

FATHERS' DAY RESOURCES. Suggestions to adapt, copy and distribute from MARFAM 2025

A FATHERHOOD PRAYER. Loving God, blessed Trinity, may your Holy Spirit set the hearts of fathers on fire. Fill them with the generous life-giving love of the Father and the compassionate love of Jesus in his Sacred Heart, for peace in all homes and families of the world.

Suggestions for a focus at Mass on Father's Day.

Blessing:

- For those of you who are fathers, we wish you a blessed Father's Day.
- For those children of fathers, whatever your age make sure you contact your dad sometime in the next week and say. "Dad, you do know I love you, don't you? Do you know how much? Then tell him....."
- For those who are not close to their fathers, possibly do not know them, or do not have a good relationship with him, I ask that you pray for your father, pray that God will bless him wherever he is, pray for forgiveness and reconciliation if necessary.
- Pray for fathers who have died that they may rest in peace.
- Pray for our priest fathers that they too may live up to their calling.

FATHERHOOD – a reflection on 1 Cor 13.

If I speak in the slang of my teens and understand the language of their peers, but do not give them love, I am just like so much noise falling on their ears.

If I could tell my children exactly what their future holds; if I knew everything ahead of them, and if I believe that someday each one of them will be successful, but do not give them love, I am nothing.

If I give them everything they want; if I sacrifice all I have - even my life - for them, but do not love them, they gain nothing.

A father's love is patient even with straying offspring. It is kind to the daughter who is hurting, even if it is her own fault. It never says: "I told you so!" Fatherly love is not rude, even to the rebellious son, nor easily angered by his ways.

A father's love does not delight in dire predictions which come to pass, but rejoices at the slightest sign of reform in the teen who drifts away.

Fatherly love protects the toddler; firmly guides the adolescent; hopes for those who falter year after year.

A father's love never gives up.

Our plans for the future may fail. Our advice may be refused. Our knowledge may fall short, for we do not know everything and we cannot control our children. But we can always love.

When I was a young father, I was a visionary. I had all the formulas for successful child-rearing. But when my children grew up, I had to put those immature ideas behind me.

Now I have no answers; I know so little and my understanding is limited. Only in heaven will I know the rest. There my understanding will be complete. My joy will be total and my tears will be wiped away.

Three things I have now:

FAITH that my children will remember their training;

HOPE that this will influence their lives for the better,

and **LOVE** that continues no matter what. And the greatest of these three is LOVE!

(With acknowledgements to St Paul!)

St Paul 1 Corinthians chapter 13.

"If I have all the eloquence of men or angels but speak without love I am simply a gong booming or cymbal clashing.

If I have the gift of prophecy, understanding all the mysteries there are and knowing everything and if I have faith in all its fullness to move mountains but without love then I am nothing at all.

If I give away all that I possess, piece by piece and if I even let them take my body to burn, but am without love, it will do me no good whatever.

Love is always patient and kind, it is never jealous;

love is never boastful or conceited; it is never rude or selfish; it does not take offence and is not resentful.

Love takes no pleasure in other people's sins but delights in the truth; it is always ready to excuse, to trust, to hope and to endure whatever comes.

Love does not come to an end."

When all else fails "three things remain, faith, hope and love and the greatest of these is love."

A FATHER'S DAY BLESSING

Where possible a son or daughter could lead the family or the community in the following:-
'Lord, as we celebrate Father's Day may we think about the gift of fatherhood and show our appreciation of the love and care of fathers for their families. At the same time may we also be conscious of those fathers who are not with their families at this time.'

INTERCESSIONS.

LEADER: Lord, may our father experience your love for him in new and deeper ways this Father's Day. May we learn to love him as you do.
CHILDREN: Hear us God, our Father.
LEADER: May our father on earth always respond to the call to be like Our Father in heaven and love and cherish his children deeply.
CHILDREN: Hear us God, our Father.
LEADER: May we always cherish the memories we have shared with our father.
CHILDREN: Hear us God, our Father.
LEADER: May we always have the courage to tell our father of our love and our need of him.
CHILDREN: Hear us God, our Father.
LEADER: May we walk proudly with our father in times of prosperity and of need.
CHILDREN: Hear us God, our Father.
LEADER: Forgive us and free our father from any injury or hurt we may have caused so that we will be united in love as you want us to be.
CHILDREN: Hear us God, our Father.
LEADER: May we have the courage to forgive our father for the hurts we have experienced and may we learn to accept him as he is.
CHILDREN: Hear us God, our Father.

AFFIRMATION

Where possible the children could tell their father about one of his qualities they admire and say the following:

"I believe in you dad. You are someone who is very important to me, not because of the things you do, but because you are my father who has given me life and I love you. If you have hurt me I forgive you and ask for forgiveness for the times I have hurt you."

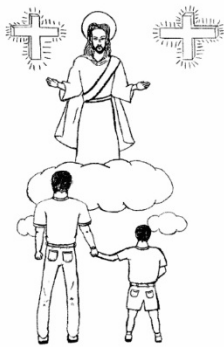
BLESSING

LEADER: Lord God, bless our father and all fathers this day with all the good things in life: health, joy, love and laughter. Keep him in your care always and protect him from harm."
ALL: Amen

Children could offer their father a blessing by signing him with the sign of the cross on his forehead and fathers could bless their children in the same way. If done in Church the priest can then bless all present and offer prayers too for absent fathers.

A FATHER'S PRAYER

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may your Holy Spirit set the
hearts of fathers on fire.
Fill them with the generous
life-giving love of the Father
and the compassionate love
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