

WHAT WILL I DO

Identify 1-2 things you intend to do in the coming months that will move your family to the next level in each category.

MY HOME PLAN

MARRIED: To strengthen our relationship, I will...

- Plan at least two dates per month
- Pray together at least twice weekly
- _____
- _____

KIDS@HOME: To nurture my child's faith, I will...

- Schedule at least two "family time" activities or faith discussions per month
- Pray together at least five times per week (including mealtime and bedtime)
- _____
- _____

TEENS@HOME: To mentor my teen's faith, I will...

- Schedule at least one "movie night chat" or faith discussion each month
- Eat together (including prayer and conversation) at least five times per week
- _____
- _____

GRANDKIDS: To leave a strong legacy, I will...

- Pray for each grandchild daily by name
- Call or write a note to each grandchild once per month
- _____
- _____

Other situations for proactive intentionality:

- _____
- _____

MY PLAN

To Build a Strong Family



APPRAISAL

GET STARTED NOW!

Take a few moments to complete the following easy steps...

STEP ONE

HOW HAVE I DONE

Briefly evaluate your own level of intentionality over the past couple of months.

STEP TWO

WHAT WILL I DO

Create a family intentionality game plan for the coming months.

HOW HAVE I DONE

How intentional have you been? Check all that apply.

MARRIAGE

Nurturing Intimacy

- Had a "date night" twice or more per month to focus on one another without distractions
- Wrote a note, gave a flower or some other tangible expression of love at least twice per month
- 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
- Prayed with my spouse at least twice per week
- Demonstrated meaningful touch and/or verbal affirmation at least once per day

Avoiding Dangers

- Took steps to reduce risk to my marriage in vulnerable areas (bad temper, relationships outside of my marriage, demeaning language, etc.) by maintaining boundaries, increasing accountability, etc.
- Took care of myself physically and emotionally to be the best lifelong spouse I can be
- Admitted I was wrong and apologized and/or forgave before going to bed after conflicts with my spouse

MY MARRIAGE

How intentional have I been to build a lifelong thriving marriage?	1	2	3	4	5
I am confident that my marriage will last until one of us dies.	1	2	3	4	5
I believe my marriage is, for the most part, God-honoring.	1	2	3	4	5

FAITH @ HOME

Parents

- Connected relationally with my children daily (help with homework, eat together, etc.)
- Did something special with my children (hobby, ice cream date, etc.) twice per month
- Created an opportunity for discussing my beliefs and values with my children at least once per week
- Prayed with my children (including meals, bedtime, etc.) at least five times per week
- Admitted I was wrong and apologized and/or forgave before going to bed after conflicts with my children
- Served together and/or participated in an intergenerational faith experience (father/daughter banquet, local missions event, etc.) with my children at least once in the past couple of months

Grandparents

- Did something to connect with my grandchildren (a letter, phone call, etc.) at least once per month
- Did something to help my grandchildren inherit a strong spiritual legacy at least once per month
- Prayed for my grandchildren at least five times per week

MY CHILDREN / GRANDCHILDREN

How intentional have I been to help my children/grandchildren build a strong faith

1	2	3	4	5
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I am confident my children/grandchildren will have a strong Christian faith in adulthood

1	2	3	4	5
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SINGLE ADULTS

I am Called to the Single Life

- Planned to remain single throughout my life to give time, resources and attention to Christian ministry
- Took proactive steps in learning to be complete in Christ alone
- Practiced spiritual and physical disciplines in order that I may live out biblical singleness
- Committed to keeping myself pure as I believe God has called me to remain single

I Hope to Marry

- Prayed about/for my future spouse and that my future marriage will be God-honoring
- Kept myself sexually pure knowing my body is God's gift to my future spouse, or repented of past sexual sin and committed to remain abstinent until married
- Took proactive steps toward finding a Godly mate and preparing for marriage by learning to be complete in Christ alone
- Practiced spiritual and physical disciplines to help me become the best gift possible to the person I marry
- Attended pre-engagement or pre-marital counseling or other sessions to learn the Christian view of marriage

MY FUTURE

How intentional have I been to honor God in my singleness and/or prepare for a God-honoring marriage.

1	2	3	4	5
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I am confident my future marriage will be God-honoring.

1	2	3	4	5
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