

The Fatherly Heart

Involved Fatherhood as Spiritual Practice

Dr. Michael Obsatz (June 2021) ¹

Dr. Michael Obsatz presents the “fatherly heart” as a spiritual practice—an inclusive, holistic way of being that extends beyond biology. Every man can embody this fatherly presence—fathers, mentors, teachers, elders, uncles, and community builders—nurturing wholeness in self and others.

The fatherly heart shows up through compassion, integrity, and courage. It is about being present, attentive, and loving in everyday ways—balancing firmness with tenderness. Dr. Obsatz invites men to live with heart-centered responsibility and grounded emotional awareness.

Qualities of the Fatherly Heart

- Caring and Generous – Offers love through presence, patience, and kindness.
- Receptive Listener – Listens deeply without judgment, helping others feel seen and safe.
- Encouraging and Courage-Building – Instills hope, resilience, and self-trust.
- Nonjudgmental and Inclusive – Sees every person as worthy and interconnected.
- Playful and Affectionate – Shares humor and joy as sacred expressions of love.
- Protective with Boundaries – Guides safety, accountability, and responsibility.
- Empowering – Teaches others how to think and care deeply for justice and creation.

Barbara Coloroso’s six affirmations reflect this heart-centered practice:

“I believe in you. I trust you. I know you can handle life’s situations. You are listened to. You are cared for. You are very important to me.”

Fatherhood as Spiritual Practice

To father is to bless, to protect, to empower, and to awaken love. It is a lifelong journey of guiding others toward wholeness while growing in compassion, wisdom, and self-awareness.

“The fatherly heart is not about control—it’s about connection, care, and courage.”

¹ Using the YouTube video transcript and ChatGPT to create this video handout – November 2025