

# STRONG FATHERS, STRONG DAUGHTERS



**A FATHER-DAUGHTER CAMPOUT WITH PURPOSE!**

**GEE CREEK CAMPGROUND, HIWASSEE RIVER, TN**

**APRIL 29 – MAY 1, 2022**



## Welcome to the STRONG FATHERS-STRONG DAUGHTERS Campout 2022!

Dear Dad,

Most fathers find that relationships with their sons comes much more naturally than their relationships with their daughters. But, developing a deep and meaningful relationship with your daughter, while often challenging, is much more important than you may realize, and well worth the effort. Research reveals that girls who have meaningful relationships with their fathers have higher grades, deeper spiritual commitment, higher self-esteem, and significantly lower chance of engaging in at-risk-behaviors. Simply stated, strong fathers produce strong daughters.

The “Strong Fathers, Strong Daughters” Retreat is designed to strengthen the bonds between you and your daughter(s) through outdoor adventure, nature study, group activities, music and worship. The cost of the retreat is only \$100 per father... daughters are free! Camp fees, program materials, *Strong Fathers, Strong Daughters* book, and souvenirs are all included. An incredible value! To attend this retreat study the information in the pages that follow and complete/submit the registration, consent, and health forms as directed. Don’t miss this opportunity, seize the moment... your daughter will thank you, I promise!

Strengthening Men,

Marty Miller,  
*President, Blueprint for Men*  
423.322.8491  
[marty@blueprintformen.org](mailto:marty@blueprintformen.org)



**Blueprint for Men, Inc.** is a 501(c)(3) nonprofit ministry created to provide leadership in addressing many of the issues facing men in the church today. Marty Miller, former high school science teacher and outdoor education professor, is providing leadership for this very important ministry and is the main organizer and director of this retreat. For more information about this ministry visit [www.blueprintformen.org](http://www.blueprintformen.org)

## INFORMATION PACKET TABLE OF CONTENTS

1. Overview
2. Leadership
3. Objectives
4. Schedule
5. Equipment List
6. FAQ
7. General Information
8. The Father's Blessing

### 1 OVERVIEW

WHO:	Fathers and daughters (ages 6 and older)
WHERE:	Gee Creek Campground, Hiwassee River, Polk County
WHEN:	April 29-May 1, 2022
COST:	\$100/father... daughters are free!
PROVIDED:	Campsite, group equipment, firewood, souvenirs, and programming
BRING:	Bring your own camping equipment...refer to equipment list
DEADLINE:	Registration deadline is April 19, 2022
REGISTRATION:	Completed registration forms/payment

### 2 LEADERSHIP



#### **Marty Miller, Trip Leader and Naturalist**

Marty is a lifelong disciple of Christ, the loving husband of his first wife, the father of two adult children, and four grandchildren.

Marty's career path has been primarily in the field of education having served in both public and private sectors from California to Tennessee. He has held positions that include elementary school principal, multi-grade teacher, middle school science teacher, high school science teacher, nature center director, outdoor school director, educational consultant, university education professor, student teacher supervisor, and outdoor leadership program director.

He is a well-recognized outdoor professional with skills and certifications that include NOLS Wilderness First Responder, ACA Swift Water Rescue, and AIARE Avalanche Safety.

Marty is gifted at discovering and sharing spiritual lessons from nature, God's second book, as modeled by Jesus Christ, the master educator. Now, after nearly 30 years in education, Marty has transitioned into full-time ministry by creating Blueprint for Men, a non-profit men's ministry devoted to helping men discover and live out their God-given design in a secular world. Through outdoor retreats, small group support, leadership training, and curriculum development, Marty is helping men to step up and become the men God intended them to be, better husbands, better fathers, and better disciples of Christ!

### 3 OBJECTIVES

During the weekend you will...

Experience Joy:

- through the beauty of nature
- through wholesome Christian fellowship
- through fresh air, vigorous outdoor activity, and delicious food
- through worship and praise of our Creator God
- as we discover spiritual truths in the “Book of Nature”
- as you draw closer to your daughter(s) during this weekend experience.

Expand Knowledge and Skills:

- Camping Skills
- Camping Etiquette
- Leave No Trace Ethics
- Nature Education
- Trail Etiquette and Safety
- River Etiquette and Safety

### 4 TENTATIVE SCHEDULE

#### Friday

5:00 pm	Check-in and camp set-up (see map for directions)
6:00	Supper with your daughter(s)
7:00	Welcome and Group Activity
8:00	Evening Group Worship
9:00	Sweet Dreams

#### Saturday

8:00 am	Breakfast with your daughter(s)
9:00	Morning Group Worship and Preview of the Day
9:30	Fathers in Focus: Strong Fathers, Strong Daughters...How to Live it!
9:30	Nature Girls: Discovering God’s Messages of Beauty and Strength in Creation
10:30	Hiwassee River Group Nature Hike
12:30 pm	Lunch with your daughter(s)
2:00	Canoeing the Hiwassee River
6:30	Supper with your daughter
8:00	Evening Group Worship
9:00	Hit the Sack!

#### Sunday

6:00 am	Sunrise Hike up Starr Mountain... bring pack with snacks and water
7:30	Morning Clifftop Group Worship
8:00	Father-Daughter Blessing Ceremony
9:30	Brunch with your daughter
10:30	Pack-up Camp
11:30	Circle of Power and Closing Prayer
12:00 pm	Head Back Home!

## 5 EQUIPMENT LIST

### Camping

- ✓ Tent and tarp for rainy conditions
- ✓ If you have an RV you are welcome to bring it
- ✓ Sleeping bag, pillow, and sleeping pad
- ✓ Camp chairs and hammock
- ✓ Insect Repellent
- ✓ Camp stove, fuel, lighter, pots, pans, plates, bowls, cutlery, etc.
- ✓ Food for 2 suppers, 2 breakfasts, and 1 lunch
- ✓ Musical instruments... guitar, harmonica, etc.
- ✓ Firewood... supplied... do not bring from home
- ✓ Flashlight/headlamp
- ✓ Jacket or Hoody if it gets chilly at night
- ✓ Poncho/raincoat/umbrella (let's hope this won't be needed!)

### Bathing

- ✓ The campground has hot showers!
- ✓ Toiletries
- ✓ Towel
- ✓ Change of clothing

### River

- ✓ Sunscreen
- ✓ Swim suit
- ✓ Water shoes – no flip-flops in the river!
- ✓ Sunglasses w/retainer strap
- ✓ PFD/Life jackets – small sizes needed... we will provide size medium and up!

### Hiking

- ✓ Daypack to carry stuff
- ✓ First Aid Supplies
- ✓ Toilet Paper/wipes in zip-lock bag
- ✓ Cap
- ✓ Knife
- ✓ Hiking shoes
- ✓ Water bottles



If you've got it, bring it!

## 6 FAQ... Frequently Asked Questions

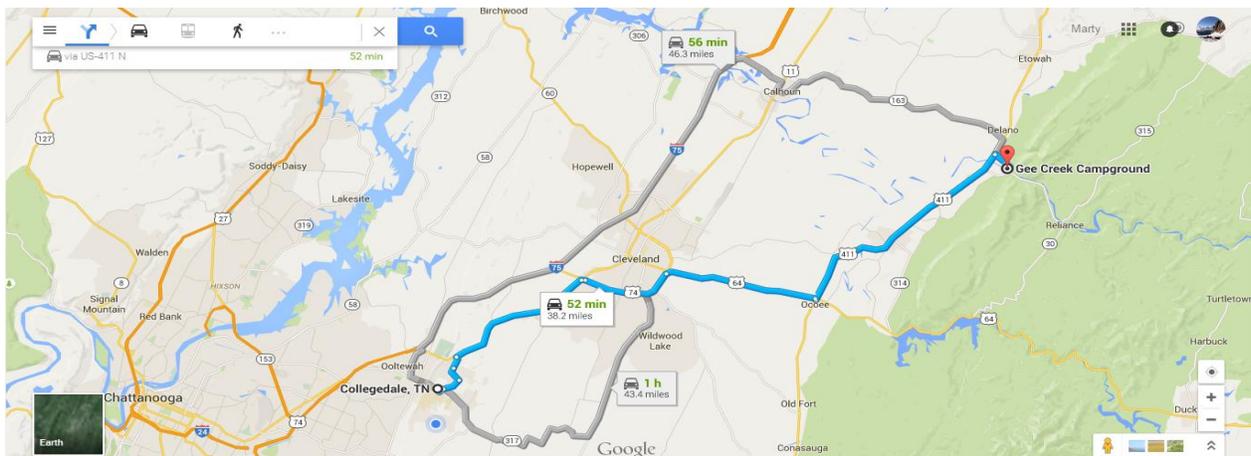
### 1 Where is Gee Creek Campground located?

404 Spring Creek Road, Delano, Tennessee 37325

### 2 What are the Directions to Gee Creek Campground?

From Ooltewah/Collegedale area to Gee Creek Campground

- Take Hwy 11 to Cleveland
- Right at the Honda dealership onto the Cleveland bypass APD-40
- Right exit onto Hwy 64 toward Ocoee
- Right exit onto Hwy 411 toward Benton
- Follow Hwy 411 through Benton and over the Hiwassee River
- Right onto Spring Creek Rd. just half mile past the Hiwassee River bridge – there is a sign just before it for Gee Creek Campground
- Turn right into campground



### 3. What is the campground like?

Gee Creek Campground is located along the scenic Hiwassee River. We have reserved sites B-2, 3, 4, 5, 6, 7, 8, 9. See map below. Each campsite can handle 4-6 people and two vehicles. A nice bathhouse with hot showers is centrally located in the campground just a short walk away.

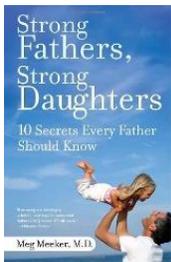


The Hiwassee State Scenic Rivers' Gee Creek campground is a haven and a home-away-from-home to many river users. Campsites are more tent-friendly than most. Some of the campsites are close enough to the river you can be lulled to sleep each night by the sound of rushing water. An easy walk will lead you along the rivers edge for fishing, nature walks or a brisk dip in the cold waters.

Gee Creek primitive campground has 47 sites, each with a table, fire ring and a grill. There is a fee for their use and the stay limit is two weeks. Public water and a bathhouse containing sinks, commodes, and hot showers are located near the center of the campground. The bathhouse is available to campers at no additional charge.

Please keep in mind we are a primitive campground. We do not have hook-ups and cannot accommodate electrical needs. Because this is a primitive campground, we do not allow the use of generators.

#### 4. What activities will we be participating in?



##### **Fathers in Focus: Strong Fathers, Strong Daughters... How to Live it!**

On Sabbath morning all the dads will gather together with the purpose of discovering how to be stronger men for their families, especially as it relates to their daughters. Marty Miller will lead a discussion that reflects concepts presented in the book you will be receiving, *Strong Fathers, Strong Daughters* by Dr. Meg Meeker. To give each man an hour to focus on this important assignment, students from Southern Adventist University will help their daughters open the book of nature nearby.

##### **Nature Girls: Discovering God's Messages of Beauty and Strength in Creation**

While the dads are in their group, their daughters, led by a capable adult, will be discovering God's messages of beauty and strength in creation. Activities may include lessons from trees, water, rocks, and flowers. Reflective assignments may include sketching or writing poetry... likely something special to share with her father! This activity will flow through the remainder of the weekend.



##### **Worshipping God Together**

Be ready for some great singing and learning spiritual lessons from nature and experience adventure! If you have musical instruments please bring them along.



### Canoeing the Hiwassee River

On Sabbath afternoon we will be paddling a few miles down the peaceful lower Hiwassee River. We will set-out from the Gee Creek Campground boat launch and drift downstream. It is simply beautiful! During the paddle you will have opportunities to teach your daughter how to look ahead and navigate the currents. The water is clear enough to see fish and rocks below.

Canoes, paddles, and PFDs (personal floatation devices/life jackets) will be provided. Please bring a PFD for your daughter if she is very small. We only have size medium and larger. **Participants must wear PFDs in the river at all times!**

### Early Morning Clifftop Hike

There is nothing quite like getting up before dawn and hiking to a mountaintop as the new day is dawning. This is exactly what we will be doing on Sunday morning as you give your special “Fathers Blessing” to your very dear daughter. It will be an experience that both of you will treasure for the rest of your lives. (Details of the Fathers Blessing are found at the end of this packet)

### Night Hike (optional)

We may take a short night hike which is an easy walk along the gravel road just beyond our campground. It is completely safe but will be filled with moments of surprise and wonder as we search the heavens for constellations and planets, scan the forest with headlamps to see glowing green spider eyes, and countless other wonders!



## 5 What are the plans for safety and emergencies?

- Authorities Park Rangers are available to respond to emergencies. Dial 911.
- Medical We have several medical professionals on hand to deal with minor accidents.
- Supervision You are responsible for supervising your children at all times!
- Equipment You are responsible for your own camping equipment.
- Cell Phone Service is marginal at the campground and non-existent most places.

### Hiking Safety



Camping without hiking is, well, just not camping! Therefore we will go on some energetic hikes. Again, it is important to remind everyone that safety is number one. When going on a hike it is crucial that all fathers know where their kids are at all times. Our hikes will be through very rugged terrain where slips and falls are possible. Please make sure you follow all safety precautions given by the leader. It is highly recommended that close-toed shoes are worn on all hikes. Snakes like toes! Of course rocks are really the biggest problem so don't get too worried about the snakes.

## Canoeing Safety

Summertime fun and water go hand-in-hand so canoeing is the perfect activity for the weekend. That being said, cold fast-moving water can be powerful and dangerous. As required by law, and just plain common sense, all participants must wear a PFD (personal floatation device) at all times when in the river. NO EXCEPTIONS ALLOWED! Before the group is allowed to paddle the river a thorough safety training will be given to ensure that everyone is aware of how to maximize safety and enjoyment and minimize risk and danger.



## 7 GENERAL INFORMATION

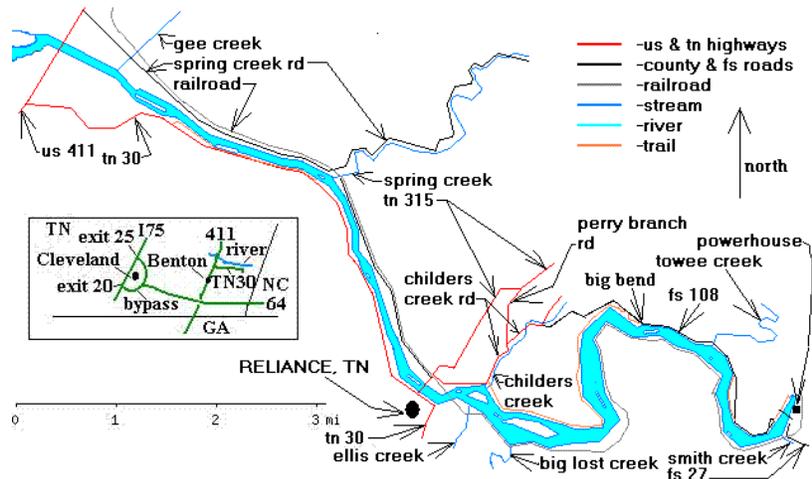
### Information Concerning Hiwassee River

The Hiwassee River is a scenic waterway that begins in the Blue Ridge Mountains in NE Georgia. The river flows north into North Carolina, and then bears west into Tennessee where it feeds into the Tennessee River after about 140 miles. The Cherokees called the river *Ayuhwa'si*, meaning a "savannah or meadow." The three major impoundments upstream of Appalachia Dam are, in order, Hiwassee Lake, Nottely Lake (on a tributary), and Chatuge Lake.



### The Appalachia Dam and Tailwater:

The dam and powerhouse were built 1941-1943 by the TVA to provide power for Oak Ridge in support of the war effort, at a cost of about 24 million dollars. The dam is at river mile 66, and is about 12 river miles upstream from the powerhouse. The area receives an average of about 57 inches of rainfall each year. About half of this flows down the river. The watershed drainage area is about 1000 square miles, and the dam backs up 57,800 acre feet of water. An acre foot of water is the amount of water covering one acre one foot deep. Unlike most TVA dams which are designed for both flood control and power generation the Apalachia Dam is primarily for power generation alone. Because of this the pool elevation stays the same all year long (1274-1279). The lake is not big, and the powerhouse is remotely operated from the Hiwassee powerhouse. Water is channeled from the dam through an underground pipe for 8.2 miles where it plunges mightily through the powerhouse turbines. Water releases and power generation are usually in the afternoons when residential and commercial air-conditioning peak, demanding more electricity. In general, whatever runs out of Hiwassee runs on through Apalachia. Maximum discharge on both turbines is about 2850 cfs (cubic feet per second). This is big water, and in places the river bed is 200 yards wide. Capacity is about 93 megawatts. For comparison the Chickamauga Dam has a 160 megawatt capacity.



### **The Fishery:**

Apalachia is the only tailwater in Tennessee that is usually stocked all 12 months of the year. The reason that trout can live in such a large river in the southeast is that the tail water below the powerhouse comes from the bottom of the Apalachia Dam. Water at the bottom of the lake is cool and as it passes out of the powerhouse the turbulence oxygenates the water making it ideal for trout. Trout need high levels of dissolved oxygen only available in cool water. Rainbow and brown trout are stocked, about 18,000 browns in March, and in the neighborhood of 84,000 rainbows spread over every month of the year. There are holdovers, with browns generally doing better than rainbows. The Hiwassee is noted for a great variety of insect life, but the hatches generally are not heavy. My understanding is that stocking started in the mid-fifties, but old timers tell me there was a trout fishery before stocking started. Some of the tributaries were stocked long before then, and fish would migrate down to the river, and some managed to survive. During the '70's, brook trout were stocked, and the state record (3 lbs. 14 oz) came from the Hiwassee, but they are not stocked now.



### **John Muir Trail**

Following the Hiwassee River for 18 miles is a trail named after John Muir. Muir (1838-1914), was an American naturalist, explorer, and conservationist, who successfully crusaded for the establishment of national parks and the preservation of forests. Muir was born in Dunbar, Scotland, on April 21, 1838. At the age of 11 he immigrated to Wisconsin with his family where he his love for nature grew. He attended the University of Wisconsin from 1860 to 1863.

In 1867, Muir made a walking trip from Indiana to the Gulf of Mexico, recording his observations of flora and fauna in journals that were published as *A Thousand Mile Walk to the Gulf* (1916). Because Muir traveled along the Hiwassee River during this "walk" this 18 mile trail following the Hiwassee River is named in his honor. The beauty of the river is reflected in one the passages from his book.

*"All the larger streams of uncultivated countries are mysteriously charming and beautiful, whether flowing in mountains or through swamps and plains. Their channels are interestingly sculptured, far more so than the grandest architectural works of man. The finest of the forests are usually found along their banks, and in the multitude of falls and rapids the wilderness finds a voice. Such a river is the Hiwassee, with its surface broken to a thousand sparkling gems, and its forest walls vine-draped and flowery as Eden. And how fine the songs it sings!"*

Upon completion of his walk to the Gulf he sailed to California where he lived out his life. In 1868 he went to the Yosemite Valley, where he spent six years. He was the first to demonstrate that Yosemite Valley was carved out by glacial erosion. Through his efforts Yosemite and Sequoia National Parks in California were established in 1890. Muir also was a major force in the development of a national conservation policy and indirectly the development of the U.S. Forest Service which we are enjoying today ... the Cherokee National Forest!

## Gee Creek Wilderness

### **History and Wilderness Designation:**

To the early settlers in South Carolina, the Cherokee Indians lived "over the hills" in eastern Tennessee. People today refer to the region, which includes the southern portion of Cherokee National Forest, as Tennessee Overhill Country. Small Gee Creek Wilderness marks the forest's western border, with the long rise of Starr Mountain to the west and north and Chestnut Mountain to the south. The United States Congress designated the Gee Creek Wilderness in 1975 and it now has a total of [2,493 acres](#)\*.

South-flowing Poplar Springs Branch and Gee Creek drain the Wilderness. From a distance, the two waterways appear to cut a V in the otherwise continuous face of the mountains where the drainage lies. Peaceful trails follow Poplar Springs Branch and Gee Creek through hollows dense with hemlock, buckeye, white pine, beech, and rhododendron. Both creeks teem with native trout, and the fishing can be excellent. Loggers once devastated the forest, but that was 80 years ago. Lush trees have long since returned, even though some have had to contend with old mining sites (one of which you can still see on Gee Creek) and other abandoned relics of the past.

The Gee Creek Wilderness is part of the 106 million acre National Wilderness Preservation System. This System of lands provides clean air, water, and habitat critical for rare and endangered plants and animals. In wilderness, you can enjoy challenging recreational activities like hiking, backpacking, climbing, kayaking, canoeing, rafting, horse packing, bird watching, stargazing, and extraordinary opportunities for solitude. You play an important role in helping to "*secure for the American people of present and future generations the benefits of an enduring resource of wilderness*" as called for by the Congress of the United States through the [Wilderness Act of 1964](#). Please follow the [Leave No Trace techniques](#) when visiting the Gee Creek Wilderness to ensure protection of this unique area.

### **The Trail**

The semi-primitive Gee Creek Trail starts at a parking lot outside the southwestern corner and follows an old forest road about one-half mile before entering the Wilderness to trace the creek for a total of approximately two miles to a dead end. This is a place where you'll feel isolated from the rest of the world and as immersed in wildness as you can get in Tennessee. The trail branches at the confluence of Poplar Springs Branch to go a short distance up Gee Creek and a long distance up the branch. The terrain steepens in the northern section. The Chestnut Mountain Trail follows the slopes of Chestnut Mountain in the south and east for 5.6 miles and is used primarily by horseback riders. The total trail equals about eight miles.

## Hiwassee River Canoeing Information:



The Upper Hiwassee River is a designated Wild and Scenic River. Much of it is protected and off-limits to development. The area around Reliance is the only area with development along the shoreline. The section of the river between the Appalachia Powerhouse and Reliance is designated a Trophy Trout area. Fly fishermen must fish only using artificial lures and can only keep trout over 14 inches long. Stay clear of fishermen please! Because of the spectacular beauty of the Upper Hiwassee many people flock to the area for fishing, canoeing, and rafting. Those wishing to travel the river must have a basic knowledge of canoeing and water safety.

### River Classification:

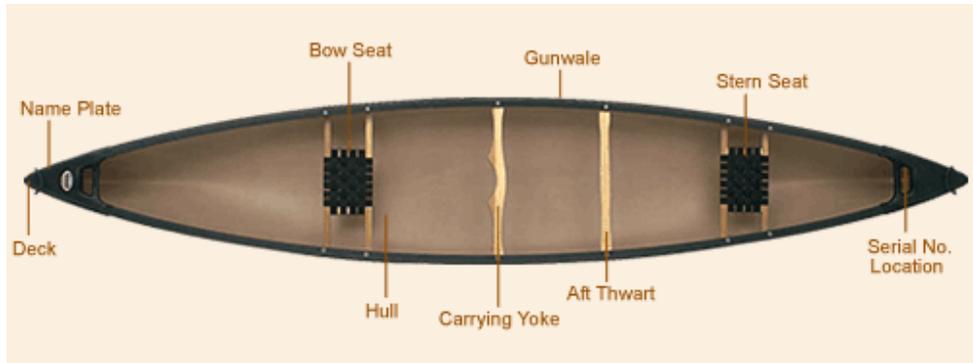
- Class I – Moving water with no rapids.
- Class II – Gentle yet swiftly moving water with small rapids.
- Class III – Moderate whitewater, easy to capsize in a canoe.
- Class IV – High volume whitewater, technical ability, helmets!
- Class V – Massive waves, falls, churning holes, serious stuff!

### Whitewater and Canoeing Terminology:

- Riffles – small waves in rocky shallows, usually scrapes canoe bottom
- Rock Garden – scattered labyrinth of rocks that require careful navigation
- Rockopotamus – large submerged rock that grounds your canoe by surprise!
- Rockagator - A sullen rock hiding in the rapids which may suddenly stop your canoe causing a hang-up or capsize.
- Rapids – waves generated by water moving rapidly over rocks
- Crest and trough – the top and bottom of a wave respectively
- Heavy Water – when a high volume of water creates large rapids
- Standing Wave – large wave that appears virtually stationary (Devil's Shoals)
- Hydraulic - An area of major current changes which in turn create problems normally associated with rocks. Also, the formation of a backflow at the base of a ledge where the current reverses itself.
- Boil - Where current foams upward when it is deflected by obstructions under the water.
- Chute - A fast current where part of a stream is compressed and flows between two obstructions.
- Gauging Station. A permanent device measuring the level of water at a given point
- Eddy - A current at variance with the main current, and where the main current either stops or reverses its flow upstream; caused by rocks, obstructions, or the bends in a river or stream. Once avoided as dangerous, eddies now are routinely used in maneuvers and for rest stops.
- Strainer - Brush or trees which have fallen into a river, usually on the outside of a bend. Current may sweep through, but the obstruction will stop a craft; can be deadly.
- Technical Passage - A route through a rock garden in which considerable maneuvering is required for safe transit.
- Reading the Water - Determining water conditions by the appearance of water formations; used in determining the appropriate route through rapids.

- Scouting – walking downriver to analyze a technical passage for safety reasons
- Swamped – when a canoe fills with water after going through heavy water!
- Wrapped-up – when a canoe gets wrapped around a log or large rock
- Portage – carrying canoe and gear around a dangerous section of the river
- PFD. Personal Flotation Device - The term now used by the U.S. Coast Guard to designate life jackets. Do not use any PFD that is not approved by the U.S. Coast Guard for a person of your weight.

Canoeing Diagram: Port = left Starboard = right Bow = front Stern = rear



#### Canoeing “Common Sense” and Safety

- In the Upper Hiwassee ALWAYS wear a PFD (personal floatation device).
- The most experienced canoeist should sit in the back and steer.
- The person in the front needs to look out for submerged rocks.
- Secure all non-floatable objects.
- When entering rapids get down on your knees to lower your center of gravity and reduce your chance of capsizing.
- If you fall out or capsize:
  - 1) Hold onto your paddle
  - 2) Stay on your back
  - 3) Keep your feet downstream in front of you
  - 4) Do not try to stand up since rocks point upriver and may wedge your foot allowing the current’s force push you over and break your leg ... Yikes!

## 8 THE FATHER-DAUGHTER BLESSING

Dear Dad,

You were hand selected by God to instill in your daughter a sense of security, confidence, and love that flows from the heart of our Heavenly Father. And by spending this special weekend with her, you are speaking this message loud and clear. You may not be a perfect dad but you have a good heart and good intentions. This weekend my desire is that you experience a treasured experience with your daughter that will last a lifetime.

One of this weekend's highlights will occur during the simple yet beautiful ceremony we refer to as "THE BLESSING". During this ceremony you will read a letter you have written for your daughter to keep and cherish. Then you say a prayer of blessing over her. I know this might sound intimidating to you but please understand that it is worth the effort and it will mean more than you know to her.

To help you with writing your letter and your prayer of blessing I have provided the following tips. When you read this letter, read it slowly, and look into her eyes. Remember that your words don't matter as much your sincere attempt to say them. God won't let you fail in this. So enjoy it... even if you get choked up with emotions!

---

### I. LETTER OF BLESSING TO YOUR DAUGHTER

#### 1. *I love you because...*

Focus Text: *This is my beloved son (daughter) in whom I am well pleased. Matthew 3:17*

This section should focus on the heart and could include combined pictures of how God sees her and how you see her, how God loves her and how you love her, etc. You could say something about how your love for her began before she was born but has grown stronger with each passing year. You could mention something about how you find joy in her laughter, the sparkle in her eyes, the sun in her hair, etc. which all speak to her beauty... she really needs to hear this from you. Be specific as possible but also make it very personal!

#### 2. *I am proud of you because...*

Focus Text: *And Jesus increased in wisdom and stature, and in favor with God and man. Luke 2:52*

This section should focus on character quality, not achievements, or physical attributes. Refer to the long list at the end of this document. Try to limit your list to around 4-6 attributes or it will get too long. Quality is always better than quantity!

**3. I see that you are on the path to becoming a beautiful young lady; I am here for you, and want to offer you my blessing for your journey.**

*Focus Text: Delight yourself in the LORD, and he give you the desires of your heart. Psalm 37:4*

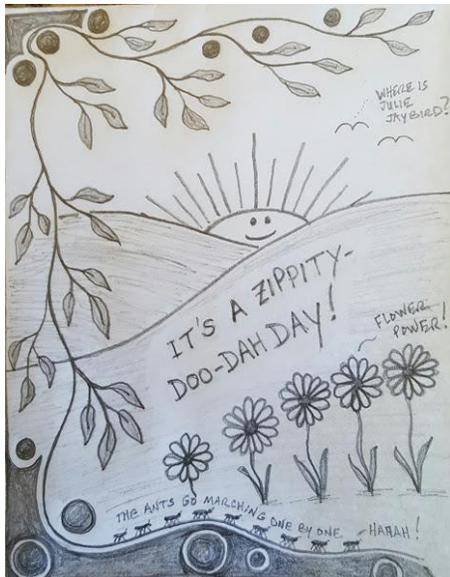
This final section should speak to her journey of maturity from a little girl to a beautiful young lady. Whether your daughter is 8 or 18, your words of affirmation and love will provide her with a strength and confidence that is beyond words. It is something that she will feel deep within her heart and believe to be true. Your blessing should be a prophecy of a good future where she will experience the fullness and beauty of life.

Make sure you sign the letter with an endearing ending!

---

**Keep the Blessing Going!**

Here's a card I made for my daughter a few years ago that demonstrates how you can give the "Father's Blessing" throughout all stages of life. She treasures every one I have ever made for her. I make them by simply folding a regular sheet of printer paper (cardstock is best) into fourths which makes a simple card. Simple and collectible! Don't forget that you will always be her dad and she will always need to hear your words of love and affirmation !



My Dearest Daughter,  
I hope this little note-card finds you having a "zippity-do-dah-day!" If not, I hope it brings you a little bit of cheer from your old dad! I know when you were a little girl you would often give me little notes w/ cute drawings that I still have stored away... little packets of sweetness from my wonderful daughter. I think of you often and want you to know that you are, and always will be my sweet little daughter... even though I know you are all grown up! In the days ahead I plan on sending you more little notes

Cards like this to hopefully cheer your day. And to let you know that while we are miles apart my heart is with you! The same sun that brightens the sky here in Tennessee is shining on your world in Nevada. And at night, the stars and the moon, like jewels on black velvet, shine both here and there... maybe a bit brighter in the desert however. So when you look at the sky, feel the warm sunshine, and search for the Milky Way, know that your dad is thinking of you, loving you, and praying blessings over you from far away... Your father's love, Dad

## II. PRAYER OF BLESSING FOR YOUR DAUGHTER

*The prayer for your daughter doesn't need to be written out but it can be. I suggest that you follow an easy format to guide your words such as "The Hand Prayer" that I developed over the past several years. I like it and have found that it works beautifully. This prayer should flow from your Heavenly Father through you to your daughter. Pray about how you should pray and what you should pray and God will show you the way! I promise that you will be blessed by giving this prayer of blessing.*

---

[The Father's Hand Prayer](#) - watch video (at time 8:30) for tips on this blessing

---

### Beginning the Prayer

Dear Heavenly Father,

You are the one and only Perfect Father. You are the Creator, Sustainer, Savior and King of this world. And my daughter and I are your children. Thank-you for giving me the honor of being the earthly father of \_\_\_\_\_, my priceless treasure. Father, now as I give this blessing to my beloved daughter, I ask that your holiness and power flow from you through me at this special moment.

---

### 1. The Thumb of Affirmation and True Identity

Praise, thanks, affirmations to God for giving you such a wonderful daughter  
Proclaim who God says she is.... and who you say she is.  
Describe some of her top character qualities

*This is my beloved son in whom I am well pleased. Matthew 3:17*

---

### 2. The Index Finger of Direction and Correction

I see that \_\_\_\_\_ is humble and teachable and takes correction and direction.  
Exhibits wisdom and discretion. Deferred gratification. She wants to do the right thing and be obedient.  
And when she makes mistakes she owns up to them and makes things right.  
Pray that she listens respectfully when her mother and I give direction.

*And Jesus increased in wisdom and stature, and in favor with God and man. Luke 2:52*

### 3. The Middle Finger of Challenge and Opposition

She understands that there is a struggle between good and evil in her heart and mind. When Satan comes against her and tells her she is not beautiful, not strong, not valuable, etc. she takes these thoughts captive and replaces them with God's word and her true identity in Christ Jesus. She is not controlled by her emotions and keeps negative thoughts and words down with the thumb of encouragement. She faces challenges, opposition, and temptation with courage. Whatever test and trials come her way she knows that you are fighting alongside her to win the battle! She is not alone! Also describe any character traits that need to be strengthened.

*Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. Matthew 4:1*

---

### 4. The Ring Finger of Commitment and Endurance

Commitment, don't quit, God won't quit. You as her dad will never quit on her either! She is strong and will persevere through difficulty and never give up!

*"Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." Deuteronomy 31:6*

---

### 5. The Pinky Finger of Strength through Weakness

God promises to provide strength through her weakness so that she may bring glory to God. So whatever she may be struggling with it will become here strength and her testimony and witness for what God has done in her life.

*Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord. Matthew 25:21*

---

### Closing of the Prayer

This is the final blessing. Speak from the heart, make it real, making sure to declare a bright and joyful future. Let her feel your love and strength flow through these closing lines.

AMEN

## CHARACTER QUALITIES

- **Adaptable**                   Able to adjust without difficulty to new and unexpected conditions.
  - Phil 4:6
- **Agreeable**                   Willing or ready to agree or consent.
- **Alertness**                   Ability to know and do the right thing based on what is taking place.
  - Mark 14:38
- **Amiability**                Having a kindly or attractive disposition; friendly; pleasing.
  - Micah 6:8
- **Aspiration**                Ardent desire after what is great and good.
  - Phil. 4:8
- **Assured**                    Certain; convinced; not doubting or doubtful.
  - Matt. 7:24; Phil. 4:13
- **Attentiveness**            Paying or giving attention; intent; observant.
  - Prov. 22:17-19; Phil. 2:3-4; Heb. 2:1
- **Availability**              Capable of being used – “always there when you need ‘em”.
  - Acts 20:35; Phil. 2:20-21
- **Boldness**                  Daring; courageous; brave; confident; speaks out.
  - Ps. 138:3; Acts 4:29; Eph. 3:11-12; Phil 1:20
- **Bravery**                    To encounter with courage and fortitude.
  - Ps. 31:3; Ps. 31:24
- **Cautiousness**            Knowing when to do the right thing at the right time.
  - Prov. 19:2
- **Compassion**              Sympathetic emotion created by misfortunes of another with a desire to help.
  - Ps. 103:13; Col. 3:12; 1 John 3:17
- **Confidence**                Certain; self-reliant; has assurance.
  - Ps. 71:5; Prov. 14:26; 2 Cor. 3:4-5; Heb. 4:16; Heb. 10:35-36
- **Considerate**              Regard for others’ circumstances or feelings.
  - Eph. 4:32; Phil. 2:4; Heb. 10:24-25
- **Contentment**             Satisfaction with what one has and circumstances or feelings.
  - Phil. 4:7, 11; 1 Tim. 6:8
- **Cooperative**             To work together as a group for a common goal.
  - Rom. 12:3-5
- **Courage**                    Ability to encounter danger or difficulties with firmness and without fear.
  - Deut. 31:6; 2 Chron. 15:7; Ps. 27:14; Ps. 31:24
- **Creativity**                Imaginative; gives rise to new things and ideas.
  - Rom. 12:2
- **Decisiveness**            Able to make a prompt decision when faced with time limits.
  - James 1:5
- **Dedicated**                Given wholly to a purpose, goal, or thing; devoted.
  - Phil. 3:14; Col. 3:23-24
- **Deference**                Being respectful to others; treating them as persons of great worth.
  - Rom. 14:21
- **Dependability**            Reliability; trustworthy; rest with confidence in.
  - Ps. 15:4; Ps. 62:6, 7; Luke 16:10
- **Desire**                     To wish or long for a person, thing, or goal.
  -
- **Determination**          Firm resolution; settled purpose; a vision that is adhered to at all costs.
  - Luke 22:42; 1 Cor. 9:24; Heb. 12:1-3
- **Diligence**                 Steady application; constant effort; to accomplish what is undertaken.

- Jer. 29:13; Col. 3:23; Heb. 6:11-12
- Discernment Power to discriminate between good and evil; insight based on scripture.
  - 1 Sam. 16:7; Ps. 119:65-66; Prov. 17:27
- Discipline State of order maintained by training and strict self-control.
  - Gal. 5:22-23; 1 Tim. 4:7; 2 Tim. 1:7
- Discretion The ability to make sound, tactful judgments.
  - Prov. 22:3
- Earnestness Serious in intention, purpose, or effort, characterized by depth.
  - Prov. 23:23
- Endurance A continuing or bearing-up under pain or distress without yielding.
  - Gal. 6:9; Heb. 12:1
- Enthusiasm A keen and active interest; ardent zeal in pursuit of something.
  - Prov. 15:13; Romans 12:11; 1 Pet. 3:13
- Expressiveness Full of expression, vividly representing the feeling to be conveyed.
  -
- Fairness Honest; open; frank; impartial or unbiased.
  - Luke 6:31
- Faith Trust in a person or thing; loyalty to a person, promise, or commitment.
  - 1 Tim. 1:12; Heb. 11:1
- Firm Steadfast and unwavering; showing determination.
  - Eph. 6:14
- Flexibility Capable of adapting or modifying.
  - Col. 3:2
- Forgiveness Inclined to overlook offenses; to cease to feel resentment against.
  - Eph. 4:32
- Fortitude Strength of mind. Able to face danger or bear pain with courage.
  - 1 Chron. 29:20
- Friendly Inclined to approve, help, or support.
  - Ps. 41:1-2; Prov. 17:17; John 15:13
- Generosity Free and unselfish in giving.
  - Prov. 22:9; 2 Cor. 9:6
- Gentleness Kindly; mild, not severe.
  - Matt. 5:5; Gal. 5:22-23; Col. 3:12; 1 Thess. 2:7; 1 Pet. 3:4
- Giving To commit or offer oneself to be used or helpful.
  - Matt. 22:37-39; 2 Cor. 9:7
- Good-natured Natural mildness and kindness of disposition.
  - Col. 4:6
- Goodness Virtue or integrity; kindness.
  - Gal. 5:22
- Gratefulness Thankfulness of kindness shown or benefits received.
  - 1 Cor. 4:7; Eph. 5:20; 1 Thess. 5:18
- Honesty Free from deceit; integrity; honorable intentions, principles and actions.
  - Matt. 5:18
- Honorable Worthy of being honored; motivated by principles of honor; consistent.
  - Matt. 5:6
- Hospitality Cheerfully shares with others each day; food, shelter; smiles, encouragement.
  - Heb. 13:2
- Humility Not proud or arrogant; modest and submissive to authority.
  - Ps. 10:17; Prov. 22:4; James 4:6; 1 Pet. 5:6
- Imaginative Being able to create new things or ideas consistent with reality.
  -

- Initiative Power or ability to take the lead or originate action.
  - 1 Chron. 29:20; Rom. 12:21
- Integrity Unimpaired moral principles; honest; soundness; whole and undivided.
  - Prov. 10:9; Prov. 20:7
- Intent Fixed with earnest attention on some purpose or thought.
  -
- Joyfulness Gladness or delight; causing satisfaction and happiness.
  - Prov. 15:13; Prov. 17:22a; John 15:11; James 1:2-3
- Kindness Good; helpful; friendly.
  - Micah 6:8; Eph. 4:32
- Leadership Ability to lead or guide.
  - Ex. 18:21; Matt. 20:26; Romans 12:1-2
- Listener To give close attention in order to hear; to pay attention to.
  - Prov. 4:1; Mark 4:24; James 1:19
- Love Giving to others' needs without seeking something in return.
  - 1 Cor. 13:3
- Loyalty Faithful to one's obligations, commitments, and leaders.
  - Matt. 25:21; John 15:13; Rom. 12:9-10
- Meekness Mild of temper; gentle; not easily provoked or irritated.
  - Ps. 62:5; Gal. 5:22-23; 1 Cor. 13:4-5
- Obedience Act of complying with rules and standards imposed by one in authority
  - 1 Kings 8:61; 2 Cor. 10:5
- Open-minded Having a mind open to new arguments or ideas; unprejudiced.
  - Prov. 22:17
- Orderliness Preparing and organizing to minimize confusion and maximize productivity
  - 1 Cor. 14:40
- Patience Bearing pain or trial without complaining; waiting with calmness; not hasty.
  - Prov. 14:29; Prov. 17:27; Rom. 5:3-4; 2 Tim. 4:2
- Perseverance The act or habit of persistence in anything undertaken.
  - Rom. 5:3-4
- Persistence Steady continuance of a course; tenacious or purpose.
  - Hosea 6:3; Eph. 6:14
- Persuasiveness Having the power to influence, move, or prevail; convince to take action.
  - 1 Tim. 4:12; 2 Tim. 2:24
- Pleasing Giving pleasure or satisfaction; agreeable; gratifying.
  - Ps. 104:34; 2 Cor. 5:9
- Practical Mindful of results, usefulness, advantages/disadvantages, matter-of-fact.
- Punctuality Showing that I value other people and their time.
  - Eccl. 3:1
- Purposefulness Having an objective to be reached or accomplished.
- Respectfulness Regard; high consideration and courtesy.
  - 1 Pet. 2:13; 1 Pet. 2:17
- Resoluteness Having a fixed purpose; determined; steadfast; firm.
  - Prov. 4:25-27; 1 Cor. 15:58; Gal. 6:9-10
- Resourcefulness Wise use of that which others might overlook or discard.
  - Luke 16:10
- Responsibility Accountable for performance or discharge of duty.
  - Rom. 14:19; Phil. 4:13; 1 Pet. 4:10

- Reverence An attitude of deep respect and esteem mingled with affection.
  - Prov. 1:7; Prov. 23:17; 1 Pet. 5:5
- Security Freedom from apprehension; confidence of safety; freedom from danger
  - Ps. 16:8-9; Prov. 10:9; John 6:27
- Self-control Control of one's actions or feelings.
  - Gal. 5:22-25
- Self-starter One who applies his/her efforts without instruction, urging, or direction.
  
- Sensitivity Having feelings easily excited; readily and acutely affected.
  - Rom. 12:15; Col. 3:12
- Sincerity Freedom from hypocrisy; truthfulness; genuineness.
  - Prov. 3:3; James 3:17; Heb. 10:22; 1 Pet. 1:22
- Steadfast Fixed, firm, or constant in resolution; not fickle or wavering.
  - Prov. 4:25; Prov. 12:27b; Prov. 21:5; 1 Cor. 15:58
- Tactful Skill in doing or saying exactly what is required.
  - Prov. 25:11, Eph 4:15
- Tenacious Holding fast, keeping a firm hold; "stick-to-it-tiveness"; tough.
  - Prov. 4:25, 26-27; Prov. 12:27b; Gal. 6:9
- Thankful Expressive of gratitude; grateful; appreciative.
  - Eph. 5:20; 1 Thess. 5:18
- Thoroughness Finishing a task that has been started down to the last detail.
  - Prov. 18:5
- Thriftiness Controlling my desire to spend more, so that I might have more for others.
  - Luke 16:11
- Tolerance Acceptance of others; realizing that we are all different, and maturing.
  - Phil. 2:2
- Trustworthy Worthy of trust or confidence; reliable.
  - Isaiah 6:4; Matt. 25:21; Heb. 2:13
- Truthfulness Conformity to fact or reality; honesty by nature.
  - Prov. 10:9; Eph. 4:25
- Unselfish Not unduly attached to one's own interests or welfare; generous.
  - Matt. 20:26-28; Phil. 2:3-5
- Virtue Moral excellence or goodness; praise-worthy.
  - Prov. 19:20; Phil. 4:8; 1 Pet. 1:5
- Wisdom Having sound judgment; common sense; extensive knowledge; discerning.
  - Prov. 1:7; Prov. 9:10; Prov. 15:20a; Eph. 5:15-17; James 3:17