

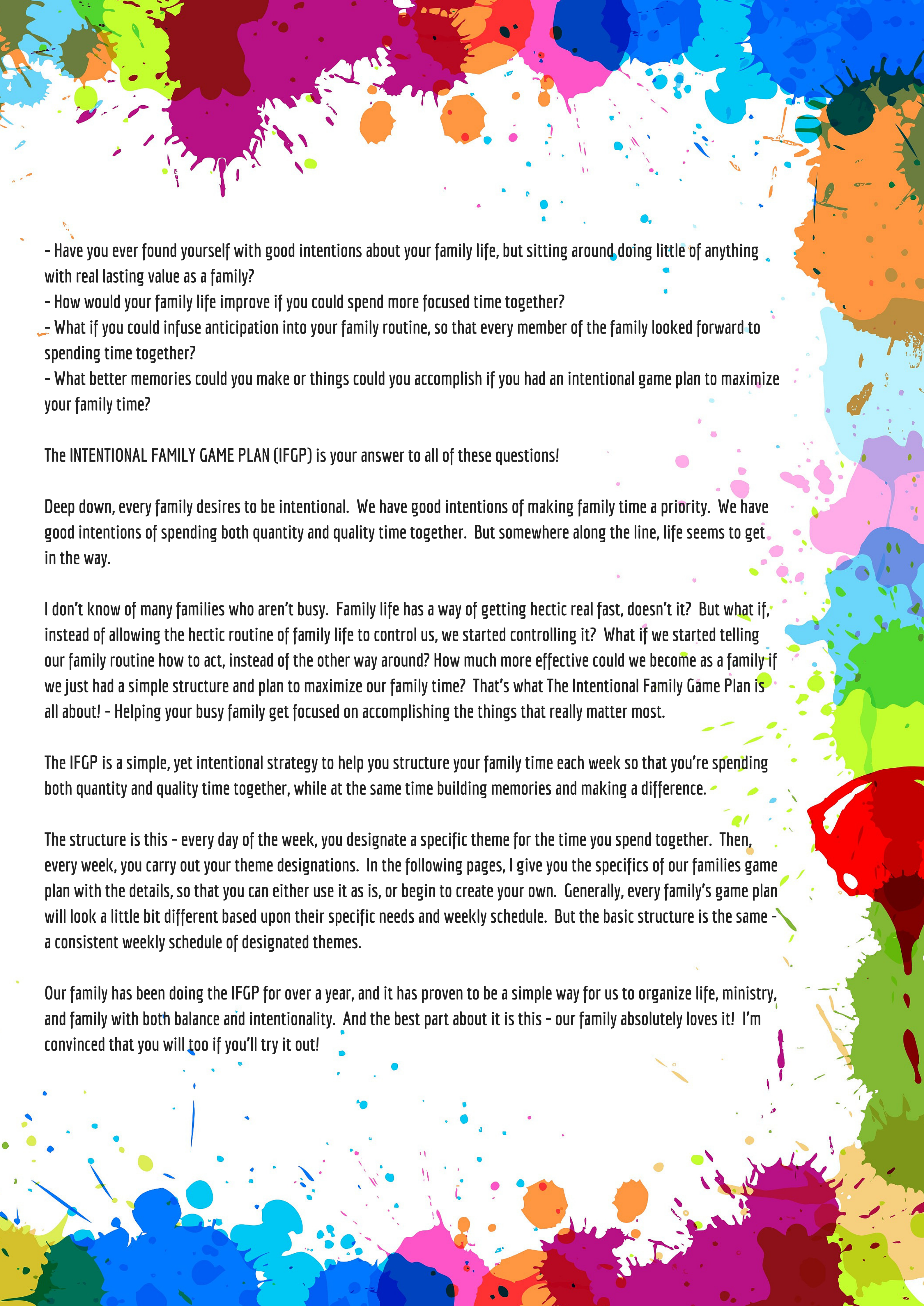


THE
INTENTIONAL

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FAMILY
GAME PLAN

**A PROVEN STRATEGY FOR
MAXIMIZING FAMILY TIME**

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- Have you ever found yourself with good intentions about your family life, but sitting around doing little of anything with real lasting value as a family?
 - How would your family life improve if you could spend more focused time together?
 - What if you could infuse anticipation into your family routine, so that every member of the family looked forward to spending time together?
 - What better memories could you make or things could you accomplish if you had an intentional game plan to maximize your family time?

The INTENTIONAL FAMILY GAME PLAN (IFGP) is your answer to all of these questions!

Deep down, every family desires to be intentional. We have good intentions of making family time a priority. We have good intentions of spending both quantity and quality time together. But somewhere along the line, life seems to get in the way.

I don't know of many families who aren't busy. Family life has a way of getting hectic real fast, doesn't it? But what if, instead of allowing the hectic routine of family life to control us, we started controlling it? What if we started telling our family routine how to act, instead of the other way around? How much more effective could we become as a family if we just had a simple structure and plan to maximize our family time? That's what The Intentional Family Game Plan is all about! - Helping your busy family get focused on accomplishing the things that really matter most.

The IFGP is a simple, yet intentional strategy to help you structure your family time each week so that you're spending both quantity and quality time together, while at the same time building memories and making a difference.

The structure is this - every day of the week, you designate a specific theme for the time you spend together. Then, every week, you carry out your theme designations. In the following pages, I give you the specifics of our families game plan with the details, so that you can either use it as is, or begin to create your own. Generally, every family's game plan will look a little bit different based upon their specific needs and weekly schedule. But the basic structure is the same - a consistent weekly schedule of designated themes.

Our family has been doing the IFGP for over a year, and it has proven to be a simple way for us to organize life, ministry, and family with both balance and intentionality. And the best part about it is this - our family absolutely loves it! I'm convinced that you will too if you'll try it out!



Here are some of the great BENEFITS we've found by following the IFGP:

1. No more undirected and unproductive nights just sitting around the house passing time.
 - The "whatever happens, happens" mentality is not a healthy long-term strategy for the family. If we're intentional about being productive and having a specific direction in other areas of our life (job, health, etc.), should our family deserve any less?
 - This plan will give your family the needed structure to be intentional, thus better fulfilling the command of Eph. 5:16 to be "Redeeming the time..."
2. Anticipation will become the norm around your home.
 - Our kids absolutely love the themed nights of the week. There are certainly some that they look forward to more than others, yet they enjoy them all, and remind us throughout the days of the week what "family day" it is.
 - It's exciting as parents to see our kids excited about what we're going to do together as a family.
3. Date nights are back!!!
 - We've intentionally incorporated a date night once a week into our family schedule, and yes, this is one of mom and dad's most anticipated nights. For years, we struggled as a couple to find the time to make date nights a priority. Come to find out, making them a priority was possible, we just weren't scheduling the time to make it happen.
4. We're having more fun as a family than we've ever had before!
 - We're loving family life, and our kids are too. We're spending intentional time together regularly, and our family is reaping the many benefits of it. I'm confident that the same will be true for your family as well.

(Certainly, there are times when flexibility is essential, and we have other commitments that keep us from following our game plan to a "t", but we just make necessary adjustments and pick it back up the next week. You'll notice in our family game plan, we don't have anything specific on Wednesdays and Sundays. That's simply because for us, those are church nights. Remember, your family game plan is as flexible as you want it to be.)

So, what are you waiting for... jump into the next few pages, and enjoy! (if you haven't already skipped ahead to take a peek!... I know how us parents are.) Included are three options for you:

1. The IFGP with details and ideas listed underneath each day
2. The IFGP basic weekly schedule (After seeing ours, you may want to take some of our ideas as well as some of yours and completely make your own IFGP, or simply use ours exactly as it is.)
3. A blank IFGP schedule that you can customize to meet your specific needs

The INTENTIONAL FAMILY GAME PLAN

Weekly Evening Schedule:

Monday: KIDS' CHOICE NIGHT

This is by far the most anticipated night of the week for our kids... because they get to come up with the game plan. (Have some ground rules of what's allowable realistically and financially, but make sure to allow them to stretch you out of your comfort zone, because they will :), and it will be fun when they do.)

Here are some ideas our kids have chosen:



Play a game of family football, baseball or other sport in the back yard... eat breakfast for supper... eating spaghetti with their bare hands (yeah, that's fun)... go out for bowling, pizza, or ice cream... go to the local mall... family bike rides... outside activities like swimming, jumping on the trampoline, etc.,... building a puzzle as a family... playing pool, Foosball, or Xbox in the basement, and many more.

The ideas are limited only to their imagination. The fun is that THEY get the power to choose. Some great memories will be made on this night every week.

Tuesday: MOM & DAD'S NIGHT

This is DATE NIGHT for the parents! Find a babysitter and go out for a few hours, just you and your spouse. I think you'll probably be able to come up with plenty of ideas on your own, but here's a few... go out to eat, take a walk around the park, go shopping to all those small stores in your neighborhood that you've yet to go to just for the fun of it. Put the kids to bed early for you to have time alone and watch a movie together. Remember that you need to do this, and that what gets scheduled gets done. Not only does this benefit you as a couple, it benefits your kids as well when they see the love and priority you give to each other and your marriage. Strong marriages produce strong families, and strong families produce strong kids.



Thursday: SERVICE NIGHT

There are many options of what you can do on this night, including: making visits to the elderly or shut-ins... writing thank you notes to people who have been a blessing to your family... serving at a local nursing home or shelter... calling a relative you've been out of touch with, just to let them know you're family is thinking of them... have a family from your church over for supper to get to know them better and invest into their lives.

Here is another idea that we've enjoyed. Pick someone each quarter of the year that you can specifically be a blessing to as a family. Spend some time together brainstorming ways you can serve these people. It may be someone in your church or community. Here's an idea that we've done, to get your creative juices going:

Quarter #1 - College Students - We sent goody packages to our church's college students with snacks, quarters, and handwritten notes of encouragement.

Quarter #2 - A Couple - Find a couple that you can reach out to and be a blessing to. Take them homemade goodies, invite them over to your house, or take them out to eat. You'll be surprised at how simple kindness and hospitality can impact both their family and your own.

Quarter #3 - A Widow - There will never be a shortage of widows who are lonely and would love for a family with children to visit them, pray with them, and show they care. Invite them over for holidays, take them hand-made crafts, or just simply ask them to tell you some of their life stories. It's good to allow your kids to learn from the voices of experience and to ask questions.

Quarter #4 - A Family in Need - There are always needy families in your community. Do a little research and you'll find one, or if you already know of one, find ways practical to be a blessing to them and help meet their needs. Or save up some money, and go to a local restaurant with the intent of paying for the meal of a family you think could be blessed by your generosity. It will leave an impact on your kids.



Friday: FAMILY MOVIE NIGHT

While this one is pretty well self-explanatory, it may become one of the highlights of your kids' week. Rather than sitting in front of the TV multiple nights a week, make it a special occasion and they will look forward to Friday nights! Whether it's Redbox, Netflix, or something else, use what works for your family. If we're watching a movie from one of those sources, we used the Plugged In Movie Review App from Focus on the Family, or PluggedIn.com. One of the main movie sources that we use and have found valuable for our family is VidAngel.com. VidAngel is a streaming service that allows you to watch new movies while at the same time filtering out ALL (yes, any an all) objectionable content for just \$1. This aligns perfectly with our family values, and we love it. In addition, make it a big event that your family looks forward to. Popcorn and ice cream always seem to help!



Saturday: FAMILY GAME NIGHT

Board games, card games, hand-slapping games, you name it, Saturday nights are filled with fun and laughs as we get into game-mania mode. The game ideas are really limitless, whether you play them at the kitchen table, on the living room floor, or even off of an iPad or other device. (there are tons of fun multiple player game apps out there) Family game night will quickly become a staple night of your week, and will produce many fun memories that you'll cherish for years to come.





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Monday: KIDS' CHOICE NIGHT



Tuesday: MOM & DAD'S NIGHT



THURSDAY: SERVICE NIGHT



Friday: FAMILY MOVIE NIGHT



Saturday: FAMILY GAME NIGHT





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