

Husbands and Dads: Do You Have These 5 Traits of a “Spiritual Head?”

~ from KatieWarner.com ~

Statistical and anecdotal evidence demonstrates that parents are the number one influence on the faith lives of young people. More specifically, studies find that **the role of the father in particular is critical in handing on an active spiritual life to his children**. Without a strong spiritual head to guide them, children can so easily be lost to our culture that deprives them of the meaning, purpose, and hope that only Jesus Christ can provide, in and through His Church.

Men are called to demonstrate Christ’s love for the Church within their families in a special way. So what are some traits of a strong spiritual head of a family?

- **An attitude of surrender.** Strong spiritual heads are willing to hand over control to God, recognizing that He is the one who is King over their lives, their families—everything. They recognize that it is a sign of true masculinity to call on God for guidance and to surrender to His will.
- **Humility.** While our culture may tout pride as a masculine virtue, strong spiritual heads model the virtue of humility for their families, making daily steps to conquer their desire to be right, or to seek acclaim, instead opting to devote time to showing their families how to give credit and glory to God, seeking to please *Him* first and foremost.
- **Boldness.** Strong spiritual heads are bold about their Catholic faith—at home, at work, and in public. They aren’t afraid to make decisions in light of their faith and to let others know that they are Catholic, not just in name, but in active practice.
- **Openness to fellowship.** While the prevailing norm is to think it a feminine activity to have meaningful conversations about life, faith, and family, strong spiritual heads recognize that they shouldn’t try to go it on their own when it comes to spiritual leadership. They acknowledge the importance of seeking accountability, encouragement, and fraternity with other men and make it a regular habit to do so.
- **Friendship with St. Joseph.** Strong spiritual heads often cultivate beautiful devotions to Our Blessed Mother, but they also lean on the intercession of St. Joseph to help them in their immense task of caring for their family’s physical, emotional, and spiritual needs, as St. Joseph gallantly did for Mary and Jesus.

Okay, men, how are you doing on living out these traits? We women and children need your bold headship in the family, as the Church needs the leadership of Christ.

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