

My Game Plan

Identify goals in each relevant category

PERSONALLY

To strengthen my relationship with God, I'll...

- Read my Bible 4 days a week
- Find a Bible reading plan
- Find a LifeGroup or Bible study to attend and actually go!
- Join a discipleship group
- Find a place to serve

MARRIAGE

To strengthen my relationship with my spouse, I'll...

- Plan at least 2 dates per month
- Pray together at least ___ weekly
- Initiate ___ non-task-driven times of communication each week

SINGLES

To strengthen my future, I'll...

- Join a Life Group
- Join a ministry team
- Start or join a discipleship group
- Encourage others in my circle of influence

PARENTING

To nurture my child's faith I will...

- Schedule at least 2 family nights or other faith discussions each month
- Pray together ___ times/week

To nurture my teen's faith I will...

- Schedule at least 1 movie night or other activity/discussion a month
- Eat together (with prayer and conversation) at least ___ times per week

GRANDPARENTING

To give a strong heritage I will...

- Pray for each grandchild daily
- Call, email or write a note to each grandchild once per month

DATE TO REVISIT THIS PLAN

(3 MONTHS LATER)

Family Seasons Topics

Find a topic relevant to your home. Grab the pamphlet at the Pkwy Home Family Resource Wall

LIFE STAGES

- Building a Strong Marriage
- Hope to Marry
- Intentional Parenting
- Intro a Child to Christ
- Launching Young Adults
- Preparing for Adolescence
- Preparing for Baby
- Single Adult
- Adoption, Foster Care
- Empty Nest
- Aging Loved Ones

SPECIAL SITUATIONS

- Blending Families
- Difficult Marriage
- Difficult Teen
- Disciplining Young Children
- Finances
- Grieving
- Influencing Grandchildren
- Prodigal Kids
- Single Parenting
- Special Needs
- Unbelieving Spouse



HOME PLAN

90 DAYS OF INTENTIONALITY

1. **INSPECT & REFLECT** on your level of intentionality with the Lord and your important relationships
2. **IDENTIFY** personal goals in the My Game Plan (see the back page), helping you take next steps over the next 3 months

Some potential next steps are given

- Use a Family Season Topic pamphlet to inform your next steps
(see back page for categories, cards are on the Family Resource wall)
- Try an IDEA Card for a date night or activity with the kids or teens
(on the Family Resource wall)
- Consider the Faith Path framework for next steps in Parent/child Discipleship
(also on the Family Resource wall)

3. **REPEAT** the process in 3 months

INSPECT & REFLECT

Assess your level of intentionality over the past 3 months

PERSONAL

How intentional have you been? (Check all that apply)

- I am a disciple of Jesus - a person who follows Jesus by trusting and obeying Him
- I am in the Word - reading the Bible frequently
- I am prioritizing authentic relationships by gathering with others of similar ages and/or stages (in the Family)
- I understand my gifting - the unique abilities given to believers for the purpose of serving God and others
- I am using my spiritual gifts to serve the Lord (in the Trenches)
- As a disciple, I am positively influencing others toward the Gospel

MARRIAGE

How intentional have you been? (Check all that apply)

NURTURING INTIMACY

- I had a date night twice or more per month to focus on one another, one on one
- I wrote a note, gave a flower or some other tangible expression of love at least twice per month
- I called during the day, sat down to chat, took walks together or some other time of focused, non-task-driven communication at least three times per week
- I prayed with my spouse at least twice per week
- I demonstrated meaningful touch and/or verbal affirmation at least once per day

PROTECTING MY MARRIAGE

- I took steps to reduce risk to my marriage in vulnerable areas (bad temper, demeaning language, office relationships, internet temptations, etc.) by maintaining boundaries, increasing accountability, and similar proactive steps
- I took care of myself physically, emotionally and spiritually
- I admitted I was wrong and apologized and/or forgave before going to bed after conflicts with my spouse

SINGLE ADULTS

How intentional have you been? (Check all that apply)

- I am discipling others regularly or being discipled
- I am seeking my relationship with Christ above a dating relationship
- If I desire marriage, I am praying for my potential future spouse
- If I desire marriage, I am seeking contentment with the Lord, trusting His timing

PARENTING

How intentional have you been? (Check all that apply)

- I connected relationally with my children daily (help with homework, eat together, play game, etc.)
- I did something special with my children (hobby, ice cream date, etc.) twice per month
- I created an opportunity for discussing my beliefs and values with my children at least once per week
- I prayed with my children (including meals, bedtime, etc.) at least five times per week
- I admitted I was wrong and apologized and/or forgave before going to bed after conflicts with my children
- I served together and/or participated in an intergenerational faith experience (in the past quarter)

GRANDPARENTING

How intentional have you been? (Check all that apply)

- I did something to connect with my grandchildren (a letter, phone call, etc.) at least once per month
- I did something to help my grandchildren inherit a strong spiritual legacy at least once in the past quarter

REPEAT EVERY 3 MONTHS