

DR. ROY SMITH + ROBERT AMAYA



a guide for becoming the dad God created you to be

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To Kim, Mike, Silas, and Jorah. May I always be there for you even when I'm not.

To Nick, the Professor (1988–2020).
Thank you for all the lessons you've taught me. You are loved and missed.

To Jan, who said, "Let's do this thing and become parents," and was a faithful partner throughout the journey.

To Roy Smith Sr., who gave me a love for God's Word, an interest in discovering who I am, and a desire to help others. You were a very interesting man.

—Roy

To my dad, who would have benefited greatly from a book like this. None of us is perfect, but I wouldn't be where I am if it weren't for your example and sincere love for God, Mom, Arlene, and me.
¡Te quiero, Papá!

—Robert



"Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord." Ephesians 6:4 (ESV)

I've been deeply affected by this passage of Scripture ever since my eldest daughter, Sophia, was born. Growing up in church, I thought I understood exactly what it meant, and I'd attempt to use it against my own dad whenever I was agitated with him. "Don't provoke me, Dad!" I'd say. "The Bible says so." You can imagine how well that sat with him.

After having Sophia, however, I realized that this passage was never intended to be understood that way. In my ignorance, I was reading it as if "do not provoke your children" was all it said, which meant I was missing so much of its depth and intention. What I didn't see was that the Apostle Paul's words are actually laying the entire responsibility of raising children upon the father's shoulders. Don't believe me? Read it again. It says, "Fathers... bring them up."

This eye-opening moment changed me forever. I began to comprehend that, according to the Apostle, provocation happens when you don't raise up your child. It's not when a father disciplines his child for wrongdoing or doesn't do what they want that he sets them up for terrible anger and resentment—it's when he's too busy, too lazy, or too anything that keeps him from spending

quality time with them.

The more I kept digging into this verse, the further it clarified a sobering truth. It's essentially telling us that the person or thing that has the greatest influence in a child's life, whether intentional or unintentional, is the one acting as their father. Now, that person is meant to be us. It's our God-given duty to teach, guide, and develop our children. But when we don't step up to that duty, when we allow them to stare at a screen for hours a day and spend only minutes with us, when they spend most of their days in a classroom and only an hour at dinner with us, when they spend five days a week away from us and only two days with us, well... it means we're letting someone or something else do the raising. It means we have handed over, in every meaningful way, our role as fathers.

That was mind-blowing to me. And I knew that as far as I was concerned, things needed to change. But here's the kicker: I spent months frustrated after understanding this verse. I knew I needed to do more in my relationship with my daughter, but I kept losing my internal drive and focus, kept running out of gas. I spent so much time feeling guilty and useless, aware of what needed to be different but unable to do anything about it. It was absolutely exhausting.

Then I finally looked up. I recalled the words from John's first Epistle: "We love because he loved us first" (1 John 4:19). That was the missing key. Something needed to happen within me first. I needed to become aware of how much my heavenly Father loved me and what He did for me through His Son. In essence, feeling that embrace from God is what fuels us to be passionate fathers. And that begins inside.

Years later, now with two young girls, I find myself wanting to put into words so much of what I've learned as a father. So when my dear friend Dr. Roy Smith approached me with his idea for a book about the internal development needed to become an effective father, I was more than ready to contribute. While he poured

his research and expertise into the body of the work, I contributed real stories and experiences with my dad and with my children. In the end, I could not be more proud of our work. It honors God, His role as our Father, and His calling upon us to be fathers.

I wish I'd had this book years ago. I may have avoided much pain and frustration with myself. However, I believe in God's perfect timing in all things. So I pray that you are radically blessed and encouraged with every page. This isn't your typical fatherhood book. It's not about the ten steps to better fathering. It's about experiencing your heavenly Father. It's about letting that experience open the depths of your inner person, insecurities and all, and getting changed by a love that surpasses all understanding (Ephesians 3:19).

Thank you for letting us speak into your life. May you and your family be richly blessed.



I'm sure it won't surprise you to hear that life is unpredictable. We've all experienced it, whether it was a small, unexpected change that altered your plans for the day or an unforeseen path that redirected the course of your whole career. Looking back on my own life, I can see countless ways the unpredictable parts of it have shaped where I am today. When I began a counseling practice out of my living room nearly forty years ago, my biggest dream was to one day expand into a real office. But God blessed me beyond my greatest expectations, and since that humble beginning, Pennsylvania Counseling Services has expanded into eleven counties, employing over 650 individuals and providing just about every type of counseling you can imagine.

Unfortunately, however, not every surprise in life is quite this positive. In early 2020, the entire world was unexpectedly hit with the most physically and culturally devastating event most of us will experience in our lifetime—COVID-19. All of a sudden, everyone had to make drastic life changes in an attempt to keep ourselves and others safe. I myself was lucky enough to have stayed healthy, but like many of you, I still had to experience quarantine, isolation, and even months of separation from my own family. Since my company was mandated to stay open to continue serving thousands of clients during this challenging time, I had a higher risk of contracting or passing on the disease. And that meant I had to take extreme

precautions to keep my loved ones safe.

To my dismay, what I thought would be a brief week away from them quickly turned into two weeks, then three, and the end of the tunnel still was nowhere to be seen. This cruel separation made me miserable, and watching the news didn't exactly help. I quickly realized I needed something to do when I wasn't working on therapy outreach programs, just to stay sane, so I turned to a hobby that has always brought me comfort—writing.

This may sound odd, but writing is actually a form of prayer for me. It's a special time where I can focus wholly on God and listen as He speaks through His Word, my memories of inspiring counseling sessions I've had, and new ideas that could help other men. So as I settled into quarantine, I turned on some jazz, pulled out my yellow legal pad, and looked to God. And He led me right to fatherhood.

I can't help but laugh that it took a global pandemic for me to write this book, because I've actually been talking about it with God for quite some time. Every December, I participate in Fatherhood CoMission's leadership summit in Rome, Georgia, where a group of Christian leaders extol the importance of fatherhood and work together to encourage the various fatherhood ministries in attendance. The wisdom they share and their dedication to helping others do fathering right always makes me think about my own journey with my father and my experience counseling clients through their issues with their fathers. Each year, I can't help but feel God's tug on my heart to put my own ideas regarding fatherhood into writing.

The problem is, fatherhood isn't as simple as I wish it were. I could give you step-by-step instructions on what to do or say to your child, but that isn't what will make you a great father. That's because fatherhood isn't just about providing structure for your

¹ Check out all of Fatherhood CoMission's resources and information for dads at <u>fatherhoodcomission.com</u>.

child to live by. It's also about how your relationship with them reflects your relationship with God, our ultimate Father whose character, love, and principles we must practice in our own fathering. It's about your relationship with your earthly father, whose influence you must evaluate so you know which lessons of his to pass on to your own child. And it's about your internal development, as it's only through changing with God's guidance that you can become the man you need to be to help your child develop themselves in the same way.

That's a lot to tackle in one book! Maybe now you can understand why it took me so long to write it. But with a pandemic and God's help, I got it done. And now it's your turn to put in the work. Life may be unpredictable, but I have absolute faith that with God's guiding hand, you will fully step up into the most holy role of fatherhood.

THIS IS A SAMPLE. SOME PAGES HAVE BEEN OMITTED.

part I

FATHERHOOD DEFINED

BECOMING A FATHER

I remember the exact moment my wife came to me and said the two words that can immediately fill any man with a mind-boggling mix of pure joy and sheer terror: "I'm pregnant."

Over the following weeks, I found myself latched into the same roller coaster of questions and doubts that so many fellow fathers-to-be experience. One moment I'd feel totally empowered and excited to tackle the challenge of being a dad. The next I'd feel like jumping in my car and driving aimlessly through the streets to try to outrun the overpowering anxiety that often comes with any responsibility you can't get out of. The questions would flood in out of nowhere. What does taking care of a baby even look like? Would my child love and trust me? How could I guide someone else through life when I had already failed so many times? And the big one: can I really do this?

I'm a problem solver, though. So instead of sinking into misery, I got to work. I read about the dos and don'ts of child rearing, studied what the Bible has to say about fatherhood, and did a lot of praying. And here's the most important truth God revealed to me: God created each man for fatherhood, whether he ever becomes a father or not.

No matter how inadequate you may sometimes feel as a father, the reality is that you're already fully equipped for the job. As long as you're willing to try, God will be there to walk you through

the process. He'll guide you through the struggles, show you the lessons you need to teach your child, and above all, demonstrate the love He wants you to reflect to them. Love is the single most important piece of fatherhood. When there's love, a father and his child will have everything they need (1 Corinthians 13:13).

So keeping this truth in mind, let's start at the beginning and look at what fatherhood means at its very core. Before we get to the more in-depth processes that will help you build a strong, lifelong bond with your child, we must first understand what exactly binds you together. And that requires turning a deliberate eye to something we often overlook the importance of—biology, science, and basic instinct.

EARLY CHANGES¹

Everyone knows and can even physically see evidence of the changes a woman undergoes during pregnancy. But what is less recognized is that as her body changes, so does her husband's. And I'm not talking about a sympathetic pregnancy (though some men do experience nausea and weight gain along with their wives). I'm talking about the subtle hormone changes that happen in the father-to-be. During pregnancy, women produce and emit chemicals called pheromones that their partner instinctively senses and responds to on a hormonal level. For instance, a man's prolactin will increase quite a bit over the duration of the pregnancy. In the mother, prolactin is responsible for initiating and maintaining lactation. But in the father, it begins to prepare him to bond with his child.

The biggest effect, however, is on a man's testosterone. This hormone typically decreases more and more the closer a couple gets to the due date. Now, that may seem like a bad thing, since

¹ Much of the research and information referenced in this chapter is taken from: Louann Brizendine, *The Male Brain* (New York: Harmony Books, 2010).

you're probably aware that testosterone is essential to being a man. However, it's also what makes us impulsive, territorial, and aggressive—all of which limit our ability to bond with others. So a drop in testosterone during your wife's pregnancy also means a drop in these self-centered tendencies. Combined with a prolactin increase, these changes allow you to become both a better husband during the pregnancy and more emotionally connected to your child after they're born.

And these biological changes don't end after birth. Remember those powerful feelings of love and passion you felt at the beginning of your relationship with your wife? Well, that was due to a sudden activation in certain brain circuits, which will kick in once more when you first lay eyes on your child. Every time a parent holds their child or gazes into their adorable face, they experience a rush of oxytocin, the bonding hormone, and dopamine, the feel-good hormone. In other words, their child makes them really, really happy, deepening the connection between them even further.

As you can see, fatherhood is an innate part of every man—and that means it's a part of you too. The scenario described above is one way God prepares men for fatherhood, but it certainly isn't the only way. No matter where your journey started, God is standing by ready to support you as you become a father. And once you accept this part of His great plan, it won't be long before fatherhood begins to feel like a natural, inseparable piece of you.

A FATHER'S ROLE

One helpful way of understanding the essence of fatherhood is to look at how it's different from motherhood. As we just saw, many of those early hormonal changes happen to both you and your wife during the pregnancy, just in different ways. However, it's hard to deny that the physical and hormonal changes are a little more intense for her, which means things will return to normal

much faster for you after your child is born. This is why mothers often take charge during early parenthood, changing all the diapers, comforting the child whenever they cry, or tucking them snugly into bed every night. It's not that the fathers don't want to help. It can just be intimidating to see motherhood come so naturally to their wives, and it feels easier to let them take over and do it all.

But the truth is, you're just as equipped for the job as she is. Like her, you also have natural instincts for fatherhood, such as when you become spontaneous and creative as you play with your child. You have an amygdala and insula, the parts of the brain relating to emotional responses and gut feelings, which cause you to jump into action when you hear your child cry. And that little smile, even in the middle of the messiest diaper change, is enough to trigger your brain's reward center to make you feel fulfilled and content in your role as a dad.

However, just because men and women are both equally designed for parenthood doesn't mean their approach to it will be the same. While mothers are typically praised for being gentle and comforting, fathers are often criticized for being too aggressive or even harsh. And while it's certainly possible to cross that line, for the most part they are just fulfilling the specific job God created them for—to protect and guide their children in a sinful world.

We all have a responsibility to be like Jesus, who stood up against a culture that encouraged spiritual compromise (Matthew 21:12-13). When it comes to fatherhood, part of that responsibility means teaching your child to take care of themselves, express and guide their emotions, set boundaries, and develop perseverance and resiliency. Thankfully, your nature as a man is perfectly suited to teach your child these exact skills.

For one, you are likely to be more direct with your child when they need it. When it comes to discipline or confrontation, mothers often emotionally guide their children through conversation and support, while fathers prefer to give clear orders. Although such an approach can seem abrupt and distant, being strict doesn't mean being unloving, and such structure can actually help your child learn self-control and internalize high standards for themselves. A father's directness will also enhance his child's own transparency in communication, which will help them navigate the real world. After all, others won't be able to read their minds or anticipate their needs in the same way their mother can.

Another way you help your child is through your tendency to connect through physical play, like a wrestling match or a tickle fight, instead of through conversation alone. The creative, spontaneous, and even risky nature of this style of play feeds a child's curiosity and improves their ability to learn. Researchers have even found that those whose fathers played with them safely but roughly as children have more self-confidence as teenagers. Similarly, verbal teasing, when playful and good-natured, can teach a child how to sense what others are feeling and determine when someone is being deceptive, further increasing their self-reliance and relational abilities.

Regardless of their natural tendencies, men are also good at being flexible in their fathering approach, especially between daughters and sons. For instance, daughters typically don't like to be teased as much and prefer more structured play, such as a tea party or make-believe. To make them happy, fathers are usually more than willing to accommodate, especially if it allows them to help their daughters in some way. Fathers feel closest to their daughters, no matter their age, when they can solve problems together or fix something for them. Engaging in your daughter's style of play allows you to do exactly this by helping improve her relational skills and ability to get along with men later in life.

Fathers also like to help their sons, but in different ways. While there is more softness in a father's interactions with his daughter, he is more likely to be firm when guiding his son, even during play. Because he views his son as more like himself, he

demands of his son what he would require of himself. Being physical and unrelenting as you roughhouse together or teach him a sport will help develop the same perseverance and work ethic in your son that you try to express yourself.

Of course, that doesn't mean daughters won't also need a firm hand at times or that sons won't benefit from compassion in certain moments. But adjusting to those nuances is just a part of fathering, as is adjusting to the ways your children will grow and change. Just remember that you are more than capable of handling it. No matter how difficult, intimidating, or downright frightening this role may sometimes seem, God has already equipped you with the exact tools you need to help your child shape their identity and create a future filled with success.

However, fatherhood isn't all about discovering your role and learning how to care for your child. It's just as important to understand what you will reap as a result. As you give to and bond with your child, you will receive several blessings that will enhance your life beyond what you could ever imagine. When you can recognize and focus on the following blessings, you'll find yourself stepping more and more into the amazing role of being a dad.

THE BLESSING OF LOVE

One of the biggest problems men struggle with is accepting the love others give them. It's so much easier to do the bare minimum by keeping our friendships with other men shallow or even by avoiding friendships completely. But this approach to life denies our basic need for emotional affirmation and support. By attempting to protect ourselves, we actually limit our ability to internalize and benefit from the love of others, which is essential to achieving all of our potential.

However, a child changes all of this. As a father, you automatically have some type of relationship with your child, making it

impossible to maintain your isolation. And as you relate to them, even through something as small as fulfilling their basic needs, they will respond with an appreciative love you can't help but take in. When your little girl calls you daddy for the first time, your heart will melt in an instant. When you catch your son watching and imitating your actions, you will instinctively smile with pride. It's these special moments with your child that make the weariness of the world temporarily disappear, leaving you with a sense of complete contentedness, peace, and love. Embrace that love and internalize it, and then return it to them tenfold (Jude 1:2).

THE BLESSING OF PERSPECTIVE

Each man naturally seeks meaning in life. We want to make a difference, even be heroes if we can. But being a hero doesn't always mean saving the world. It starts in the mundane, with just being present with your family and actively loving them like God does. This is where you'll discover your true value—in your child's shouts of joy as you walk in the door, or in your wife's sigh of relief as you finish the dishes for her.

Along with reminding you of your own value, time spent with your child also gives you perspective on your priorities. Where life tells you to speed up to reach the end goal, your child asks you to slow down to be present in the moment. Despite how some jobs or aspects of life require routine with little room for creative thought, life isn't meant to be boring or success-oriented. Your child will be the one to enliven it, encouraging you to become spontaneous and flexible. As you engage with them and see them grow and change each day, you will rediscover the joy and inspiration that comes from something as simple as drawing a picture with crayons.

THE BLESSING OF GROWTH

As much as we may not like it, much of our growth comes

from the unforeseen challenges of life. And what greater challenge is there than fatherhood? In the course of their life, your child will explore parts of themselves you may have never thought about. They'll experience situations you never went through. They'll exhibit behaviors you don't like or make choices you never would have. Responding well in these moments may require words or behaviors you've never engaged with before. And that means you're naturally going to change.

There are three specific aspects of fatherhood that foster growth within a father as he experiences them. The first is basic child-rearing. The task of taking care of another human being can be a huge adjustment. There will be times when you get tired of the demands your child places on you, whether it's the nonstop crying at the baby stage or the endless back talk during adolescence. You may feel like you want to just block it out and do nothing about it—but you can't.

Just as you have to push yourself beyond your limit at the gym to get bigger muscles, you must also stretch yourself to the edge of your relational comfort zone and then courageously take one step further. In this way, when you comfort your wailing infant or discipline your unruly teen, you don't just help them. You also help yourself by developing your perseverance, leadership, and ability to self-sacrifice.

The second aspect is relational connection. Your child may be like you in many ways, but they will still be their own person. In helping them discover their unique identity, you'll naturally develop a variety of social and emotional skills. For instance, when you don't understand your child, you'll have to learn to slow down and listen to their perspective in order to see where they're coming from. Not only will this help you work with your child better, but it will also teach you how to understand your own internal processes. And the better you understand your thoughts and responses, the easier it will be to communicate with others, including your child.

The last aspect of fatherhood that pushes you to grow is teaching, which is one of your most important and enduring tasks. As your child encounters and explores the world, they will find themselves with countless questions, most of which you've probably never thought about before, at least not for many, many years. When they turn to you to ask "why?" for the millionth time, and as you try to dig up an answer to give them, you will find yourself really thinking about topics you may have never considered or always took for granted. As a result, you and your child will both get to explore a new area of life and enhance your thought processes, allowing you to better understand and navigate the world.

Besides increasing your knowledge, teaching your child will also further your internal development. As you give your child specific instructions, like what principles they should live by, you'll both help them create structure to build their identity on and discover how you can do the same. And given the way children mimic their parents' actions more than their words, you'll quickly learn to adjust your behaviors to ensure your child takes your lessons to heart, which will in turn help you become more of the man God wants you to be.

Depending on your current level of maturity, you may be pushed to grow in only one of these aspects of fatherhood or all of them—but you will grow. The only father who has no need for growth is God (Deuteronomy 32:4). His greatness doesn't change, but our relationship with Him does. Success in fatherhood can only be achieved when we learn to feel God's presence guiding us. When you rely on Him, He will show you exactly what you need to do to become the father your child needs.

A FINAL THOUGHT

So what happens to a male who chooses to ignore the importance of fatherhood? The answer is simple—he ends up being

less of a man. A male who simply goes through the motions of fatherhood misses out on all the resources and benefits God has to offer. The biological changes discussed above are less likely to impact him, and he blocks himself from receiving the blessings of fatherhood and the growth God intends for him. In other words, by denying his full responsibility as a father, he ends up denying an essential part of himself. And worst of all, he hurts his child, creating a legacy that will lead them to make the exact same mistakes in their own life.

Of course, I don't need to tell to tell you this. The fact that you're reading this book already means you've chosen a different path from such a male. You understand that Jesus died for your child and that you have been chosen to help them discover this truth (1 Peter 2:24). The job won't be easy, but with strength, perseverance, love, and God's guidance, you will find yourself fully prepared to help your child grow into the amazing person God created them to be.



In the wee hours of one seemingly normal morning, my life was changed forever... my daughter was born. I remember the volcanic bursts of emotions more than the facts, but what I know is that nothing could've prepared me for such a moment.

My wife, Colleen, being the strong warrior that she is, chose to give birth naturally. My job as her partner in this journey was to be as knowledgeable about the process as possible. So I went to as many parenting classes and trainings as I could attend. I learned about feeding, bathing, and changing diapers. I learned about football holds, baby carriers, and the beauty of white noise. I read all the classic pregnancy books and convinced myself I knew exactly

what to expect for my expecting wife.

Inside, however, I was terrified. How could anyone trust me with the life of another human being?

On the evening of April 19, while my wife and I enjoyed a warm chocolate brownie topped with vanilla ice cream and fudge, the inevitable began: contractions. Out came the stopwatch. "Tell me when it stops," I exclaimed, as if I was in control in any way. "I have to write down the duration times."

Back and forth we played this game as the contractions got steadily longer and closer together until, finally, we realized we really needed to go. I drove to the birthing center in record time, and an attendant promptly took us to our room. So far, everything was unfolding as planned for my wife.

As for me, however, I was quickly becoming an anxious mess. Worried thoughts flooded my head: Am I going to be good dad? What if my daughter doesn't like me? What if I'm a disappointment to her? Does she deserve better?

After a few hours of this foolish internal dialogue, the glorious moment came. With one final burst of determination, our firstborn daughter, Sophia, had arrived. And that's when everything finally changed for me.

When those tiny eyes squinted at the lights above me, I suddenly believed in love at first sight. There in my arms was a person I had met only a few seconds ago. And yet for reasons beyond my comprehension, I knew with absolute, unwavering certainty that I would willingly offer my life for her safety. I knew that no one would bring her harm as long as she remained in my hands. I knew she needed me and that I would always be there for her. She and I were simply meant to be.

At that same moment, a heavenly clarity came over me. I realized that this is how God sees us. When that divine appointment with His Spirit opens our eyes to His good news and we truly see our Father for the first time, we are in His hands—safe, innocent,

and fully dependent on Him

I thought I had no idea how to be a father, but I failed to see that the best example of a Father had always been with me, training and developing me all along. God equipped me for fatherhood. He called me to this. The proof, for me, was found in Him, in the wee hours of one seemingly normal morning.

DISCUSSION QUESTIONS

- 1 Why do you think the role of fatherhood is so important? How has God prepared you for such a task?
- Describe the child or children you are a father, grandfather, mentor, or other father figure to. What do you need to do to be the best example for them to follow?
- What aspects of fatherhood have helped or could help your personal growth? What areas could you improve on to become a better father?
- Discuss what Psalm 127:3-5 reveals about how God views children and the role of fatherhood. How can you rely on His perfect example to better father your child?

Children are a gift from the LORD.

They are a reward from him.

Children who are born to people when they are young are like arrows in the hands of a soldier.

Blessed are those

who have many children.

They won't be put to shame

when they go up against their enemies in court.

THIS IS A SAMPLE. SOME PAGES HAVE BEEN OMITTED.



Dr. Roy Smith has worked for nearly forty years as a psychologist and counselor to men and their families. Pennsylvania Counseling Services (pacounseling.com), which he began out of his home, offers a variety of services in eleven counties in south central Pennsylvania. Roy is also an ordained minister with the Evangelical Church Alliance. He developed LiveUp Resources (liveupresources.com), a ministry that produces books and video series to guide men, women, and youth toward their God-given potential, contributing to the overarching goal of positively changing our culture.

Roy has written several books in the areas of men's issues and mentorship. He recently began writing *The Campfire Gang* series, which now includes more than ten published volumes, to teach young boys biblical leadership and character-building skills through an engaging storyline.

Roy has a master of divinity degree and a master's and a doctorate degree in clinical psychology. He is married to Jan, who is also a psychologist. They have two children, a son-in-law, and two grandsons.



Robert Amaya is a family man with a love of film and musicals. He first won audiences' hearts as Javier, "the Snake King," in *Courageous*. He has since become a favorite in many uplifting films including *October Baby*, *Moms' Night Out*, and *Family Camp*. Robert is a former vocalist for the critically acclaimed Walt Disney's Voices of Liberty. He used the experience he gained there to help launch and direct FamJamz, a program through his church where families could worship together and parents could be equipped to lead their children's spiritual development.

In 2019, Robert became the executive director of LiveUp Resources and is helping develop the associated LiveUp Studios and LiveUp Films. He speaks at both English- and Spanish-speaking churches, schools, and organizations as a minister of the lifesaving Gospel of Jesus Christ. He is passionate about Christian artistry and enjoys helping and mentoring others to unleash their artistic freedom without compromise. He is equally passionate about fatherhood and the significance of such a calling, believing that it is a father's duty to call out the men in their sons. He is married to his high-school sweetheart, Colleen, and is the father of two beautiful girls, Sophia and Angelina.

YOU WERE MADE FOR THIS.

For a man, there is no role more important or influential than father-hood—and no role more intimidating. But no matter how out of your depth you may feel, God created you with all the skills and abilities you need to be a father. All you have to do is join up with Him and develop them.

Inside Fatherhood will help you find out what it means to be a father. Discover the process of fathering on a spiritual, personal, and practical level, using God's perfect example as a guide.



DR. ROY SMITH has been a psychologist, counselor, and sex-addiction therapist to men and their families for nearly forty years and founded both Pennsylvania Counseling Services and LiveUp Resources. He is an ordained minster and holds a master's of divinity degree. His wife, Jan, is also a psychologist; they have two children, a son-in-law, and two grandsons.



ROBERT AMAYA first won audiences' hearts as Javier, "the Snake King," in *Courageous*. He has since become a favorite in many uplifting films, including *October Baby*, *Moms' Night Out*, and *Family Camp*. In 2019, Robert became the executive director of LiveUp Resources and is developing the future site of LiveUp Studios and LiveUp Films. He is married to his high-school sweetheart, Colleen, and is the father of two beautiful girls, Sophia and Angelina.



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