

Intentional Parenting

Developing a Formation Framework



This worksheet will help you build an intentional formation framework for your kids.

- **Step 1** – Block off at least 30 minutes of time you can be alone.
- **Step 2** – Pray the Holy Spirit will give you ideas and guide your mind.
- **Step 3** – Walk through the “Formation Framework” exercise below.

We identified four areas of growth to cultivate in our kids from Luke 2:52, a summary of Jesus’ development as a child. Luke writes, “Jesus grew in wisdom and in stature and in favor with God and all the people.”

1. **Wisdom** – What are the truths they must understand about God, life, and themselves?
2. **Stature** – What must they gain for physical development, mental wellness, and emotional health?
3. **Favor with God** – What must be true of their relationship with God and service to the Kingdom?
4. **Favor with Others** – What must be true of how they relate with others (you, the opposite sex, friends, the church, elders, authorities, enemies, etc.) and contribute to broader society?

We also identified three areas of action that will help you operationalize your Luke 2:52 hopes for your child.

1. **Small Habits** – These are the regular rhythms you will build into your days.
2. **Big Moments** – These are the memorable experiences you will plan into your year.
3. **Key Relationships** – These are the specific relationships you will nurture in this season.

Using the framework below, write down ideas for how you might create small habits, big moments, and key relationships that cultivate wisdom, stature, favor with God, and favor with others.

	Wisdom	Stature	Favor with God	Favor with Others
Small Habits				
Big Moments				
Key Relationships				

- **Step 4** – *Come back to this several times this week. It takes lots of creativity.*
- **Step 5** – *Plan this with your spouse and like-minded friends. You can share ideas.*
- **Step 6** – *Ask our pastors for help! This is why we are here.*
- **Step 7** – *There are twelve blank squares above but that’s too much. Narrow it down to one for each row.*
- **Step 8** – *Commit to this plan for the next 3 months. Calendar it. Budget it. Evaluate it.*