

My Game Plan

Identify goals in each relevant category

MARRIAGE: To strengthen our relationship I will...

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

PARENTING: To nurture my child/teen's faith I will...

- Schedule at least two family nights, movie night chats or other faith discussions each month
- Pray together at least five times per week
- _____
- _____

GRANDPARENTING: To give a strong heritage I will...

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

SINGLES: To pursue God's calling on my future I will...

- Pray about/for my future spouse or God's leading in my single service for him
- Commit to sexual purity daily
- _____
- _____

OTHER SITUATIONS FOR PROACTIVE INTENTIONALITY:

- _____
- _____

FOR HELPFUL TOOLS VISIT THE HOMETEAM CENTER
OR VISIT MOUNTAINPARK.ORG

HOME TEAM

HomeTeam 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 at home intentionality.




 **HomeTeam Coaching Tips** 


Free insights and resource recommendations for a variety of family season dynamics and special situations.



 **Marriage and Parenting Podcast** 

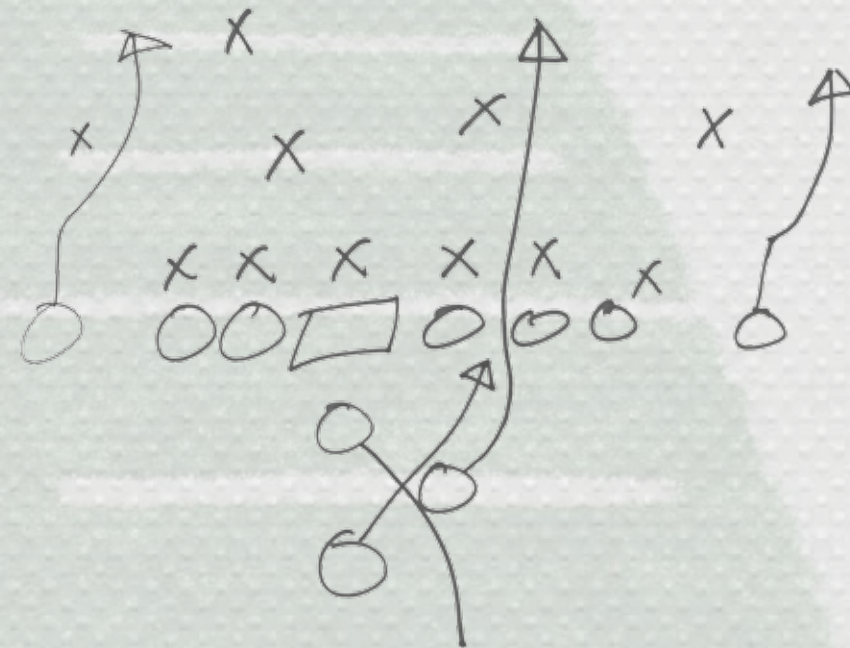
Free inspiration and advice on becoming intentional at home. Available for download or on audio CD.



 **HomeTeam Play Cards** 

Free ideas you can implement this week including date-night discussion, family-night activities, mealtime conversations, movie night chats and much more.

My HOME TEAM Game Plan



120 Days of Intentionality



REFLECT

Assess your level of intentionality over the past 120 days

Marriage

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

NURTURING INTIMACY:

- Had a "date night" twice or more per month to focus on one another without the children
- 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, demeaning language, office relationships, internet temptations, etc.) by maintaining boundaries, increasing accountability, etc.
- Took care of myself physically, emotionally and spiritually
- Admitted I was wrong and apologized and/or forgave before going to bed after conflicts with my spouse

My Marriage

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

1 2 3 4 5
 Not Confident Highly Confident

I am confident my marriage will be God-honoring and happy.

1 2 3 4 5
 Never Always

Faith at Home

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

PARENTING:

- Connected relationally with my children daily (help with homework, eat together, play game, 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 outreach event, etc.) with my children at least once in the past 120 days

GRANDPARENTING:

- 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 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)

- 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
- I Hope to Marry:**
 - Pray about/for my future spouse and have taken proactive steps towards finding a Godly mate
 - 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
 - Practice spiritual and physical disciplines to help me become the best gift possible to the person I marry
 - Have attended pre-engagement or pre-marital counseling or other sessions to learn the Christian view of marriage to prepare myself for its demands and expectations
- I am Not Sure:**
 - I am sincerely trying to figure out if I am to remain single or pursue marriage by seeking wise council and praying for God's leading in this area daily

My Future

I am confident my marriage will be God-honoring and happy or I am called to a life of singleness

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 HomeTeam Center

LIFE STAGES

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

SPECIAL SITUATIONS

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