

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:

- ☐ _____
- ☐ _____

Crossroads@Home

My Plan

To Build a Strong Family



{ Showing Christ • Raising Believers }

A P P R A I S A L

We want to help families grow strong in the Lord! Let's encourage one another to complete the 120 Day Plan by posting on social media the area in which your family is strongest and tagging a friend or two from church with #buildingstrongfamilies.

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

Nuturing 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
Not Intentional Very Intentional

I am confident that my marriage will last until one of us dies.

1 2 3 4 5
Not Confident Very Confident

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

1 2 3 4 5
Not Confident Very Confident

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
Not Intentional Very Intentional

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

1 2 3 4 5
Not Confident Very Confident

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
Not Intentional Very Intentional

I am confident my future marriage will be God-honoring.

1 2 3 4 5
Not Confident Very Confident