

# My 120 Day Plan

Identify goals in each relevant category.

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 give a strong heritage 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:

- \_\_\_\_\_
- \_\_\_\_\_

For helpful tools visit the Home Life Center or [www.CenterPointChurch.com](http://www.CenterPointChurch.com)



Home Life exists to help you become intentional about building a God-honoring home one step at a time. Take advantage of these tools designed to inspire and equip faith@home intentionality.



**Recipes for Home Ideas**  
Free ideas you can implement this week including date-night discussions, family-night activities, mealtime conversations, movie night chats and much more.



**Faith Path Kits**  
Free kits that help parents become intentional One Step At a Time.  
Tools correspond to your child's age and stage of development.



Stop by the Home Life Center before or after services or visit [CenterPointChurch.com](http://CenterPointChurch.com)

# 120 Days of Intentionality

**HOME LIFE**  
Building Strong Families



# APPRAISAL

Assess your level of intentionality over the past 120 days.

## Marriage

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

### NURTURING INTIMACY:

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

### AVOIDING DANGERS:

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

1 2 3 4 5  
Not Confident Highly Confident

I believe my marriage is, for the most part, God-honoring and happy.

1 2 3 4 5  
Never Always

## Faith @ Home

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

### PARENTS:

- o Connected relationally with my children daily (help with homework, eat together, etc.)
- o Did something special with my children (hobby, ice cream date, etc.) twice per month
- o Created an opportunity for discussing my beliefs and values with my children at least once per week
- o Prayed with my children (including meals, bedtime, etc.) at least five times per week
- o Admitted I was wrong and apologized and/or forgave before going to bed after conflicts with my children
- o 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 120 days

### GRANDPARENTS:

- o Did something to connect with my grandchildren (a letter, phone call, etc.) at least once per month
- o Did something to help my grandchildren inherit a strong spiritual legacy at least once in the past 120 days

## My Children/Grandchildren

I am confident my children/grandchildren will have a strong Christian Faith in adulthood.

1 2 3 4 5  
Not Confident Highly Confident

## Single Adults

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

- o I am Called to the Single Life: I have pledged to remain single throughout my life to give more time, resources and attention to Christian ministry and willingly sacrifice sexual intimacy to do so
- o I Hope to Marry:
  - o Pray about/for my future spouse
  - o Have kept myself sexually pure knowing my body is God's gift to my future spouse or I have repented of past sexual sin and committed to remain abstinent until married
  - o Have taken proactive steps toward finding a Godly mate
  - o Practice spiritual and physical disciplines to help me become the best gift possible to the person I marry
  - o Have attended pre-engagement or pre-marital counseling or other sessions to learn the Christian view of marriage so I can submit to its demands and expectations

1 2 3 4 5  
Not Confident Highly Confident

# Family Seasons

Mark each topic relevant to your home and find tools to become intentional at the Home Life Center.

## Life Stages

- o Single – Should You Pursue Marriage?
- o Hope to Marry – Becoming Intentional
- o Engaged – Getting Ready for Marriage
- o Building a Strong Marriage
- o Considering Children
- o Preparing For Baby
- o Intentional Parenting
- o Choosing Your Child's Schooling Options
- o Preparing for Adolescence
- o Launching Young Adults
- o The Empty Nest
- o Influencing Grandchildren
- o Caring for an Aging Loved One

## Special Situations

- o Raising Children Alone
- o Managing Family Finances
- o Facing Infertility
- o Exploring Adoption
- o Introducing Your Child to Christ
- o Raising A Child with Special Needs
- o Blending Families
- o A Difficult Marriage
- o A Difficult Teen
- o An Unplanned Pregnancy
- o An Unbelieving Spouse
- o Addiction Issues
- o Dealing with Grief
- o Children Rejecting Your Beliefs
- o Living Together