

# Ten Commandments of a Husband & Father

*Adapted from Father Wade Menenzes Ten Commandments*

*“Take courage and be a man. Keep the mandate of the Lord, your God, following His ways and observing His statutes, commands, ordinances and decrees, that you may succeed in whatever you do.”*

*- 1 Kings 2:2-3*

1. Develop an intimate, personal relationship with Jesus, allowing Him to forgive you of your past, to talk to you, to heal you and to guide you. Then, trust the Holy Spirit in all things. Trust Him to provide everything you need, including financial help.
2. Get your priorities in order. Jesus first, your wife second, your children third, your work fourth, etc. Develop a weekly schedule, blocking out quality time for the Lord, your wife, each child and the family as a whole. A husband's most important time during any given day is the first five minutes when he gets home from work and the love and attention he shows his family at that time.
3. Realize that you are the pastor of your home. It is your primary responsibility to oversee the TV and its influence, the internet, as well as the books and magazines that enter your home. Stand firmly against all evil influences asking God's strength and guidance to lead your family in living a pure and holy life. Bless your children by praying over them before they go to sleep at night. Emphasize your blessing by tracing the sign of the cross upon their forehead. (My children love this blessing each night, and insist on tracing a cross on mine.)
4. Make sure you know what your children are being taught at school regarding morals and values. The primary place for Christian morals and values to be taught and practiced is within the family home. This is an awesome responsibility given both to you as the head of your household and your wife as the heart of the household. Many husbands and fathers want headship without the responsibility it demands. Headship is about sacrificial love and service. Dare to discipline with love and firmness.
5. Pray with your wife regularly. Keep a simple prayer journal that you will share with each other. Trust the Lord to guide, purify and sanctify your relationship with your wife. Love your wife with the same love and affection Christ has for His Church. Remember that your sons will grow up to relate to women in the same manner that you relate to your wife. Similarly, your daughters will learn from their father what to expect from men in a relationship.
6. Spend quality time with each child. The power of a father's affirming love is tremendously overwhelming and something truly wonderful. Children need it. Do everything in your power to ensure that your child can always approach you in any matter. Share insights concerning your children with your wife.

7. Consecrate your home to serve Jesus Christ. Periodically pray throughout your home asking for God's blessing upon it. Ask that Jesus drive out all forces that are not from Him. Take time to pray with all family members present in the bedrooms, family room, kitchen and dining rooms. Welcome Jesus into your home and into your heart. Display signs of your devotion to God and take time to meditate on them. This may be a cross or crucifix on the wall, or even a small altar table upon which sits a Bible, a cross, or prayer beads.
8. Do not let anything become more important to you or your family than Christ. Sports and activities have become obstacles and, in some cases, false Gods. Sports and other activities are wonderful, but they should not get in the way of your relationship with Christ. Do not let Sunday worship be ignored for practice, games, or watching sports or other things on a regular basis.
9. Pray that each one of your children may answer the call that God has in store for them. Begin to ask them what they think God wants them to be when they grow up. Help them to understand their calling and get used to looking for Gods direction in their lives.
10. Celebrate Holy Communion frequently. Jesus Christ promised to be with us in this Holy Mystery. This sacrament is a life giving source of renewal and transformation that helps us open our lives to the guiding power of Jesus Christ and the grace he bestowes upon us. Confess your sins, go to church, tithe, and serve your church and community.

### **Prayer for our family**

Heavenly Father, most good and gracious God, sustain our family in Your love. Make our family home a place where holiness and love abound. In our daily actions, help each one of us to learn to be more like Jesus. Aid our family to imitate the Holy Family: Jesus, Joseph, and Mary. Help our family be a good example by living lives in true Christian faith, hope and love. Assist our family in learning to bear pain and suffering as Jesus did. Help our family to move toward Jesus Christ, the source of all Truth and happiness. We ask this through Your Son, our Lord Jesus Christ, Who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen.

All of the above has been altered and influenced by a document of the same name available on the Fathers of Mercy website at [www.fathersofmercy.com](http://www.fathersofmercy.com) .