

# HomePointe<sup>™</sup>

*Building Strong Families*

HomePointe 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.



### HomePointe Pointers

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.



### Faith@Home Recipes

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



### Intentional@Home Guides

Free guides providing highly practical ideas on topics such as Prayer@Home, Summer@Home, Faith-Filled Holidays, Strengths@Home and others.



Stop by the HomePointe Center before or after services or visit [homepointe.org](http://homepointe.org)

# My HomePointe<sup>™</sup> Plan

*to Build a Strong Family*



## 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 (other than saying grace over a meal) at least twice per week
- Demonstrated meaningful touch (hugs, kisses, caressing) and/or verbal affirmation (words of appreciation, admiration, affection) at least once per day

#### AVOIDING DANGERS:

- Took steps to reduce risk to my marriage in vulnerable areas (bad temper, sexual temptation, office relationships, time away from home, demeaning language, substance abuse, etc.) by establishing and/or maintaining boundaries, increasing accountability, etc.
- Made a consistent effort to take 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

### 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

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

#### PARENTS:

- Did something special with my children (hobby, ice cream date, movie night, etc.) at least twice per month
- Connected relationally with my children (chatting, helping with homework, eating dinner together at the table, etc.) at least once per day
- Created or captured an occasion within the home for passing my beliefs and values to my children (family night activity, mealtime conversation, bedtime reading, etc.) 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 (service project, family mission trip, volunteer in children's ministry, etc.) and/or participated in an intergenerational faith experience other than regular church services (father/daughter banquet, father/son event, parent/teen Bible study, etc.) with my children at least once in the past 120 days

#### 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

# Family Seasons

Mark each topic relevant to your home and find tools to become intentional at the HomePointe 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
- Preparing for Adolescence
- Launching Young Adults
- The Empty Nest
- Influencing Grandchildren

## Special Situations

- Raising Children Alone
- Managing Family Finances
- Facing Infertility
- Exploring Adoption
- Introducing Your Child to Christ
- Choosing Your Child's Schooling Options
- Raising A Child with Special Needs
- Blending Families
- A Difficult Marriage
- A Difficult Teen
- An Unplanned Pregnancy
- An Unbelieving Spouse
- Addiction Issues
- Caring for an Aging Loved One
- Dealing with Grief

# 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:

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

For helpful tools visit the HomePointe Center or [homepointe.org](http://homepointe.org)