**Proverbs 4:1-2 Hear, *my* children, the instruction of a father, And give attention to know understanding; 2For I give you good doctrine: Do not forsake my law.**

God gave us fathers and mothers. He made it so that a child is not possible without both. A study released in March by UNC showed that children actually inherit slightly more genetic material from their father than their mother. Never dishonor the gift God has given in the shape of a father.

Father’s Day. A day when we honor our fathers. Society likes to marginalize the importance of fathers. But science has proven time and again that when there is a strong fatherly presence in the home, children do better. From story time to rough housing to work ethic to following God, a child that sees a father do it is more likely to do it. In this time of Blue, Black, and All… let’s take this day to appreciate the fact that a Father’s Life matters.

Father’s take this day to realize that you matter to your children. Sometimes it’s hard to see, but what you do matters. A daughter embraced and loved by her father is more likely to seek healthy men as life partners. A son who sees his father love his mother is more likely to have a better relationship with his wife. Children who see a father with a great work ethic are more likely be successful in education and in the work place. It’s not Richard saying this. It’s science. But the world doesn’t value that because the world’s goal is to break down the family.

Verse 1 *Hear my children the instruction of a father.* We are told to hear. Listen attentively. Listen intelligently. Seek to learn from the instruction of a father. Speaking only for myself, I wish I had listened more attentively to my father. He was a wise man. There’s a popular post on Facebook that has various people asking, “Do you miss me yet?” What if the man you consider your father figure in life asked that question? Take a minute and ask yourself, “How bad do I miss my father?” If he’s not passed on, how bad will you miss him?

***Give attention*** *to* ***know*** *understanding –* Give attention to your father and what he is teaching you. Give attention to that man in life who represents father to you. There’s a good chance he’s not going to demand attention, be the first to call, complain that you work too much. The child must give attention to know understanding. It doesn’t happen by accident. We must choose to give attention and know understanding.

Verse 2 - *For I give you good doctrine: Do not forsake my law.* Hear and understand the good doctrine. Father’s we must give good doctrine. We must teach what is worthwhile. Even through the eyerolls, even through the “Oh Daddy”, even through the “that’s so old fashioned – you just don’t understand.” Sound doctrine doesn’t change like the wind. Sound doctrine is sound in 1983, 2003, 2023. It’s bedrock for a child to build on. It’s the foundation that anchors them when the storms of life strike. It’s what sustains them, even when the teacher is gone. Father’s teach the good doctrine, so the attentive listening child learns right and takes away understanding based on the unchanging word of God. There is no more important job for a father and there is no more urgent need to address the things we see in this world today.

Today, take time to honor your father. Father’s come through blood and father’s come through nod. Honor the men who have been teachers in your life. If your father has passed on, remember him and take a moment to be thankful for all he gave. Chances are he sacrificed quite a lot that we may take for granted. If he’s alive, honor him. When our fathers are gone, we will miss them and long to have just one more day to listen attentively, one more day to seek the man we call daddy.