



REDEEMING FATHERHOOD

A 30-DAY CHALLENGE TO CONNECT, REBUILD, AND LEAD

Whether your child is still at home, just finding their way in the world, or grown with kids of their own—they still need you.

Not just for advice, and not just for money - but for your words of life, and your steady, loving strength. We believe fatherhood is one of the most powerful roles a man can play. It's a calling to lead, nurture, and reflect the heart of God. But over time, distance can grow - sometimes from conflict, and other times just from busyness. Even in good relationships, we sometimes settle for surface-level connection.

This 30-day challenge is an invitation to go deeper—whether you're rebuilding trust or simply looking to strengthen your relationship with your children at any stage of life.

As you begin, remember: you don't need to be perfect. Some days may feel awkward or even difficult. That's okay. Show up. Stay the course. And ask Christ to help you become the father He's called you to be. We believe it will be worth it.

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WeRECONCILE is a donor-supported nonprofit helping fathers and children reconnect through gospel-centered healing. To learn more about our mission, or to support us, please connect Marcus Doe (marcusdoe@wereconcilefamilies.org)



30 Days to Redeeming Fatherhood

Each day, choose one small way to deepen or rebuild a connection with your child.

DAY 1 Pray for your child by name. Ask God to direct you in the coming days.	DAY 2 Text or tell them you were thinking about them today.	DAY 3 Reflect: What do I admire most about my child?	DAY 4 Ask: "What's one memory from your childhood that meant a lot to you?"	DAY 5 Share a story from your childhood—funny, vulnerable, or real.
DAY 6 Tell them one thing you admire about them.	DAY 7 Say: "I'm proud of you." (And mean it.)	DAY 8 Ask: "What's something you're excited about right now?"	DAY 9 Send a Bible verse that reminds you of them..	DAY 10 Write down one thing you'd do differently—and why.
DAY 11 Invite them to a meal, coffee, or walk. No agenda. Just time	DAY 12 Ask for forgiveness. Even for something small.	DAY 13 Share or send a funny photo or inside joke.	DAY 14 Look at a photo from their childhood. Thank God for their life.	DAY 15 Ask: "What do you need most from me right now?"
DAY 16 Ask: "What brings you joy these days?"	DAY 17 Compliment their character—not their achievements.	DAY 18 Send a voice memo or note: "Just wanted you to know I love you."	DAY 19 Ask about a challenge they're facing. Just listen - don't fix.	DAY 20 Share a time when you failed—and what you learned.
DAY 21 Ask: "What's something you wish I knew?"	DAY 22 Do something unexpected and kind for them.	DAY 23 Write a short prayer or blessing for their life.	DAY 24 Invite them into a decision you're making. Ask for their input.	DAY 25 Tell them something they taught you.
DAY 26 Share a Bible verse that's shaped you as a father.	DAY 27 Ask about their dreams —then ask how you can support them.	DAY 28 Share a favorite memory of them.	DAY 29 Thank them for something they've done —recent or long ago.	DAY 30 Reflect: What has God been teaching me through this journey? Write it down.

Some Tips:

- **Keep this somewhere visible—on the fridge, your bathroom mirror, or your desk at work.**
- **Miss a day? No problem. Just start again. Take each step at your own pace.**
- **Don't treat this like a checklist. Before each activity, take a moment to pray. Ask God to give you a heart that's open, humble, and willing to grow.**