

PLAN AHEAD

Identify what you intend to do in the coming 120-day period that will move your family to the next level in each category.

Marriage

In order to strengthen my marriage during the coming 120 days, I intend to...

Suggestion: Schedule a date night at least twice monthly.

Suggestion: Strive to pray daily with my spouse.

Faith@Home

In order to better instill Christian faith in my children/grandchildren during the coming 120 days, I intend to...

Suggestion: Schedule age appropriate faith@home experiences at least twice monthly.

Suggestion: Strive to pray daily with my children/grandchildren.

Family Seasons

What family-specific dynamics or challenges can you focus on in the coming 120 days?
(see Home Point Pointers and Recipe Cards for ideas)

Sign: _____ Date: ___/___/___

Sign here to indicate your commitment to becoming an intentional family

YOUR COPY TO KEEP

My Home Point Plan



Home  Point
Building Faith at Home



REFLECT

Assess your level of intentionality over the past 120 days.

Marriage

In what ways have you been intentional in nurturing intimacy in your marriage? (Check all that are true)

NURTURING INTIMACY:

- Have spent quality time alone with my spouse twice or more this month.
- Showed a tangible expression of love at least twice this month (wrote a note, cooked a special meal, gave a flower, etc.).
- Initiated non-task driven communication at least three times per week (called during the day, sat down to chat, took walks together, etc.).
- Prayed with my spouse (other than saying grace over a meal) at least twice per week
- Initiated a meaningful touch (hugs, kisses, caressing) at least once per day.
- Offered verbal affirmation (words of appreciation, admiration, affection) at least once per day.
- Stroved to pray for my spouse daily this past month.

AVOIDING DANGERS:

In what ways have you been intentional in avoiding dangers within your marriage this month? (Check all that true)

- Took steps to reduce risk to my marriage by establishing and/or maintaining boundaries, increasing accountability, etc.
- Made a consistent effort to take care of myself physically and emotionally.
- Apologized and/or forgave before going to bed after conflicts with my spouse.

Marriage Intentionality Summary

Based upon your answers above, circle the item that best describes your level of intentionality over the past 120 days with regard to building a life-long, thriving marriage.

A: Very Intentional • **B:** Not Bad • **C:** Hit and Miss • **D:** Mostly Miss • **F:** Totally Haphazard
Not Applicable (unmarried)

Faith @ Home

In what ways have you been intentional as a parent/grandparent? (Check all that true)

PARENTS:

- Did something special with my children at least twice last month (hobby, ice cream date, etc.).
- Prayed for my children daily within the last month.
- Connected relationally with my children daily (chatting, helping with homework, eating dinner together, etc.).
- Created an occasion at home for passing my beliefs and values to my children at least once per week (family night activity, mealtime conversation, bedtime reading, etc.).
- Prayed with my children at least five times per week (including meals, bedtime, etc.).
- Apologized and/or forgave before going to bed after conflicts with my children within the last month.
- Served together as a family in the last month (service project, helped a neighbor, volunteered, etc.).
- Participated as a family in a regular church service at least once in the past month.

GRANDPARENTS:

- Did something to foster a relational connection with my grandchildren (wrote a letter, hobby, ice cream date, movie night, phone conversations, etc.) at least once per month
- Did something intentional to directly (with grandchildren) or indirectly (assisting the parents) help my grandchildren inherit a strong spiritual legacy at least once in the past 120 days
- Served in a ministry, missions or service project or participated in an intergenerational faith experience with my grandchildren at least once in the past 120 days

Faith @ Home Intentionality Summary

Based upon your answers above, circle the item that best describes your level of intentionality over the past 120 days with regard to passing faith to the next generation.

A: Very Intentional • **B:** Not Bad • **C:** Hit and Miss • **D:** Mostly Miss • **F:** Totally Haphazard
Not Applicable (no children/grandchildren)

Walk Matching Talk

Would your family say that your life at home reflects what you claim to believe?

A: Consistently • **B:** Most Times • **C:** Hit and Miss • **D:** Mostly Miss • **F:** No