

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 night" 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:

- ☐ _____
- ☐ _____

Keep for your own records.

Faith@Home

Building Strong Families

Build a God-honoring home one step at a time...



fbcthomson.org

Free online resources available from the convenience of your home. Go to www.fbcthomson.org.



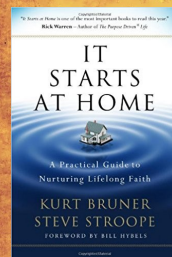
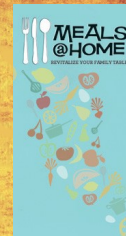
Faith @ Home Pointers

Free insights and resource recommendations for a variety of life stages and special situations.



Faith @ Home Ideas

Free ideas to immediately implement at home including: date-night discussions, family-night activities, mealtime conversations, movie night chats and much more.



Resource Recommendations

It Starts At Home
By: Kurt Bruner & Steve Stroepe

Family Worship
By: Donald S. Whitney



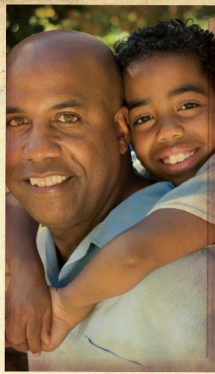
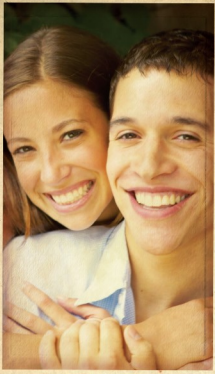
Faith@Home

Building Strong Families



FIRST BAPTIST CHURCH
THOMSON

*Loving God, Loving People,
Making Disciples of Jesus*



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, office relationships, demeaning language, etc.) by maintaining boundaries, increasing accountability, etc.
- ☐ Took care of myself physically and emotionally to be the best lifelong partner I can be
- ☐ 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 Not Confident 2 3 4 5 Highly Confident

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

1 Never 2 3 4 5 Always

Faith @ Home

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

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 120 days

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 in the past 120 days

My Children/Grandchildren

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

1 Not Confident 2 3 4 5 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
 - ☐ 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
 - ☐ Have taken proactive steps toward finding a Godly mate
 - ☐ 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 so I can submit to its demands and expectations

My Future Marriage

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

1 Not Confident 2 3 4 5 Highly Confident

Family Seasons

Mark each topic relevant to your home and find tools to become intentional at the **FAITH @ HOME 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
- ☐ 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