

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

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

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