**MU Father’s Day Reflection**

Father’s Day invites us to pause and honour the men who have shaped our lives through love, care, and presence. For some, that’s a biological father. For others, it might be a stepdad, grandfather, mentor, or a faithful friend who’s been like a father in all the ways that matter.

Fatherhood isn’t one-size-fits-all. Some men are actively parenting, others carry the ache of distance from their children. Some are grieving, waiting, or walking through the quiet pain of infertility or loss. There are men who guide through fostering, adoption, or simply being a steady presence in a young person’s life. And there are those who may never have children of their own, but who offer wisdom, kindness, and strength to the next generation.

In a time when many children grow up without strong male role models, the influence of good men—fathers and father figures alike—is more needed than ever. Fathers Day is a chance to recognise that influence, to give thanks for it, and to pray for all men as they seek to love, lead, and nurture in the ways they can.

Looking ahead, Grandparents Day can be marked at any time of the year, and it offers a valuable opportunity to reach out—especially to older men in our communities who may feel overlooked or isolated. Whether they are grandfathers in the traditional sense, or simply elders who carry wisdom and life experience, it’s a chance to honour them, include them, and build meaningful connections across generations. As we give thanks for fathers today, let us also look for ways to celebrate and support those whose influence continues well into the later chapters of life. To learn more about MU Grandparents day click here

Let us pray…

**Fathers Day Prayer for Fathers and Father Figures**

Loving God,  
We thank You today for fathers and all who take on the role of fatherhood in our lives.  
For those who are present, faithful, and loving—bless them with strength and joy.  
For those who are doing their best in difficult circumstances—grant them peace, wisdom, and support.  
For fathers who are distant or estranged—bring healing where there is hurt, and hope where there is brokenness.  
For those who long to be fathers, and for those who grieve the children they never held—wrap them in Your comfort and grace.  
We give thanks for stepfathers, grandfathers, mentors, teachers, foster carers, and all men who pour love and guidance into the lives of others.  
May they know the deep value of their presence, and the impact of their kindness.

On this Father’s Day, help us to honour, remember, and lift up every man who nurtures life, leads with compassion, and walks the path of fatherhood in its many forms.

Amen.