1971, just seven months before my high school sweetheart and I were married, [President Joseph Fielding Smith](#) delivered a talk on the campus of [Snow College](#). In it he stated:



“As man now is, God once was; As God now is, man may become.”

This inspired and motivated my soul.

As easy as it was for me to believe in a Heavenly Father, it was just as easy for me to picture a Heavenly Mother. Now more than ever, I desire for my sweetheart and I to become like our Heavenly Parents and to be together forever!

Why marriage? Ultimately it is to be gloriously happy by striving to become like our Heavenly Parents. This is easy for me to believe in, as well as to hope and strive to live for.

### **Marriage Is All About Each Individual's Growth**

When marriage is less of mine and more of ours,  
When marriage is less of taking and more of sharing,  
When marriage is less of what I want and more of what we need,  
When marriage is less of personal freedom and more of mutual responsibility,  
When marriage is less of individual rights and more of combining possibilities,  
When marriage is less an expression about self and more a communication about uniting,

Then uniting often leads to becoming a parent,  
Then becoming a parent often leads to magnification and fulfillment,  
Then magnification and fulfillment often leads to complications,  
Then complications often leads to frustration,  
Then frustration often leads to individual growth,  
And marriage is all about each individual's growth.

### Additional Resources

[Why is Marriage So Important?](#)

[TRANSCRIPT: President Eyring Addresses the Vatican Summit on Marriage](#)

Henry B. Eyring

[Our Great Potential](#)

President Spencer W. Kimball

Finding Lasting Peace and Building Eternal Families

L. Tom Perry

O My Father

LDS Hymnal, #292, Text: Eliza R. Snow, 1804-1887, Music: James McGranahan, 1840-1907

LDS Videos

Enduring Love

Lasting Marriage

Families Can Be Together Forever

Posted 21st June 2013 by Scott B Froerer

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## Father's Stewardship

Your Family is Your Greatest Stewardship.



**Family and the Covenant** was dedicated on 17 July in Logan, Utah, by Elder [L. Tom Perry](#) of the Quorum of the Twelve Apostles. Created by Bill L. Hill and located on the grounds of the Logan Tabernacle, the sculpture depicts a couple and their three children gazing toward the Logan Temple. [Ensign Oct. 1999](#)



An answered prayer, written by Meade McGuire:

*Father, where shall I work today?  
And my love flowed warm and free.  
Then He pointed out a tiny spot  
And said, "Tend that for me."*

*I answered quickly, "Oh no, not that!  
Why, no one would ever see,  
No matter how well my work was done;  
Not that little place for me."*

*And the word He spoke, it was not stern;  
He answered me tenderly:  
"Ah, little one, search that heart of thine.  
Art thou working for them or for me?  
Nazareth was a little place,  
And so was Galilee."*

This poem's concluding lines might be rewritten to say:

*Home is just a little place  
And so is your family.*

A father's [stewardship](#) is sacred. Heavenly Father has entrusted earthly fathers with the care and responsibility to preside, protect, and provide for His children within a family.

Have a Happy Father's Day!  
A Family ~ There Is No Greater Stewardship

### Additional Resources

[Home and Family](#)

Video

[Fatherhood—Our Eternal Destiny](#)

Larry M Gibson

# Forgiving Yourself

We have all offended someone. Perhaps we have even caused a serious physical or emotional wound. Looking back, we anguish over our actions and wish we could take back our words or deeds. We wish we could make it all go away...but we can't.

What can you do? You can start forgiving yourself by forgiving others first.

Think about this ~

If everyone forgave all who had hurt them, the circle of forgiveness would be complete. This means that those you hurt would have also forgiven you. And isn't this what you really want, to know that those whom you hurt, have completely forgiven you?

Remember this ~

*"10 When Jesus had lifted up himself, and saw none but the woman, he said unto her, Woman, where are those thine accusers? hath no man condemned thee?"*

*"11 She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more." - [John 8:10-11](#) (underlining added).*



There are no accusers within the completed circle of forgiveness. And, by the grace of God, neither will the Lord accuse you.

We pray ~

*"12 And forgive us our debts [offenses], as we forgive our debtors [offenders].*

*trespasses, your heavenly Father will also forgive you:" - [Matthew 6:12, 14](#)*

*"14 For if ye forgive men their*

And isn't this what you really need, to know that your Father in heaven completely forgives you?

Fathers, start forgiving yourself by forgiving others first.

## Additional Resources

### [Go and Sin No More](#)

Bible Videos - The Life of Jesus Christ

Posted 31st May 2013 by Scott B Froerer

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## Fathering Toolbox



Every father has a fathering toolbox. Within every toolbox are tools which are passed down by daily example from parents, grandparents, teachers, friends, and the community. Some fathering tools are easy to take up and begin using. Other fathering tools are difficult to figure out or dangerous for a beginner to wield. Still, in the hands of a craftsman, the right tool makes the work easy and the results stunning.

Fathers should remember they are on holy ground when they take up a tool to help build a child, *“for of such is the kingdom of God.”* - [Luke 18:16](#). Fathers are temple workers as they impart their skill in raising a child. ([1 Corinthians 3:16](#), [John 2:18-22](#)).

### Fathering Tools might include:

1. Force – “You will do it or else.”
2. Incentives – “When you’re done you can have a treat.”
3. Options – “Do you want to eat your peas or carrots?”
4. Reasoning – “If you share with others, others will share with you.”
5. Making it Fun – “Let’s see who can pick up the most toys.”
6. Assuming the Best – “I trust you to come home on time.”
7. Warning – “Don’t touch the stove or you’ll get burned.”

Pray for instruction, and like Nephi, you will be taught how to build your child:

*“Now I, Nephi, did not work the timbers after the manner which was learned by men, neither did I build the ship after the manner of men; but I did build it after the manner which the Lord had shown unto me....”*  
- [1 Nephi 18:2](#).

Our Heavenly Father is the perfect craftsman. We, as a father, can learn from Him to use the right tool, in the right way, and the results will be stunning. For after all, our children were His children first...and they still are.

### Additional Resources

[Go Forth to Serve](#)

Hartman Rector Jr.

[Leave the Party](#) (video)

Gary E. Stevenson

## Mothers



### Mothers Deserve Your Greatest Respect

As a father, your wife and childbearing partner, deserves your greatest respect. Stated another way: “The most important thing a father can do for his children is to love their mother”. ~ Rev. Theodore Hesburgh

Mothers-to-be must carry your child within her enlarging womb for the better part of a year and then risk her physical life to give birth to your newborn fragile daughter or son. Afterwards, it may take months for her to heal and recover from her birthing labor. A woman's body and emotions are forever changed after becoming a mother.

Although it takes a partnership to create life, as the father of this new soul, your physical body is unable to nourish your infant child. Miraculously, your wife's body has been designed to provide for your new little family member with needed life sustaining milk. This nourishment generally sustains your child with all that is needed for the first critical months of life.

A mother is required to sacrifice so much more than you are to bring children into this world. And although a mother's and a father's sacrifices cannot be compared, a father is asked to join his partner in the on-going sacrifice after their child is born. By design, you as father, are asked to sacrifice by providing for and protecting your wife and children. Together, you and the mother of your children, are asked to give your best efforts, as co-partners, to raise a cared-for and healthy new generation.

Fathers, always remember,  
Mothers Deserve Your Greatest Respect!

### Additional Resources

#### [Love Her Mother](#)

Elaine S. Dalton

#### [Our Father, by Whose Name](#)

~ LDS Hymnal, # 296

#### [Mother in Heaven](#)

LDS.org

Posted 10th May 2013 by Scott B Froerer

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## [A Family Focus](#)



Are less important 'things' keeping you from focusing on your family? Are you seeing the amazing details and celebrating the daily growth of your loved ones? What can you do to more appropriately focus on your family?



Stop, Look, and Listen!

When I was young, I was taught to Stop, Look, and Listen before crossing the street. When you arrive home tonight, before crossing your feet and laying back on the sofa, Stop, Look, and Listen to your family. Focus your attention on your family and find a way to communicate your love for them.

Jeffrey R. Holland rightly asks, *"As a father, I wonder if I and all other fathers could do more to build a sweeter, stronger relationship with our sons and daughters here on earth."* With heaven's help, you can make a difference by staying,

**Focused on Your Family.**

### Additional Resources

[The Hands of the Fathers](#)

Jeffrey R. Holland

[First Observe, Then Serve](#)

Linda K Burton

[Touching the Hearts of Our Youth](#)

Robert D. Hales

Posted 3rd May 2013 by Scott B Froerer

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## Treat Others the Way...

you want to be treated.



### Matthew 7:

*12 Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets.*

My friends and I were playing King of the Hill when a valuable boyhood lesson began to unfold.

A large dirt hill was our kingdom and each of us were trying to see how long we could obtain and then stay on the hill's top. Inevitably we would be pulled down from our throne by others trying to take our place.

A new kid to our neighborhood with red hair sat watching us from across the street. Someone in our group yelled "You can't play with us!" He yelled back, "I wouldn't play with you even if you wanted me to!" A dirt clod was thrown at him and a rock was hurled towards us.

I never saw it coming. The rock hit me and opened a large cut next to the corner of my left eye. Someone said to me, "Go beat him up!" "I don't have to," I replied, then added "He'll get what he deserves," and I headed home. My worried mother helped patch me up.

A week later I came across this same red haired boy while riding my bike around the block. I stopped my bike when I saw his seriously injured face and asked what happened to him. He told me he had crashed his bike in the road. It was obvious from the large scrapes and scratches to one full side of his face that he had landed hard. Surprising myself, I said, "I guess you got what you deserved." And even more surprising, he replied, "I guess so."

Later, the thought came to me: *People who hurt you will get what they deserve and it will be much worse than you would ever want for them.* This thought took any remaining desire for personal revenge right out of my heart.

Fathers -- seek ways to teach your children the Golden Rule:

### **Treat Others the Way You Want to Be Treated**

#### To Turn or To Flee

The Savior said: "*whosoever shall smite thee on thy right cheek, turn to him the other also.*" – [Matthew 5:39](#). This noble virtue is embraced by those who believe if they "forgive" others, their own sins "*shall be forgiven*" – [Luke 6:37](#). And, they seek to keep the "commandment" to "*love one another; as I have loved you, that ye also love one another.*" – [John 13:34](#)

Turning the other cheek is always the correct counsel when you have been offended or sinned against. Remember it was Peter who asked Jesus: "*Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.*" – [Matthew 18:21, 22](#)

Perhaps the wisest advice is to completely avoid conflict if at all possible. As my grandfather used to say, "It's a slow pair of legs that lets your face get beat up." This practical advice not only helps prevent the need for forgiveness, it can also save us from a great deal of unwanted pain.

Lehi was commanded by the Lord to flee with his family from Jerusalem to avoid being murdered by wicked men. – [1 Nephi 2:1-4](#). Joseph and Mary, did "flee into Egypt" to save the life of our Savior, Jesus Christ. – [Matthew 2:13-15](#). Joseph, who was sold into Egypt, fled Potiphar's wife to avoid a great sin. – [Genesis 39:7-12](#). Fleeing from sin is always a good idea.

We should flee when we can and forgive when we must. Ultimately, our heavenly reward is decided by the choices we make and not by the choices others make.

Additional Resources

Retaliation, law of, or *lex talionis*

- LDS Bible Dictionary

Sermon on the Mount

- Holy Bible, Matthew 5:38-42

Over Come Evil With Good

- Holy Bible, Romans 12:19-21

Posted 26th April 2013 by Scott B Froerer

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## Catching Angry Words



Fathers must learn to catch angry communication, then, return words of gentleness.

When angry communication is thrown at you, you can choose to be like the baseball catcher waiting at home plate.

- First, remember it's your job to catch the ball.
- Second, stay calm as the ball is thrown at you as hard as possible and in such a way as to make it turn, fall, or twist in deceptive ways.
- Third, let your extra padded catcher's mitt absorb all the sting.
- Fourth, be gentle when tossing the ball back to the pitcher.
- Fifth, be ready for another speeding ball to be hurled at you.
- Sixth, don't take it personally or find fault with your pitcher.
- Seventh, remember you are both on the same team!

Knowing you are on the same team makes all the difference. Be a team player. Strive to improve your family team and help each player reach their divine potential.

### Additional Resources

[Come, Ye Thankful People](#)

LDS Hymnal, # 94, Text by Henry Alford, 1810-1871

[Matthew 5:33-48](#)

The Holy Bible ~ Turn the Other Cheek

Posted 12th April 2013 by Scott B Froerer

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# Planning



Planning can make good things happen.

Good intentions are good, intentional behavior is better, and well planned collaborated behavior is best. Successful accomplishments are almost always planned well in advance.

Henry Wadsworth Longfellow said it this way:

*The heights by great men reached and kept  
were not obtained by sudden flight,  
but they, while their companions slept,  
were toiling upward in the night.*

Great destinations are reached by placing one well-placed step after another...after another...after another. A successful father will take the time to plan and then strive to accomplish that plan one step at a time.

Successful planning begins by asking six simple questions:

What? Why? When? How? Where? and Who?

The way to remember these six questions is by repeating a few lines from Rudyard Kipling's poem, The Elephant's Child:

*I keep six honest serving-men  
(They taught me all I knew);  
Their names are What and Why and When  
And How and Where and Who.*

Put your plan in writing!

**What** are you planning to do?

**Why** are you going to do it?

**When** are you going to do it?

**How** are you going to accomplish your plan?

**Where** are you going to accomplish your plan?

**Who** is going to accomplish your plan with you?

The main points in effective planning are to THINK about what you want to do, ORGANIZE your thoughts, COMMUNICATE your plan, PREPARE WELL, and then MAKE IT HAPPEN!

## Additional Resources

[Can a Husband and Wife be Together Forever?](#)

## Parable of the Foxholes

Lance B. Wickman

## Good Advice



1918 - 1985

We were all sitting when I announced we were engaged to be married. After a protracted silence, rather than congratulating us and offering some fatherly advice, my father calmly asked me if I had a job? My fiancée quickly answered: “No, but I do.” She had just been hired as a teacher at a local high school. We didn’t have much and that didn’t seem to matter... we were in love.

Instead of giving me advice (or a piece of his mind,) my father arranged for us to baby sit a neighbor’s house while they were on an extended vacation and then to live in another neighbor’s basement for a short time...we were happy.



My father paid my university tuition and purchased a small car for us so that I could continue my studies by driving the 140 miles round trip, to and from my university campus, three days a week.

In time, my father co-signed with us to purchase a modest three bedroom house and sent us \$100 each month for the next twelve months. We began to make our house a home.

Now, these many years later and after raising five children, I look back with gratitude. Where would I have been without my dear wife and caring father?

Oh yea, the Ten Two Letter Words of advice:

**If It Is To Be,  
It Is Up To Me**

...and a good wife!  
...and a good father!  
...and good children!  
...and help from heaven!

### Additional Resources

[Being a Righteous Husband and Father](#)

President Howard W. Hunter

Posted 21st March 2013 by Scott B Froerer

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## My Hero



Because my grandfather, Papa Brown, overcame the addictive power of alcohol and tobacco, he's my hero.

Papa worked for the railroad during the steam engine era and in spite of his dangerous and strenuous work, he wasn't paid much. On payday he would often spend his small salary drinking with his buddies and, more than once, he had his earnings stolen before he could even bring it home. He recalled: *"No matter how drunk I got no one could ever steal my pocket watch from me."*

During the winter, my mom, with her brother and two sisters, pulled a small wagon down to the railroad tracks where Papa's railroad buddies would sometimes throw coal from the train as it passed by their home. This extra coal kept their furnace from going out.

I was a young boy when Papa waved me to his side and said: *"I want to tell you about an experience I had while standing where you were just standing. As I looked up into the sky, the clouds parted, and I saw the face of Jesus. When the clouds closed I walked into the kitchen, poured myself a shot [a small glass of alcohol], drank it, and said to my wife, that's my last drink."* She said: *"I'll believe that when I see it."* Then, with added emotion, he said to me, *"That was the last drink [of alcohol] I ever had."*

These stories don't fully describe the Papa I knew. I've since come to understand how incredibly difficult it is to overcome destructive habits. Undoubtedly my grandfather's improved behavior, the giving up of alcohol and eventually tobacco, made him an easier person to live with. Certainly my grandmother deserves tremendous respect for holding their struggling little family together.

Because Papa was strong enough to change his life, my grandfather is my hero!

### Personal Development Activity



Try this simple test. Put your hand in one of your pockets and say to your hand, *"You can't come out until I tell you."* Then go about your regular activities for a few minutes. Did your hand come out of the pocket without permission? If so, try it again. Were you more successful controlling your body this time?

Breaking unnecessary or unwanted habits is both challenging and rewarding.

1<sup>st</sup> – Remember that you're in charge! Put your hand back in your pocket every once in a while to remind your body who's in charge.

2<sup>nd</sup> – Immediately begin a preplanned alternative behavior when an unwanted behavior comes to mind.

3<sup>rd</sup> - Don't give up! You will love who you are becoming.

### Additional Resources

[The Word of Wisdom: The Principle and the Promises](#)

Boyd K. Packer

[The Priesthood Man](#)

Henry B. Eyring

## Everything in Its Place



My grandfather taught me a lesson on the principle of order.



As I walked with him into his narrow workshop, he said: ***There is a place for every tool and every tool is in its place.*** As I glanced along the wall of his workshop, I saw evidence of his putting into practice what he preached.

During the coming months and years, I carefully followed his order. I always felt like I was a welcomed guest in Papa's workshop. So, to ensure future permission, I made sure to clean and return every tool to its place before leaving his workshop.

The benefits of following Papa's order were obvious to me. Permission to enter 'the workshop' was always given and I felt his trust. While working, I never had to search for a tool. I began to better organize my own things outside the shop and the practice of putting things away after using them became a part of my life.

Sometime later, during one of my visits to his workshop, I noticed a missing tool. Upon asking about it, my aging grandfather said he believed the tool had been borrowed by a relative and was yet to be returned. On the following visit, I discovered a padlock on the workshop door.

We should each develop greater order in our homes and endeavor to keep everything in its place.

### Additional Resources

[Let Us Set in Order Our Own Houses](#)

Marion G. Romney

Posted 8th March 2013 by Scott B Froerer

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# Becoming One Flesh

Parenting is Becoming One Flesh



Once the earth was created, “*God saw everything that he had made, and, behold, it was very good*” ([Genesis 1:31](#)).

From Adam’s rib, God “*made her a woman, and brought her unto the man*” ([Genesis 2:22](#)).

Adam declared, “*she shall be called Woman, because she was taken out of Man*” ([Genesis 2:23](#)).

“*Therefore shall a man*”, declares the Holy Bible, “*cleave unto his wife: and they shall be one flesh*” ([Genesis 2:24](#)).

When Adam and his wife, Eve, became parents, they literally became one flesh.

“*Lo, children are an heritage of the Lord: and the fruit of the womb is his reward*” ([Psalm 127:3](#)).

“*Children’s children are the crown of old men; and the glory of children are their fathers*” ([Proverbs 17:6](#)).

Fathers should always be grateful, respectful, and appreciative for the mother of their children. “*Indeed, one of the greatest things a father can do for his children is to love their mother*” (Howard W. Hunter, [Being a Righteous Husband and Father](#)). You are more likely to have loving children, when they see their father treating their mother with love.

You must plant an acorn if you want to one day rest under the shade of a great oak tree.

**Parenting ~ Becoming *One Flesh*, is desirable above all other endeavors.**

## Additional Resources

[Being a Righteous Husband and Father](#)

President Howard W. Hunter

[Marriage Between a Man and Woman](#)

Ryan T. Anderson

Posted 1st March 2013 by Scott B Froerer

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## What Matters Most



We, as fathers, should focus on what matters most.

Like other ancient prophets, Lehi, from The Book of Mormon ~ Another Testament of Jesus Christ, had to flee with his young family to protect their lives. *"And it came to pass that he departed into the wilderness. And he left his house, and the land of his inheritance, and his gold, and his silver, and his precious things, and took nothing with him, save it were his family, and provisions, and tents, and departed into the wilderness."* ([1 Nephi 2:4](#))

Although he fled without any worldly treasure, he focused on what mattered most...his family and faith on the Lord's promised blessings.

Over time, Lehi's family was given a [land of promise](#), [scriptures](#), [wives for their sons](#), [food in the wilderness](#), and a [healthy posterity](#). His family prospered as long as they traveled with faith in and a steadfastness in [Jesus Christ](#).

### Additional Resources

[The Book of Mormon ~ Another Testament of Jesus Christ](#)

Translated by Joseph Smith Jr.

Posted 27th February 2013 by Scott B Froerer

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## Give Up / Take Up



An outing with some of our 13 grandchildren

Fathers are asked to give up so much! It just isn't fair!

When you think about it, everything in life comes at a cost and successful fathering is no exception.

We learn early in life that if you want candy from the store you must pay for it. If you want the keys to your parent's car you must earn their trust before you can drive. If you want to graduate from college you better get a job and study for it.

And, if you want a successful marriage, you need to get married, then you must give up and take up a lot of stuff!

You must...

<u>Give Up</u>	and	<u>Take Up</u>
Toys	for	Tools
Play Time	for	Work Time
Me Thinking	for	Us Thinking
Mine	for	Ours
Alone Time	for	Family Time
Sleeping In	for	Camping Out
Self-Centered	for	Family-Centered
Simple	for	Complex
Pleasures	for	Joys

Giving up so much just isn't fair...*because you receive so much more than you give!* You must pay for, give up for, and work for a better family experience...and the rewards are so worth it!

### Additional Resources

#### [Let Us Be Men](#)

D. Todd Christofferson

#### [Help Them Aim High](#)

Henry B. Eyring

Posted 8th February 2013 by Scott B Froerer

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## Seeing Humor



Some months ago, at one thirty in the morning, I awoke chuckling to myself about the following dream:

A man came to the registration table and stepped in line immediately behind me, obviously in a hurry. The man across from us glanced up and then continued to search through a small box of papers.

A few moments later, a lady, without speaking a word, stepped between me and the man behind me.

“Well,” the man exclaimed, “excuse me, but I was in line first.”

To which the lady said, “Oh, I’m with him,” pointing at me.

Of course, I nodded, and said, “Yes, she’s been with me for forty years,” and I smiled.

The man backed up, after giving a quick nod, and said, “Ah, I’m in a hurry.”

“Well then, you go ahead,” I said and waved for the man to step up to the table in front of my wife and I. He thanked me and did so.

“All I need is a signature on this form,” he said.

“Oh,” said I. “Perhaps I can help. If any old signature will do, I’ll sign it.”

Pointing across the table to the man shuffling papers in a box, he said, “That’s okay, I’ll wait for him.”

“Okay,” said I, “that’s probably best.”

At this point the man across the table looked up, waived a small piece of paper, and said, “I found it.” He then handed the paper to me. I signed the form, returned it to him, and he moved on.

The remaining man looked completely surprised. Then, seeing the humor of the moment, started to laugh, moved to the other side of the table, and handed me the form.

He continued to laugh as he hurried away with his signed form.

### **Seeing Humor, Especially with Our Self, Can be Healthy**

#### Additional Resources

[Facing the Future with Hope](#)

[Elder José A. Teixeira](#)

[Leisure \(Poem\)](#)

William Henry Davies

## "Be Ye Clean"



Fathering should be more inviting and less demanding.

Fathering should be more inspiring and less demeaning.

Fathering should be more respecting and less disapproving.

Isn't it interesting how practical lessons learned while a child can teach unexpected lessons.

As a child, I remember dipping a small rag into a saucer of milk and polishing each leaf of a very long plant which wound its way up, over, and around our fireplace mantle. The cleansing milk bath made the dark green leaves shine. Uncleaned leaves sadly stood out as they waited for a parent's higher reach.

As a child, I unexpectedly learned that cleanliness is inviting, inspiring, and shows respect for where we live. Clean dishes, clothes, and language teach the same lesson. Being pleased with the results is itself a reward. Praise from others, as they notice your efforts, is okay too.

The refrain, "Cleanliness is next to Godliness," means more to me now than it did when I was a child. Now I understand it goes much deeper than leaf or dish. It applies to one's mind and heart too.

### Additional Resources

["Be ye clean that bear the vessels of the Lord."](#)

Marion G. Romney

Posted 23rd January 2013 by Scott B Froerer

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## Trekking Adventure



TREKKING TOGETHER, especially with someone you love, is one of the great adventures in life. Memories are made, bonds are strengthened, and new experiences are shared.

What memories are you making? What life story are you writing?

SHARE YOUR STORY! Write to: [fathering.leadership@gmail.com](mailto:fathering.leadership@gmail.com)

Me (Scott) and my son John

OUR TREK started in Nepal after flying from Salt Lake City, to Tokyo, to Singapore, to Kathmandu, and then to Lukla. We hiked between 4 and 8 hours each day for 14 days. We climbed from 2,840 meters to 5,545 meters (9,328 feet to 18,192 feet) above sea level. Temperatures were generally above freezing during the day and  $-20^{\circ}\text{C}$  ( $-5^{\circ}\text{F}$ ) at night. We flew 37,595 kilometers (23,360 miles) and walked more than 130 kilometers (80 miles). We met wonderful trekkers from Singapore, New Zealand, Australia, United Kingdom, Bahrain, United States, China, India, Nepal, France, and Slovakia. The vast Himalayan mountains showed us how small man is. Our new friends from around the world taught us how great man can be.



Me and my wife Kathy



John ~ carrying my solar backpack

### Additional Resources

#### [International Guest House](#)

Our Kathmandu stay was clean, comfortable, and reasonably priced

#### [Mount Everest](#)

Wikipedia

Posted 21st December 2012 by Scott B Froerer

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# Avoid a Fiscal Cliff

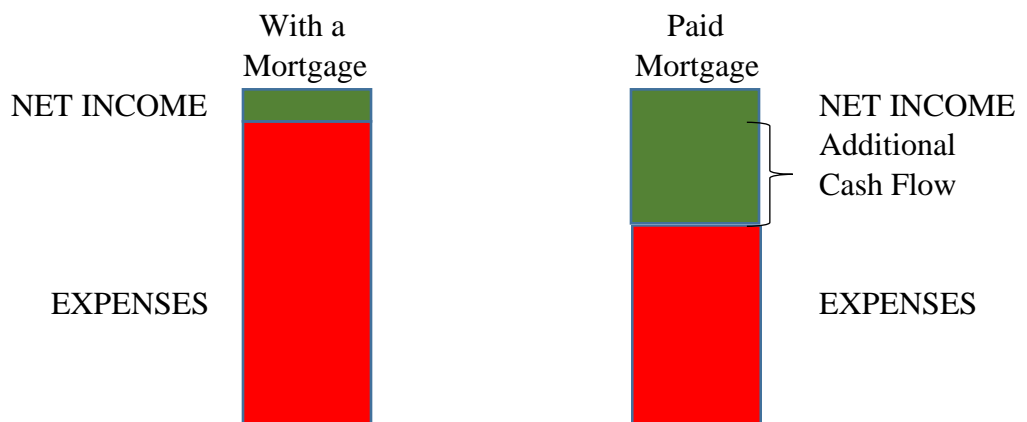


Fathers must avoid a fiscal cliff.

One of the best ways to protect your loved ones from going over a family fiscal cliff is by freeing yourself from debt. Debt is an obligation owed by one person to another.

## Sound advice:

*"[My father], counseled me to pay off the mortgage as quickly as I could so that, come what may, there would be a roof over the heads of my wife and children."* - President Gordon B. Hinckley, [The Times in Which We Live, General Conference, 2001 October](#).



## Additional Resources

[Family Finances](#)

[The Stone Cut Without Hands](#)

President Spencer W. Kimball

Posted 2nd December 2012 by Scott B Froerer

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## A Father's Stewardship



Time, Talent, & Resource

Life is a gift. In this life, we are allocated, by our Creator, a certain amount of time, talent, and resource. As stewards, we are free to use our allocated portion with the understanding we will one day be asked to account for how we have managed our [stewardship](#).

Fathers are given the amazing opportunity to watch over and help raise precious children. *"Children are an heritage from the Lord."* ([Psalms 127:3](#))

Fathers should teach their children to pray, keep God's commandments, and endure to the end. In doing so, all will be lifted up to a better and more joyous way of living...in time (during our mortal life) and for all eternity (in our immortal life to come.)

### Additional Resources

[Becoming Goodly Parents](#)

[L. Tom Perry](#)

Posted 15th November 2012 by Scott B Froerer

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## My Happy Hymns



Happy hymns are my secret weapon.

Fathering is tough. Self-doubt is never far away. Physical exhaustion can weaken my resolve. Illness takes its toll. Temptations are incessant and insistent. So what can I do? I can fight!

I can fight to do what's right! Happy hymns are my secret weapon to face the day, a challenge, or a doubt. I listen to, read, or hum a hymn. I let the tune and the words lift me throughout each day. Hymns help me to be a more cheerful father.

Here are some of my happy hymns in the [LDS Hymnal](#):

- Come, Listen to a Prophet's Voice
- Count Your Blessings
- For the Beauty of the Earth
- Hark! The Herald Angels Sing
- Have I Done Any Good?
- Joy to the World
- Lead, Kindly Light
- Master, the Tempest Is Raging
- Now Let Us Rejoice
- The Day Dawn Is Breaking
- The Lord Is My Light
- Today, While the Sun Shines

### Additional Resources

[Where Can I Turn For Peace?](#)

Hymn

[Latter-day Saints Channel](#)

Feed, Radio, Podcast, Video

Posted 2nd November 2012 by Scott B Froerer

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## I Can Help!



Fathers, you can help your children. Start by asking yourself: What does my child need? or What will help my child succeed? or simply, How can I help?

Does my child need to learn to tie their shoe? I can help!

Does my child need to learn to read? I can help!

Does my child want someone to play with them? I can help!

Does my child need to learn how to cross the street safely? I can help!

The list goes on and on. The point is...you can help. Decide to help them each day. Find new ways to help them each day. You will like yourself even more...and so will they.

As they grow, their needs will change, and yet, the question, How can I help? will remain the same. And just as importantly, the answer to your question will also remain the same - I can help!

### Additional Resources

#### See Others as They May Become

President Thomas S. Monson

#### Prayer and Fasting

Duties and Blessings of Priesthood Holders, Part A, Lesson 31

Posted 18th October 2012 by Scott B Froerer

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## A Family Man



Becoming a father is a gift from heaven.  
*"Lo, children are an heritage of the Lord...."* [Psalms 127:3](#)

Heritage brings to mind words like  
birthright, inheritance, kinship, and image.  
*"So God created man in his own image,  
in the image of God created he him;  
male and female created he them."* [Gen 1:27](#)

A true father is a family man who does  
just what a father should and the best he can.

Watch the Video:

### ~ [A FAMILY MAN](#) ~

A Father Does Just What a Father Should

Singer/Songwriter ~ Tim Tegge,  
Photography by Scot Brown Froerer

[Additional Resources](#)  
[Learning Resources for Children](#)

Posted 10th October 2012 by Scott B Froerer

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## Teaching Sexual Purity

Protect your family by teaching sexual purity.

Sexual purity will help protect your family and preserve your marriage. The best way for fathers to teach sexual purity is by example and straightforward instruction. Living the Lord's law of chastity is clear and unchanging:

*"Do not have any sexual relations before marriage, and be completely faithful to your spouse after marriage." ~ [For the Strength of Youth - Sexual Purity](#)*

*"The sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife." ~ [The Family: A Proclamation to the World](#)*



### [Psalms 24:3-5](#)

3. *Who shall ascend into the hill of the Lord? or who shall stand in his holy place?*

4. *He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.*

5. *He shall receive the blessing from the Lord, and righteousness from the God of his salvation.*

### Additional Resources

#### Personal Purity

Jeffrey R. Holland

#### Cherish Virtue

Elaine S. Dalton



#### Mom writes a letter to her sons' female Facebook friends

Kim Hall

## Prepare for the Future



### How Can Our Family Prepare for the Future?

Don't fear the future, prepare for it!

Preparing for the future may seem overwhelming, and yet, personal and family preparedness is crucial if we want the best for our family. It takes more than wishful thinking...it takes a positive plan and action!

Here are four practical imperatives to help fathers provide for their family's future needs - by L. Tom Perry, "[If Ye Are Prepared Ye Shall Not Fear](#)":

1. Gain an adequate education.
2. Live strictly within your income and save something for a rainy day.
3. Avoid excessive debt.
4. Acquire and store a reserve of food and supplies that will sustain life.

As a father, providing for your family's future will bring you genuine peace of mind. And if you are fortunate, they will follow your example and provide for the needs of their future family too.

#### Additional Resources

[Provident Living](#)

[Employment](#)

[Finances](#)

[Personal Finance](#)

Brigham Young University's Marriott School of Management

[Preparing for Emergencies](#)

American Red Cross

Posted 14th September 2012 by Scott B Froerer

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## Intentional Behavior

Intentional behavior means you are using your head!

*"What were you thinking?"* was directed my way more than once while growing up. My grandfather said it this way: *"If you don't use your head your whole body will suffer."*

Intentional behavior—thinking things through before acting—is always good advice, and yet not so easy for a five year old, or sometimes even for a sixty-five year old.

Our mind is a great gift. It can act as a filter before an unkind word is spoken. It can anticipate negative and positive consequences. It can select morally appropriate behavior. Use this great gift of thinking before behaving.



**Fathers...Use Your Head and Don't be Afraid to Pray for Help!**

### Additional Resources

"ask God...with real intent"

[Moroni 10:4-5](#)

Living with Purpose: The Importance of "Real Intent"

[Randall L. Ridd](#)

*Did You Think to Pray?*

LDS Hymnal, #140



Helping Angels

Deborah Turner

The No. 1 cause of divorce...

Pastor Kevin A. Thompson

Posted 31st August 2012 by Scott B Froerer

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## Learning to Serve



Make Things Better

To achieve a happy family, parents and children must learn to appreciate giving service. Learning to serve brings enduring happiness to the one giving the service as well as to the one receiving it. And, just as sharing toys doesn't come easily for a young child, so learning to serve will often take repeated learning moments. Before long, the joy of service will truly become part of each family member's character.

Think about a time when you received a thoughtful word of appreciation, a special recognition, or service. How did it make you feel? Through service, you can give the same uplifting feeling to others!

**Learning to serve will change the world.**

### Additional Resources

[Learning to Serve Others](#)

Heidi S. Swinton

Posted 16th August 2012 by Scott B Froerer

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## Understanding Color



"Help Me See What You See"

One day, while listening to my young wife share her recent dream, I unexpectedly heard her describe each detail in vivid color. I had to stop her mid-sentence and ask, "Do you dream in color?!" "Sure," she said matter-of-factly and went on telling me of her dream. Again I stopped her and said, "Really? You dream in color?"

It was shocking because I don't dream in color. Suddenly our differences and varying views began to make sense to me. I came to realize that my wife and I were each looking at the same issues, just differently. She later told me she could choose to dream either in black and white or color...I thought, "*Not fair!*"

It wasn't long before I began to ask my wife to "Help me see what you see." This gave me a wonderful opportunity to learn. Although I don't dream in color, I have learned to appreciate those who do. In fact, I have begun to value the opinions of others precisely because they are different from my own. Together, we are more than we are singly!

Perhaps, black and white dreamers have an advantage in focusing on detail while in-color dreamers certainly add depth and richness. Differences are an advantage. Our children have absolutely been enriched by their parents' unity in the face of diversity.

### Additional Resources

[The Love of God](#)

[Dieter F. Uchtdorf](#)

Posted 27th July 2012 by Scott B Froerer

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## Arms of Love

A Father's Encircling Arms of Love.



Who's feelings                    haven't been  
hurt and who's heart        hasn't been pierced?  
Was your father there at such a moment?  
A protecting father will  
find a way  
to say

**I**

**Love YOU!**

### Additional Resources



[The Doctrine of the Father](#)  
[Quentin L. Cook](#)

Posted 13th July 2012 by Scott B Froerer

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## A Question of Faith



"Come Unto Me" ~ [Matthew 11:28](#)

Fathers must ask themselves, "*What think ye of Christ?*" ([Matt. 22:42](#)) Your answer to this question of faith will change the way you, as a father, lead your family.

What do you say? Will you teach your children to have faith in Jesus as their Christ and Redeemer? The answer will be "Yes" if you want them to have a higher purpose to live for and a hope for a better world to come.

Having faith in God will give your children a sense of accountability for how they live their life. Ultimately, justice, love, and mercy are only reconcilable through Christ and the commandment to "*love one another*" ([John 13:34](#)) can finally make sense.

### Additional Resources

[For God So Love the World ~ John 3:16](#)

Video Presentation

[The Race of Life](#)

President Thomas S. Monson

[Do Unto Others](#)

Mark E. Peterson

[Answer Me](#)

Neal A. Maxwell

[Son of God](#)

LDS Bible Dictionary

Posted 22nd June 2012 by Scott B Froerer

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## A Father Must Choose Wisely



MAKING GOOD CHOICES

Early in a child's life, a father must carefully choose how to best protect and yet still provide important learning opportunities.

A Father Leader:

- \* is Gentle Handed
- \* is Safety Aware
- \* is Age Appropriate, and
- \* Allows the Child to Succeed

As a father, you are responsible to preside in your child's early development. Fathers, you get to choose...until the child can understand and take personal responsibility for their own choices.

Think about it...their life is in your steady hands!

### Additional Resources

[How to Make Good Decisions](#)

[President Thomas S. Monson](#)

Posted 8th June 2012 by Scott B Froerer

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## The Art of Sharing

The word communicate comes from the Latin word, comunico, meaning, to share. Communication therefore, is the art of sharing. And, just as a master artist didn't obtain his artistic talent instantly, so too, skillful communication doesn't develop without practice.

We must learn to share in tenderness and keep one another's best interest in mind. Listening will begin to unlock the human heart, a kind response will begin to develop trust, and trust will one day keep the heart unlocked.



LEARN TO SHARE

### Additional Resources

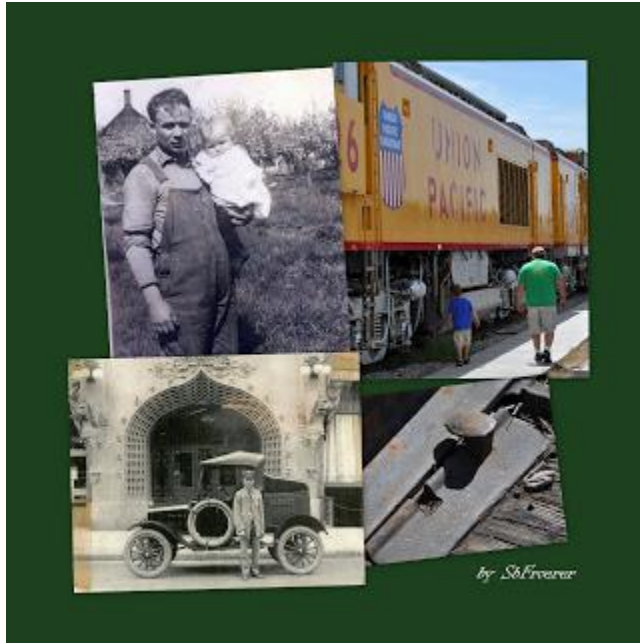
[What Happily Married Couples Do](#)

Douglas Brinley

Posted 25th May 2012 by Scott B Froerer

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## The Value of Work



### FATHERS TEACH VALUES

There is value in work. We have inherited so many blessings from the labor of countless past generations. The railroad industry illustrates this perfectly.

The locomotive steam engine boilermaker (pictured with his daughter, Phyllis) labored to ensure enough power would be available when the train steamed along the miles of railroad tracks. Workers drove steel spikes into countless thousands of railroad ties to hold the seemingly endless ribbon of rails safely in place. Waiting postal workers received the off-loaded mail to carry it on to its final destination and joyous recipients. Today, we can look back with marvel and pride on their accomplishments. Literally, by the sweat of their brow we enjoy the fruits of their labor.

Now, think forward. Tomorrow's children will be enriched by today's labor. We must not take for granted or be content to simply live off the labor of others. We too must labor...for we are passing on more than material wealth. We are endowing our children with values.

The value of work will give future generations confidence, self-reliance, and ensure enough power will be available for them to travel their chosen path in life.

### Additional Resources

#### Perseverance

James E. Faust

#### Thrift, Industry, and Self-Reliance

Teachings of Presidents of the Church: Brigham Young

Posted 11th May 2012 by Scott B Froerer

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## Joy in Doing Good



***“Fill Your Soul With Joy”***

There is Joy in Doing Good!

In a revelation given through Joseph Smith the Prophet to his brother Hyrum Smith, the following was revealed:

*"And now, verily, verily, I [the Lord] say unto thee, put your trust in the Spirit which leadeth to do good--yea, to do justly, to walk humbly, to judge righteously; and this is my Spirit. Verily, verily, I [the Lord] say unto you, I will impart unto you of my Spirit, which shall enlighten your mind, which shall fill your soul with joy;"* ([D&C 11:12-13](#))

The Spirit of God will enlighten your mind and fill your soul with joy. Then, begin to do good! Doing good will give you reason to smile.



***“Let Your Light So Shine”***

Jesus taught: *"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."* ([Matthew 5:16](#))

Fathers, reflect heaven's light by doing good. Fathers, do good and you will have reason to rejoice. Fathers, teach your children to do good and together you will rejoice. There is joy in doing good.

### Additional Resources

[Was It Worth It?](#)

[David F. Evans](#), First Quorum of the Seventy

[Have I Done Any Good?](#)

LDS Hymnal, No.223

Posted 5th May 2012 by Scott B Froerer

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## Law of the Harvest



Live Today for Tomorrow

Fathers who teach their children to live by the law of the harvest: *"Whatsoever a man soweth, that shall he also reap."* ([Galatians 6:7](#)) will see generations provided for. Help them learn this law by seeing, trying, and applying. This pattern will form a strong lifetime habit.

A father must provide his family with the necessities of life, and then, can do so much more. Every father has something beneficial he can share. How to bait a hook, how to plant a garden, and how to hammer a nail is just the beginning. A father can safely drive a car, balance the family budget, and tie a super-duper knot. Teach what you know and let your children see, try, and do for themselves.

Memories are being stored up every moment of our lives, so do things together! Preserve good fruit and good memories. Sow today what you want to enjoy tomorrow.

### Additional Resources

[The Tradition of a Balanced, Righteous Life](#)

[L. Tom Perry](#)

Posted 1st May 2012 by Scott B Froerer

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## Are You Easily Offended?



Are you a thin-skinned lizard or a tough shelled oyster when it comes to handling criticism?

A thin-skinned father can't handle life's day to day pressures without feeling hurt and then hiding or biting in retaliation. Before losing your tail, consider becoming more like an oyster.

While oysters are hard on the outside and are built to handle the pounding surf of life, they remain tenderhearted on the inside. Even deeply personal irritations are encircled with smoothing coats. Layer upon layer transforms pain into beauty. Every treasured pearl evidences a painful beginning.



### Pearl Smooth

As a child I was taught the phrase, "*Sticks and stones can break my bones but words can never hurt me.*" What good advice!

As a father, you must harden yourself against outside offenses and layer personal pain with charity. Be a pearl maker!

### Additional Resources

[Never Leave Him](#)

[Neil L. Andersen](#)

Posted 20th April 2012 by Scott B Froerer

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## Walking in Step



### SINGLENESS OF PURPOSE

Walking in step, as husband and wife, represents equality, unity, and a singleness of purpose.

Neither partner should dominate the other. Neither partner should act superior to the other. Perhaps there are times when one might step out to protect or defend, yet hopefully this would be infrequently necessary. For the most part, a clear and respectful partnership should be self-evident to all observers. And, all outward positive appearances should harmonize with private attitudes and actions.

#### [1 Corinthians 11: 11-12](#)

*"Nevertheless neither is the man without the woman,  
nether is the woman without the man, in the Lord.*

*For as the woman is of the man,  
even so is the man also by the woman;  
but all things of God."*

#### Additional Resources

[Nurturing Marriage](#)

[Russell M. Nelson](#)

[Counseling Together in Marriage](#)

Randy Keyes

Posted 6th April 2012 by Scott B Froerer

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## I Will Finish My Course

*"7 I have fought a good fight, I have finished my course, I have kept the faith:  
"8 Henceforth there is laid up for me a crown of righteousness, which the Lord, the*

*righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing."* [2 Timothy 4:7-8](#)

*"I have finished my course"*



Orienteering is a timed sport where participants use a map and compass to locate several control points and the designated finish. Topographical map reading, navigational skills, and personal fitness are required to be successful. The shortest distance between two points is frequently not the fastest or safest course to take. Obstructions such as rivers, lakes, and cliffs need to be identified and avoided. Trails, roads, and level clearings can often save valuable time. For safety reasons, all competitors are required to report to the finish whether they reached each control point or not.

Successful fathering is also a timed event. Children grow up quickly and need your leadership. As you race from point to point in your child's life, they need all the love and parenting skills you can provide. They are watching you run your fathering course in anticipation of running their own. The lessons learned and shared with them will magnify their success. For eternal reasons, all fathers will be required to report to their Maker whether they did their best in loving and caring for their children. Like the North Star, Jesus Christ is our immovable example, has already run the course, and knows the sure way. Follow Him.

### Additional Resources

[Earthly Father, Heavenly Father](#)

Video: Men on earth have the opportunity to become fathers and experience some of the same joys that our Heavenly Father feels for us. Fatherhood is a divine responsibility to be cherished.

[Astronomy Trek](#)

Posted 17th March 2012 by Scott B Froerer

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## Protect Your Family



### Fathers Protect Their Family

Fathers, protecting your wife and children is your first responsibility. You are all on the same team. Together, you can establish a home of love, respect, and a winning attitude. Protect your marriage by honoring your lifelong commitment to one another.

Mark 10:

*“8 And they twain shall be one flesh: so then they are no more twain, but one flesh.*

*“9 What therefore God hath joined together, let not man put asunder.”*  
[\(Mark 10:8-9\)](#)

*“It’s in our families, where children learn the lessons of life: truth, honor, virtue, self-control; the value of education, honest work, and the purpose and privilege of life.”* — Elder José A. Teixeira, president of the Europe Area of The Church of Jesus Christ of Latter-day Saints [Link](#)

### Additional Resources

[Saving Your Marriage](#)

[The Family ~ A Proclamation to the World](#)

Posted 9th March 2012 by Scott B Froerer

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## Walk and Talk

A Walk and Talk is a hike with a Purpose. While on your walk...talk! **Share** your desires and dreams. **Listen** to what others say. **Commit** to improve a little each day. **Pray** for guidance. **Express** your love and respect. **Smile** and have fun.

A Walk and Talk doesn't have to be long, just make it meaningful.

\* **Care** \* **Listen** \* **Share**



Father & Daughter



Father & Son



Have a Family Walk and Talk



Have a Husband + Wife Walk and Talk



Have a Photo Walk and Talk



Have a Mountain Walk and Talk



Have a Sibling + Temple Walk and Talk

You decide!  
Fathers can direct, inspire, and build lasting relationships.  
Make it Happen!

[Additional Resources](#)

[Bird Watching](#)

[Visit a Historic Site](#)

[Explore Nature](#)

Posted 2nd March 2012 by Scott B Froerer

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## Start a Family Library



Find a way to read a good book, then share it.

Your children will likely follow your example...so be a good one!

### Additional Resources

[Bookmobile](#)

[Usborne Books & More](#)

[Your Public Library](#)

[LDS Living](#)

[Church Magazines:](#)

[Liahona, Ensign, New Era, Friend](#)

[\*Voices From the Past: Diaries, Journals, and Autobiographies\*](#)

Posted 24th February 2012 by Scott B Froerer

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## Helps For Fathers



Fathers need helpful resources. Ask, seek, and utilize all the good you can find.  
Learning is essential for all improvement. Your success depends on your ability to use knowledge wisely, so...Keep Learning!

Love to Learn.  
Share your Love.

### Additional Resources

#### “Learning and Latter-day Saints”

Elder Dallin H. Oaks and Kristen M. Oaks

#### “To Acquire Knowledge and the Strength to Use It Wisely”

Elder Richard G. Scott

#### “Seek Learning by Faith”

Elder David A. Bednar

[Teaching Children? Find Helpful Resources on LDS.org](#)

### **Home Study Resources**

- [Brigham Young University - Independent Study \(Credit\)](#)
- [Khan Academy \(Non-Credit\)](#)

### **Online Resources**

- [Library of Congress](#)
- [Smithsonian](#)

### **Self-Improvement Resources**

- [Anchors of Testimony, by Mary N. Cook](#)
- [A Fence Jumping Dog, by Patrick Shumway](#)
- [Developing a Healthier Personal Behavior Pattern, by Scott B. Froerer](#)

### **The Church of Jesus Christ of Latter-day Saints Resources**

- [The Holy Bible - Old and New Testaments of Jesus Christ](#)
- [The Book of Mormon - Another Testament of Jesus Christ](#)
- [Church Music](#)
- [The Family, A Proclamation to the World](#)
- [Prayer](#)
- [Patriarch](#)
- [A Place of Worship](#)
- [Latter-day Saints Channel](#)
- [Articles of Faith](#)

## Improve Today!



Improve Today for Tomorrow's Sake!

Develop the characteristics of an effective father. Become father-leader.

The building blocks of effective fathering leadership are strong desire, wise choices, consistent behavior, and positive attitude.

Become a little more effective every day!

Character and skill improvement will help fathers reach their highest potential for securing a happy and healthy family. Small adjustments can bring big results.

Improve your tomorrows by changing today.

### **Here are the Building Blocks of Effective Fathering Leadership:**

- **Strong.....Desire**
- **Wise.....Choices**
- **Consistent.....Behavior**
- **Positive.....Attitude**

#### Additional Resources

[What If Love Were Our Only Motive?](#)

[Russell T. Osguthorpe](#)

Posted 17th February 2012 by Scott B Froerer

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## Because of Christ



[Light of the World Garden, Thanksgiving Point, Lehi, Utah](#)

Posted by Scott B Froerer

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## Additional Resources

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<a href="#"><u>Faith</u></a>	<a href="#"><u>010</u></a>	A Guide to the Scriptures
<a href="#"><u>Family</u></a>	<a href="#"><u>028</u></a>	A Guide to the Scriptures
<a href="#"><u>Bird Watching</u></a>	<a href="#"><u>079</u></a>	All About Birds
<a href="#"><u>Christ the Redeemer</u></a>	<a href="#"><u>019</u></a>	Amado, Carlos H.
<a href="#"><u>Preparing for Emergencies</u></a>	<a href="#"><u>064</u></a>	American Red Cross
<a href="#"><u>Power in the Priesthood</u></a>	<a href="#"><u>012</u></a>	Andersen, Neil L.
<a href="#"><u>Never Leave Him</u></a>	<a href="#"><u>075</u></a>	Andersen, Neil L.
<a href="#"><u>Marriage Between a Man and Woman</u></a>	<a href="#"><u>052</u></a>	Anderson, Ryan T.
<a href="#"><u>The Prophet and the Prison</u></a>	<a href="#"><u>002</u></a>	Ashton, Marvin J.
<a href="#"><u>Astronomy Trek</u></a>	<a href="#"><u>077</u></a>	Astronomy Trek
<a href="#"><u>Face the Future with Faith and Hope</u></a>	<a href="#"><u>010</u></a>	Ballard, M. Russell
<a href="#"><u>That the Lost May Be Found</u></a>	<a href="#"><u>020</u></a>	Ballard, M. Russell
<a href="#"><u>Hyrum Smith "Firm As the Pillars of Heaven"</u></a>	<a href="#"><u>026</u></a>	Ballard, M. Russell
<a href="#"><u>Come and See</u></a>	<a href="#"><u>004</u></a>	Bednar, David A.
<a href="#"><u>"Seek Learning by Faith"</u></a>	<a href="#"><u>081</u></a>	Bednar, David A.
<a href="#"><u>Prayer</u></a>	<a href="#"><u>081</u></a>	Bible Dictionary
<a href="#"><u>Patriarch</u></a>	<a href="#"><u>081</u></a>	Bible Dictionary
<a href="#"><u>Bookmobile</u></a>	<a href="#"><u>080</u></a>	Bookmobile.com
<a href="#"><u>Personal Finance</u></a>	<a href="#"><u>064</u></a>	Brigham Young University's Marriott School of Management
<a href="#"><u>What Happily Married Couples Do</u></a>	<a href="#"><u>071</u></a>	Brinley, Douglas
<a href="#"><u>First Observe, Then Serve</u></a>	<a href="#"><u>045</u></a>	Burton, Linda K.
<a href="#"><u>Prepared in a Manner That Never Had Been Known</u></a>	<a href="#"><u>021</u></a>	Burton, Linda K.
<a href="#"><u>How to Talk to Your Parents</u></a>	<a href="#"><u>030</u></a>	Butler, Shanna
<a href="#"><u>Brigham Young University - Independent Study (Credit)</u></a>	<a href="#"><u>081</u></a>	BYU Independent Study
<a href="#"><u>BYU TV</u></a>	<a href="#"><u>034</u></a>	BYU.Org
<a href="#"><u>Rearing Children in a Polluted Environment</u></a>	<a href="#"><u>030</u></a>	Christensen, Joe J.
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<a href="#"><u>Can a Husband and Wife be Together Forever?</u></a>	<a href="#"><u>048</u></a>	Come Unto Christ.Org
<a href="#"><u>Trust in the Lord</u></a>	<a href="#"><u>030</u></a>	Cook, Gene R.
<a href="#"><u>A Virtuous Life--Step by Step</u></a>	<a href="#"><u>003</u></a>	Cook, Mary N.
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<a href="#"><u>Choose Wisely</u></a>	<a href="#"><u>008</u></a>	Cook, Quentin L.
<a href="#"><u>We Follow Jesus Christ</u></a>	<a href="#"><u>011</u></a>	Cook, Quentin L.
<a href="#"><u>The Doctrine of the Father</u></a>	<a href="#"><u>068</u></a>	Cook, Quentin L.
<a href="#"><u>Act Well Your Part</u></a>	<a href="#"><u>012</u></a>	Cook, Qunitin L.
<a href="#"><u>Ask of God: Our Solace, Guide, and Stay</u></a>	<a href="#"><u>039</u></a>	Cordon, Bonnie H.
<a href="#"><u>"Love Her Mother"</u></a>	<a href="#"><u>023</u></a>	Dalton, Elaine S.
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<a href="#"><u>Cherish Virtue</u></a>	<a href="#"><u>063</u></a>	Dalton, Elaine S.
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<a href="#"><u>Explore Nature</u></a>	<a href="#"><u>079</u></a>	Discovery.org
<a href="#"><u>Revelation to Frederick G. Williams through Joseph Smith the prophet</u></a>	<a href="#"><u>002</u></a>	<a href="#"><u>Doctrine &amp; Covenants 93:36-43</u></a>
<a href="#"><u>Prayer and Fasting</u></a>	<a href="#"><u>061</u></a>	Duties and Blessings of Priesthood
<a href="#"><u>Was It Worth It?</u></a>	<a href="#"><u>073</u></a>	Evans, David F.
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<a href="#"><u>Touching the Hearts of Our Youth</u></a>	<a href="#"><u>045</u></a>	Hales, Robert D.
<a href="#"><u>Mom writes a letter to her sons' female Facebook friends</u></a>	<a href="#"><u>063</u></a>	Hall, Kim
<a href="#"><u>Dad, Are You Awake?</u></a>	<a href="#"><u>007</u></a>	Hammond, F. Melvin
<a href="#"><u>Each a Better Person</u></a>	<a href="#"><u>037</u></a>	Hinckley, President Gordon B.
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<a href="#"><u>Filling the Measure of Your Creation</u></a>	<a href="#"><u>025</u></a>	Holland, Patricia T.
<a href="#"><u>Over Come Evil With Good</u></a>	<a href="#"><u>046</u></a>	Holy Bible ~ Romans 12:19-21
<a href="#"><u>Sermon on the Mount</u></a>	<a href="#"><u>046</u></a>	Holy Bible ~ Sermon on the Mount
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<a href="#"><u>International Guest House</u></a>	<a href="#"><u>057</u></a>	Kathmandu – Our stay was clean, comfortable, and reasonably priced
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<a href="#"><u>Families Can Be Together Forever</u></a>	<a href="#"><u>006</u></a>	LDS Children's Song Book
<a href="#"><u>Families Are Forever</u></a>	<a href="#"><u>006</u></a>	LDS Church News
<a href="#"><u>Our Heavenly Family</u></a>	<a href="#"><u>015</u></a>	LDS Gospel Principles, Chapter 2
<a href="#"><u>Where Can I Turn For Peace?</u></a>	<a href="#"><u>060</u></a>	LDS Hymnal, # 129
<a href="#"><u>I Know That My Redeemer Lives</u></a>	<a href="#"><u>019</u></a>	LDS Hymnal, # 136
<a href="#"><u>Did You Think to Pray?</u></a>	<a href="#"><u>065</u></a>	LDS Hymnal, # 140
<a href="#"><u>Have I Done Any Good?</u></a>	<a href="#"><u>073</u></a>	LDS Hymnal, # 223
<a href="#"><u>Our Father, by Whose Name</u></a>	<a href="#"><u>044</u></a>	LDS Hymnal, # 296
<a href="#"><u>How Firm a Foundation</u></a>	<a href="#"><u>025</u></a>	LDS Hymnal, # 85
<a href="#"><u>Come, Ye Thankful People</u></a>	<a href="#"><u>047</u></a>	LDS Hymnal, # 94
<a href="#"><u>O My Father</u></a>	<a href="#"><u>040</u></a>	LDS Hymnal, # 292
<a href="#"><u>LDS Hymnal</u></a>	<a href="#"><u>035</u></a>	LDS Hymns
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<a href="#"><u>For God So Love the World ~ John 3:16</u></a>	<a href="#"><u>069</u></a>	LDS Media
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