

It's Time for a Shape Up – Bible Study Lesson

How Fathers Help to Shape Us Into Purpose

Family is a force designed by God to teach, support, encourage and push you into the purpose He destined for your life.

Proverbs 20:6 (AMP)

Many a man proclaims his own loyalty and goodness, But who can find a faithful and trustworthy man?

Ezekiel 22:30 (AMP)

30 I searched for a man among them who would build up the wall and stand in the gap before Me for [the sake of] the land, that I would not destroy it, but I found no one [not even one].

The world is confused about manhood, especially fatherhood. Culture wants to shrink it, silence it, or redefine it. But God has already designed it with strength, purpose, and destiny.

It's time for all of us not just fathers to shape up, not in condemnation, but in conviction. We were made for more. Our presence is powerful. Our leadership is needed. And our faith will shape generations. Our families and our future are depending on us getting and staying in our right place. With this in mind, let's examine: **It's Time for a Shape Up.**

1 Corinthians 4:15 (AMP)

15 For even if you were to have ten thousand teachers [to guide you] in Christ, yet you would not have many fathers [who led you to Christ and assumed responsibility for you], for I became your father in Christ Jesus through the good news [of salvation].

In many ways, our fathers shape the way we see God. A father's behavior often becomes a child's blueprint for how God responds and reacts. In the scripture Paul says, **"Anyone can teach you something. But very few are qualified to father you."** Fathers bring gentle correction, consistent

love, and emotional presence that reveal God's heart. Fathers aren't called to be perfect. But, they are called to be present. **Our lives are the first Bible our families will read.**

1. Fathers help to shape our character by example.

Proverbs 20:7 (AMP)

7 The righteous man who walks in integrity and lives life in accord with his [godly] beliefs - How blessed [happy and spiritually secure] are his children after him [who have his example to follow].

A father's presence helps shape how children see themselves and their future. He builds confidence, imparts identity, and sets the tone for generations. If the enemy can confuse the father, he can distort the family. But when the father stands tall, legacy is secured. **We must shape up, not just for ourselves. But, for the destiny God has tied to our lineage.**

2. Fathers help to shape our identity and legacy through presence.

Habakkuk 2:2-3 (AMP)

2 Then the Lord answered me and said, "Write the vision And engrave it plainly on [clay] tablets So that the one who reads it will run.

3 "For the vision is yet for the appointed [future] time It hurries toward the goal [of fulfillment]; it will not fail. Even though it delays, wait [patiently] for it, Because it will certainly come; it will not delay.

A man of God doesn't just react to life. He leads with vision. Families thrive when fathers lead spiritually, emotionally, and morally. The legacy of a father is not in possessions, it's in the patterns he sets. Every word, every decision, every prayer shapes the children's sense of direction and purpose. **Fathers must cast vision. Without it, the family is destroyed.**

3. Fathers help to shape our life's direction through vision.

Ephesians 6:4 (AMP)

4 Fathers, do not provoke your children to anger [do not exasperate them to the point of resentment with demands that are trivial or

unreasonable or humiliating or abusive; nor by showing favoritism or indifference to any of them], but bring them up [tenderly, with lovingkindness] in the discipline and instruction of the Lord.

Many people, especially men think authority is about dominance. However, love and understanding are the real pillars of manhood and fatherhood. When a father leads with honor and spiritual maturity, the family thrives, and heaven responds. A mature person understands that authority is about influence and not control. **Fathers should teach us that love is patient, kind, giving, and forgiving.**

4. Fathers help to shape our understanding of love through patience.

Genesis 1:28 (AMP)

28 And God blessed them [granting them certain authority] and said to them, “Be fruitful, multiply, and fill the earth, and subjugate it [putting it under your power]; and rule over (dominate) the fish of the sea, the birds of the air, and every living thing that moves upon the earth.”

Luke 10:19 (AMP)

19 Listen carefully: I have given you authority [that you now possess] to tread on serpents and scorpions, and [the ability to exercise authority] over all the power of the enemy (Satan); and nothing will [in any way] harm you.

One of the greatest things a parent can do is speak words of affirmation into and over their family. Before God released Adam and Eve, He spoke over them. Before Jacob died, he laid hands on the next generation and declared their destiny. Before Jesus left, He bequeathed power to the disciples. A father's words are not empty. They are prophetic. Our blessing can unlock doors our children didn't even know existed. **Life and death are in the power of the father's tongue.**

5. Fathers help to shape our future by speaking the blessing.

Not just fathers, but family, it's time to shape up in faith, shape up in love, shape up in leadership, and shape up in legacy. Because when you stand tall, your family stands taller. When you lead strong, your legacy lives long. And when you rise, your house is covered. **It's Time for a Shape Up.**