

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective James 5:16



Making Sure my kids know Fathers love

There are so many things a father's love gives and so many things that a lack of it destroys. I believe that God gives us the greatest example of a father's love. His love is sacrificial, patient, kind, humble, honest, forgiving, faithful, and selfless. It is constant and unchanging. Those are the things I not only want my life to be about, but I want to make certain my kids know and feel from me. Unfortunately, I am not perfect like God, which includes my fatherhood. I consistently fall short. So I have to ask myself if my kids know their father's love. Here are 5 questions to ask ourselves as dads.

1. Do they know they are loved when they are being disciplined?

2. Do they know they are loved when they are hurting?

3. Do they know they are loved when my focus is on other things?

4. Do they know they are loved when they are confused?

5. Do they know they are loved when they are failing?

1. Reprioritize

2. Healthy Lifestyle

3. Fix close relationship

4. Manage media time

5. Pray

The top ten causes of stress, according to the American Psychological Association (2013) American Institute of Stress, are job pressure, money, health, relationships, poor nutrition, media overload, and sleep deprivation.

Stress strains relationships. Stress makes coaching more difficult. Stress has serious health ramifications. Stress kills. Do I have your attention?

5 Ways of dealing with Stress



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Keys of Leadership

During the Cold War, the Greenbrier Resort had an underground bunker for government officials in the event of nuclear war. Above ground, it has hosted 26 Presidents, the PGA Tour, and won multiple awards, including the coveted AAA Five Diamond Award. The Greenbrier had fallen on hard times, including bankruptcy, until being turned around by billionaire James C. Justice II. Recent success and growth can only be attributed to Justice. His idea to bring an NFL team for training camp was a first for the resort. Mr. Justice is a larger-than-life figure, not only in personality but in physical stature. He is the CEO of over 40 companies. His 6'7", 350 lbs. frame stood before our Saints team and spoke to us about leadership. He boiled the success and health of any organization down to three essential things. When I think about my role as a husband and father, Mr. Justice's words (italicized below) give a great foundation for success. Based on his wisdom, here are 3 Keys of Family Leadership.

1. Love *"The owners have to care for the employees and the employees must know this and in turn care for the owner. Likewise the employees must care for and love each other."* Employees are more likely to care for one another when management does it. In order to cultivate a family that loves one another, we must set the example first. This starts with loving our wives well. Kids are going to look at that relationship as an example — first and foremost. Let them see your sacrifice, tenderness, and grace towards her. They will see your example and follow suit.

WHAT MAKES A GOOD BOSS

2. Trust *"To get better we must admit when we do wrong and truly own up to it and change our actions. Its not enough to just say, 'I'm sorry.' Trust in the workplace is built when there is change."* One of the things I appreciate about football is the film room. The film doesn't lie and, when a mistake is made, it is there for everyone to see. Great players and teams are ones that accept responsibility for their mistakes and try to correct them. No one is perfect, particularly me. I have learned that it is better to be honest about my shortcomings than trying to pretend to be perfect or defend at all costs. Correcting our kids while denying our own wrongdoing is inconsistent, hypocritical, and breaks trust. Being honest and confessing when we fall short propels us to improvement. Our kids need to not only see us admit wrong but see change. Lead the way and you will create a house of trust and growth.

3. Courage *"Suppose you are an outfielder. Your team is ahead by one run in the bottom of the 9th. If you are hoping the batter does not hit the ball your way, you will never amount to anything. You MUST WANT the ball."* There are times I read about the amazing things people did in Scripture with God's power. I have a tendency of elevating them as superheroes when they were actually terrified at the missions they were given. We all have fear and even the most confident people have self-doubt. Sometimes we may doubt we can be faithful husbands, loving fathers, and men of honor. However, I believe God made us to be courageous. With His power and guidance, we can be confident in our abilities as husbands and fathers.

Supports: A good boss will recognize that employees want to better themselves and further their careers. They should not be threatened by this. Good managers will help you find professional development opportunities and allow you to take part in new projects when it is applicable to your talents, time and career goals. Within a company, a good manager will also not pass the buck down to staff members when dealing with upper management and will make sure the concerns of staff are known to the powers that be.

Instructions: Very few people like to be micro-managed, but it can be even more frustrating to be given no clear direction and end up in trouble with your boss for not meeting expectations. A good boss makes it clear what they want, and tells you promptly and professionally if you are not providing what they need. They will also be frank and fair about concerns surrounding performance, attitude and behaviour — there should be no surprises in your performance review.

Encourages: A good boss is one who is always willing to acknowledge a job well done.

Respects: This is a big one. A lack of respect is one of the main reasons people feel unfulfilled at work. What is respect? Respect means appreciating the people who work with and for you. Respect is not offering a shiny plaque for doing three-times your workload. Respect means sincerely trying to help employees through crunch times and acknowledging that having limitations does not mean being inferior. Respect means understanding that people have different cultural and religious holidays and traditions. It means acknowledging people have different learning styles and ways of presenting themselves.

Sees the Big Picture: Finally, a good boss should always have their eye on the final product or deadline. Staff can sense when an employer has a handle on things and when they are letting something slip. This can be stressful since it puts staff in the awkward position of possibly offending their boss by mentioning oversights, or not saying anything and jeopardizing a project.

Communicates: This is a continuation of listening. A good manager should not only hear what you say, but be able to tell you what they want from you in a manner that is clear and professional. A boss shouldn't be too vague in their directions, nor should they speak to you in a patronizing tone. A manager should never yell, make personal comments or use humor as a put down.

Delegates: A manager is responsible for the overall workplace or project. This can lead some to try and control every aspect of the work flow to make sure no one else "messes" things up. This, in turn, can lead to a stressful work place with an overworked boss who is resentful of staff and a workforce of people who feel unappreciated and bored. A good boss will recognize that you are the best person to do your job and will provide you with clear direction that allows you to do it without watching over your shoulder.

Empathizes: A manager may deal with a variety of staff, of all ages and in all stages of life. A good manager can acknowledge the need of the parent of three to stay home with her sick kids, while also recognizing that the single colleague shouldn't always have to stay late to compensate, or that sometimes you will miss the train and be late for work, but that someone who is late all the time causes work flow problems for the rest of the staff.