

My 120-Day Plan

Identify goals in each relevant category.

COMMUNITY: To get involved in my church, I will...

- Join a WBS class
- Volunteer
- _____
- _____

MARRIAGE: 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 provide a stronger heritage, I will...

- Pray for each grandchild daily by name
- Write a note or call each grandchild once per month
- _____
- _____

For helpful tools, visit [The Porch](#)



Building Faith Into Everyday Life

Faith@Home 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, available at *The Porch*.



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



Marriage and Parenting Podcasts
Free inspiration and advice on becoming intentional at home. Available for download.



Faith@Home Recipes
Free ideas you can implement each week including date-night discussions, family-night activities, mealtime conversations, movie night chats and much more.



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Stop by the *The Porch* before or after services or visit ubc.org/faithathome

120 Days of Intentionality



Building Faith Into Everyday Life

REFLECT

Assess your level of intentionality over the past 120 days.

Community

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

- Active in a weekday Bible study (WBS): Name of group _____
- Active in a group other than WBS: Group description _____
- Volunteer at UBC
- Provide leadership or service in a community organization: _____

Community

I believe spiritual growth is best achieved in community.

1 Disagree 2 3 4 5 Strongly Agree

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 provided another tangible expression of love at least twice per month
- Called during the day, sat down to chat, took walks together or participated in 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

Parenting

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:
 - Prayed 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
 - Practiced 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 Porch*, in the Fellowship Hall.

Life Stages

- Single: Should You Pursue Marriage?
- Hoping to Marry: Proactively Pursuing Marriage
- Engaged: Getting Ready for Marriage
- Building a Strong Marriage
- Considering Children
- Preparing for Baby
- Intentional Parenting
 - Elementary Age
 - Youth
- Preparing for Adolescence
- Launching Young Adults
- Empty Nest
- Influencing Grandchildren
- Caring for an Aging Loved One

Special Situations

- Single Parent: Raising Children Alone
- 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
- Difficult Marriage
- Difficult Teen
- Unplanned Pregnancy
- Unbelieving Spouse
- Addiction Issues
- Grieving