

Dads Group Discussion Prompts

General

1. What are you working on as a dad right now?
2. What's something you and your kids have been doing together lately?
3. What's something about your kids that you're appreciating right now?
4. What is something bizarre or hilarious that your kid said or did recently?
5. What's something that your kids are really into right now?
6. What's a recent moment when you thought, "I really like being this kid's dad"?
7. What's something your kids have taught you?

Intellectual

8. What's a recent insight you've had about parenting or about one of your kids?
9. What's an idea about parenting that you read or watched recently that felt useful?
10. What's something you've changed your mind about as a parent?
11. What's a parenting problem that you're discovering doesn't have a simple solution?
12. What's a parenting topic that you'd appreciate other people's ideas on?

Practical

13. What part of parenting takes the most energy from you right now?
14. What helps you be the dad you want to be when you're tired or frustrated?
15. What's something that you feel like you've got pretty well figured out as a dad?
16. What is a daily or weekly routine, habit, or family ritual that is currently holding your home together?
17. What skills are you trying to help your kids gain?
18. What skills are you trying to gain as a dad?
19. What systems or routines in your household need attention?

Relationships

20. How are things going with you and other parental figures in your children's lives (your wife, your parents, your parents-in-law, etc.)?
21. What's something you and your wife or co-parents are doing well together?
22. What is one area where you and your wife are really aligned right now, and one area where you are feeling friction?
23. How are things changing in your family dynamics with your kids getting older?

Kid-Focused

- 24. Which of your kids are you feeling especially connected to right now? What's contributing to that?
- 25. What do you think your different kids need from you right now as their dad?
- 26. What's something you'd like to understand better about one of your kids?
- 27. What kinds of conversations are you having or needing to have with your kids?
- 28. How are you learning to relate differently to your different children?
- 29. Who are you playing the role of a father-figure for, other than your children, and how is that going?

Spiritual

- 30. Where do you see the Lord at work in your family right now?
- 31. Where do you find it easiest to trust the Lord as a dad? Where is it harder?
- 32. How is being a dad making you grow as a human being?
- 33. What are you learning about Divine Providence through being a dad?
- 34. What's something about parenting that has changed the way you think about the Lord?
- 35. What's something you're praying about as a dad?
- 36. What is something you need to repent of in your parenting?
- 37. What's a spiritual practice or habit that you would like to develop as a dad?
- 38. What are some teachings or stories from the Word that you're thinking about at the moment that you want to influence how you are as a dad?
- 39. What are some passages from the Word that you're wrestling with right now?
- 40. What kind of sphere are you bringing into your home at the moment?
- 41. What do you think the Lord wants you to be working on as a dad right now?

Heavier

- 42. What's something that you need support with as a dad?
- 43. What's something that you do not want to replicate from your childhood?
- 44. What are your kids struggling with at the moment?
- 45. What's something you're learning to let go of as a dad?
- 46. What is something you are carrying or worrying about regarding your family that is feeling particularly heavy?
- 47. Where do you feel most burnt out, low-energy, or hopeless as a dad right now?

Final

- 48. What are you going to focus on as a dad – today and this week?