

Father-Son Growth Planner



This Growth Planner exists to provide fathers and sons the opportunity to develop a mutually agreed upon plan for maturation in the areas of Body Mastery, Spiritual Aptitude, Domestic Skill, Personal Discipline, and Family/Community. It also provides fathers and sons the opportunity to look forward to a celebration or ceremony at the end of the Growth Planner time.



Father-Son Growth Planner

The following Growth Planner is meant to stimulate conversation between father and son, and to help them establish reasonable growth goals for the boy based on a variety of categories. The categories include: Body Mastery, Personal Discipline, Domestic Skill, Spiritual Aptitude, and Family/Community. An additional category deemed Celebration, exists so the father and son can look forward to a time of reflection and triumph over the time spent together working toward these goals.

The planner is something that can be undertaken on a yearly basis. It will require some undistracted time by the father and son. Some of it will be undertaken independently, and a good portion of it, jointly. The expectation is for the two to mutually decide on reasonable goals that coincide with cultural expectations within God's moral boundaries, in addition to the son's personal natural strengths (actions and reactions) and unrefined talents.

A word of caution. Success in God's eyes is different from how the world defines it. While most cultures look at the outward result of the effort given, God looks at the heart. While the Bible tells us that whatever we do, we should work heartily at it for the Lord, and not for man (Col. 3:22-23), it does not say that working hard for the Lord equals success as the world defines it. God instead desires our love and faithfulness, regardless of the outcome. Enter into this planner, therefore, with the right expectation, and with a heart filled with God's definition of success.

Body Mastery

The Lord created the world and all that is in it. Within His creation, He hid many wondrous things to be discovered as a way of giving us purpose, showing us how we benefit from using our brawn and brains, and as a way for Him to show how much He cares. Just think about how man must have felt when he first discovered fire, the wheel, water irrigation, magnets, sustainable energy, the lightbulb, etc.! So many of those discoveries absolutely revolutionized how mankind lives today! Now think about how pleased God must be to see mankind discover those "nuggets," and give Him praise for allowing them to do so! I believe, much like the joy a parent feels when his child opens up his "big gift" at Christmas, this is how God must feel when His creation finds His hidden wonders.

Those same discoveries are to be made with our own bodies as well! As we grow and mature, we go from being uncoordinated toddlers, to adolescents who can climb trees, and to adults who can dominate a sport! Each of these discoveries is God's way of showing how, when we push ourselves outside our comfort zone, we can achieve things we might not have thought possible.

Ask your dad about what it felt like when he first learned to swim, or ride a bike. Does he remember what it felt like the first time he jumped in the pool without floaties, or tried to ride

without training wheels? I bet he had some anxiety about both. But ask him how it felt when he finally achieved it?

Mastering the body is God's gift to us for a lifetime! It is just another way that God allows us to be a part of stewardship.

¹⁹Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰you were bought at a price. Therefore honor God with your bodies. - 1 Corinthians 6:19-20

We are meant to take care of ourselves, but also to push ourselves to learn new things, and, God willing, become masters of our bodies.

There are a number of areas one could attempt to master. It could be related to an instrument, a sport, singing, painting, a form of fitness training, or even an outdoor recreational activity like fishing. I believe the key is deciding on something that the two of you can put a little extra time into, in order to shoot for excellence. Will the result be excellence? Maybe not, but the point is the effort put in, and the time the two of you spend together doing it.

Son

Son, take some time to think about some things this year you'd like to try that either you have never tried, or to which you have not given much effort in the past. What are some things that you want to do physically or mentally this year?

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2. _____
3. _____
4. _____
5. _____

Father

Father, you know your boy and his body. Maybe life has been too busy lately and you've neglected working with your son on some basic physical or mental skills. Maybe you see a lot of untapped potential in your son which you'd like to encourage this year. Write down a few things you'd like to see your son attempt to master this year with your help.

1. _____
2. _____
3. _____

4. _____

5. _____

Personal Discipline

While mastering the body can easily fall into the category of personal discipline, this area has been reserved for character growth, for the development of routine, and for honing in on acts related to submission and obedience.

When God created man, He gave him dominion over all of creation, to subdue and rule over it. This dominion lasted only a short while before sin interrupted creation's willing submission. We can see the stark contrast in Jesus when He came to earth. Jesus calmed storms, made animals obey him, and cured disease. This is a glimpse back to the original creation, and a form of how our rule and dominion must have looked in the beginning. Creation was ordered, and under our control.

Today we deal with the result of fallen man. Externally, this means nature doesn't obey us, and animals are largely untamed. Mankind has no firm hold on hurricanes or earthquakes. Diseases may have vaccines, but there seems to always be a mutation or a new ailment to fight right around the corner. Internally, our bodies are naturally undisciplined, which means we must work ourselves into submission before God, both physically, emotionally and spiritually. This work takes the form, at least in part, of personal discipline. Apart from God, personal discipline seems like a means to an end by allowing us to become more efficient, more productive, and more successful. However, personal discipline is a means for us to know God more deeply, to understand our sin nature more completely, and to bring into submission, our body, to the glory of God.

The result of all of this is a deeper devotion to God, an improvement in personal stewardship, more profound changes in our character, and an overall boost in the quality of our relationships.

Physically, take into account stewardship of your time and resources. How does use of time reflect where your priorities lie? Does your day include undisturbed time with God, in His word and in prayer? Does your day reflect what is important and valuable to you, or is it based on what God deems important and worthy? Staying on top of your fitness, and watching what you eat are simple ways of expressing personal discipline. Making your bed, keeping your spaces clean, following through on chores, and dealing with solitude in a mature way are also areas requiring discipline.

Paul shows us his commitment to this.

²⁴ Do you not know that those who run in a race all run, but *only* one receives the prize? Run in such a way that you may win.²⁵ Everyone who competes in the games exercises self-control in all things. They then *do it* to receive a perishable wreath, but we are imperishable.²⁶ Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air;²⁷ but I discipline my body and make it my slave,

so that, after I have preached to others, I myself will not be disqualified. – 1 Cor. 9:24-27

Emotionally, we are meant to exhibit self-control. Much of this is learning the timing and temperance of our actions and reactions. It also means we learn the value of ourselves and the value of others, and then treat both with respect. Much of our focus on character is wrapped up in how we interact with others. We see it expressed in how we mind our manners, how we deal with stressful situations, and in our ability to communicate appropriately with others.

“²²The fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, and self-control;²³ against such, there is no law.” – Galatians 5:22-23

“Fruit of the spirit” includes all of the above, as if all of these different fruits were growing on the same tree. This is exactly the intended imagery, as these are the fruit(s) you would expect to see in a mature believer. It is the result of a life devoted to God and controlled by the Holy Spirit, not the product of independently just trying harder. Much of seeing these traits manifested in our lives comes from abiding in Him, rather than putting more personal effort into any of them. (see John 15:7)

Spiritually, there are some basic disciplines as well. Reading, studying, memorizing, meditating, praying, and applying God’s Word are all acts of personal discipline. Each of these is meant to help us come to know God more intimately. We can all agree, it’s hard to get to know someone without spending time with them. Likewise, unless we spend time with the God we claim to serve, we will not fully know just how we are to serve Him and His creation.

God’s Word is more than just a book. His Word is living and powerful (Heb. 4:12). It is profitable for teaching, rebuking, correcting, and training in righteousness (1 Tim. 3:16). It also demands a response (Luke 6:46). God doesn’t want our words without action.

Son

Think about the golden rule – “treat others how you would like to be treated.” How do you respond to others when you feel wronged? When do you get mad and how do you react? How do you act at the dinner table, around people older than you, or when you don’t know someone? Do you have a routine in place that prioritizes God over self? Do you have a desire to get to know God more? Are you a willing helper around the house? What might be some areas in which you could show faithfulness to God in your daily discipline?

1. _____
2. _____
3. _____
4. _____
5. _____

Father

Take some time to think about some of the items referenced above. Where do you feel deficient or out of sync? Where is there opportunity for God to become a more central priority in life, and then how would you like your day to reflect that commitment through personal discipline? Is there an opportunity for you to sit down with your son and show him how to read the Bible, and to even write down a note about what the two of you learned from it? Maybe he needs help with manners both at home and in public. Maybe the two of you need to commit to some physical challenge you both can tackle together.

1. _____
 2. _____
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 4. _____
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Spiritual Aptitude

Spiritual aptitude is largely focused on the depth and breadth of our relationship with God. Whereas you may have the personal discipline to read, pray, or memorize scripture, spiritual aptitude has to do more with the content in which you invest, and the resulting sanctifying change in your life. There is absolutely no other area more important in our lives than the spiritual one. The way we view God defines how we view, and then interact with the world around us.

Research shows that a person generally has his worldview in place by the age of twelve years old. From a sheer timing perspective, exposing your son to the foundations of the faith and basic theology is of great importance. Walking through books like the “What We Believe” series by John Hay and David Webb [HERE](#) is a straightforward ways to address this. “The Westminster Shorter Catechism for Young Children” found [HERE](#) or The New City Catechism by Tim Keller [HERE](#), are a couple great resources for becoming established in the basics of Christian theology.

Your son needs to know how to read and respond to God’s word. It can be as easy as following a simple plan like “7 Minutes with God” [HERE](#) as a starting point, and working together toward independence in this area. Praying using the Lord’s prayer or using the ACTS (Adoration, Confession, Thanksgiving, Supplication) method is an easy ways to give form and order to talking and listening to God.

It's also important for boys to know how to respond to what they read. Answering questions like: 1. What stood out the most to me? 2. Where do I miss the mark? 3. What by the grace of God am I committing to do about it this week? or 4. What questions do I have about what I read that I need answered? is a great ways to stimulate meditation, application, or further study.

Our kids need to be trained in responding to basic arguments against the faith (see "The Case for Christ for Kids" by Lee Stroebel), or how to share the gospel message in a simple, straightforward way (search "how to share your testimony navigators" on your search engine).

Sometimes, because of the busyness of life, or a general lack of "know-how," fathers often neglect this key aspect of life as a child of God. Part of it may be due to the lack of knowledge about useful resources. Another may be due to a lack of personal experience, and therefore a lack of confidence in leading. The reality is, it is never too late to commit to deepening your relationship with the Lord, and it only takes you being one step ahead in order to lead. It is often just as easy as speaking to your family about what you read, how God has convicted you, and what you're doing about it in obedience. There is also something stimulating when a father expresses questions about what he is currently investigating in the Word, or presents conclusions about what he has learned. It's not that a father has to know everything, but that he is willingly and often engaged in knowing more. In this way, a father who shares this with his family models a commitment to God in this way.

Son

Think about questions you have about God, about how you might tell someone else about Jesus if they asked you how to become a Christian, or how you might respond to questions challenging the Christian faith. Think about what you believe, and how those beliefs drive the way you act. Consider how you communicate with God currently, and how that communication could be better. Do you read your Bible, and if so, do you get things from your reading that convict you or cause you to consider changing how you behave? Write down some thoughts about how you might like to grow in the coming months spiritually, so that your faith, love and service to God can accomplish what God desires for His kingdom.

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3. _____
4. _____
5. _____

Father

How well do you model your love for God through your interaction with Him through the Word? What spiritual content could you pass on to your son? What are some areas where you feel less

proficient, but would like to grow? How is God calling you to know Him more deeply? How can you support your son in learning what Christians believe, how this knowledge can lead to a deeper devotion to Christ, and how to share the good news to others in a courageous and confident way?

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 2. _____
 3. _____
 4. _____
 5. _____
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Domestic Skill

Many of us have to admit, there are some areas of life we were never exposed to or trained in as kids. Maybe you do or don't know how to do things like: change out the plumbing in your toilet, mow and edge, troubleshoot basic problems with your vehicle, throw a curve ball, set up a tent, properly sharpen a knife, manage finances, plant and manage a garden, make and maintain friendships, interview, negotiate, smoke or grill meats etc. The list could go on and on.

It is not reasonable to expect our fathers could have ever taught us everything we needed to know to be culturally and domestically prepared for everything we might encounter. However, there are definitely some critical areas we should want our boys to be proficient in before leaving the home, starting a job, or getting married. In the areas where you have experience or strength should be a good starting point. The areas where you feel incompetent, you need to utilize your community of friends, acquaintances and connections to fill in the gap. In the process, you're likely to learn some new skills yourself. I've bolded areas I believe to be non-negotiables.

Some common skillsets include areas of:

Home maintenance

- Do basic plumbing
- Make simple renovations
- Use a chainsaw, hammer, screwdriver
- Properly hang pictures
- Fix leaks
- Do simple electrical fixes or installs
- Sharpen a knife
- Mow and edge
- Grow and maintain a garden
- Pick a lock

Vehicle Maintenance

- Change oil
- Change a flat tire and brakes**
- Wash and wax a car
- Replace speakers
- Use a diagnostic tool to check vehicle performance
- Drive a stick shift
- Hitch and back up a trailer

Cooking

- Cook at least one signature dish**
- BBQ on a grill and/or smoker
- Prepare meals for breakfast, lunch and dinner**
- Make a meal over a campfire
- Carve meat and present it
- Brew coffee and tea
- Cook a burger and steak properly

Finances and Planning

- Understand investments**
- Maintain a bank account**
- Learn basics of saving, tithing, and spending**
- Learn how to prepare for taxes**
- Project expenses based on non-negotiable and negotiable items**

Outdoor IQ

- Set up a tent
- Start, maintain and put out a fire**
- Find north and navigate
- Identify edible and poisonous plants**
- Identify friendly vs poisonous animals**
- Hunt and dress a kill
- Steer a boat/canoe/kayak
- Tie basic knots
- Ride a horse
- Throw and catch a ball
- Bait, cast, and set the rod
- Split firewood
- Swim
- Shoot a bow and arrow

First Aid

- Perform CPR**
- Stop bleeding and dress a wound**
- Manage a crisis of the injured or distressed**
- Dealing with bites
- Caring for allergic reactions

Perform the heimlich maneuver

Treating shock

Treating hypothermia

Home Protection and Self-defense

Use of communicative disarmament

Wrestle or box properly

Understanding gun safety, firing acumen, and cleaning

Understanding the law regarding threatening situations

Use disarming utilities like pepper spray etc.

Personal Maintenance and Social interaction

Shave, dress appropriately, iron clothes

Do laundry, fold and put away clothes

Tie a tie, and a bowtie

Present and defend a logical argument

Tell a joke

Recite a poem from memory

Start and sustain a conversation

Read and discuss what you read

Tell a story

Frame and take a picture

Buy a suit

Do proper pushup, pullup, squat and deadlift properly

Ask a woman on a date

Shuffle cards and play simple card games

Play at least one song on guitar

Give a massage

Write a thoughtful letter

Babysit and change a diaper

Dance

The above list is certainly not exhaustive, however as you look it over, it should not be a source of anxiety either. Personally, there were many things from the above list that my father, as great as he was, never exposed me to. I learned them after I was out of the home. The point here is, if we can provide our sons experience in many of these areas, we are helping them become well rounded and able to deal with a variety of situations, and we are setting them up to have influence amongst their peers and community around them.

One simple way to go about teaching your son is to adopt the idea of keeping them close "as you are going." This is biblical in how we should spread the gospel, but this same principle applies in day-to-day life. The interactions with our sons, as we teach them new skills, allow us to express the love of the Father through the quality time spent together, and the celebration of the bodies He gave us to use for ruling over His creation.

Son

As you look through the list above, write down several things you would be interested in learning in the coming months. Discuss with your father why these are important to you.

1. _____
2. _____
3. _____
4. _____
5. _____

Father

What are some areas where you have existing knowledge and could train your son? These would be the most logical places to start. Are there some areas where other people in your community might be a resource for learning for both you and your son? It is important, as you choose and create a plan, to keep the gospel and God's will at the forefront. We do not learn skills for our own glory, to become more popular, ahead of our peers, or to become more successful as a means to an end. We grow in areas of skill as a way of being a good steward of the body God has given us.

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 3. _____
 4. _____
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Family & Community

This section specifically involves how it looks to interact with our extended family, and with the people within or beyond our immediate scope of influence. For this reason, this is split into two parts and I will speak to each of them separately.

Family

The involvement of family in your boy's life is very important. Whether you have a healthy or a strained relationship with your parents or in-laws, it is important that your boy has the opportunity to be a part of their lives on a regular basis. There are a number of reasons the grandparents have a unique place in their lives.

1. Grandparents have distinct life experience and expertise they can pass on.
2. Grandparents can be an extension of your parenting, and validate your teaching.
3. Grandparents can teach your son life lessons, principles, etc. in ways you cannot.
4. Grandparents can give parents the opportunity to spend quality time together without kids.
5. Grandparents can be a sounding board for things your son might not tell you.
6. Grandparents live 37% longer when engaged with their grandchildren regularly.

Both sets of our parents live in another state. This complicates things a bit, but it doesn't stop us from doing what we know is right. We set apart almost a full week in the summer for each child to spend with one side of the family. We plan trips and ask our parents to watch the kids while we are gone. We plan trips with our parents so we can enjoy the time all together. We make sure to be present on all major holidays, even if that means we split the time between both sides of the family.

There are a number of potential barriers to allowing our children to spend time with their grandparents. It is our responsibility, when necessary, to do as much as we can to make peace in order to establish an environment where grandparents can have a presence and build memories into your son's life. Giving or receiving forgiveness is also an excellent opportunity to be a gospel bearer for the whole family.

Community

Community can be split into "near" and "far." Let me first address "near" community. In this context, it is largely those in your smaller circle of influence based on where your family engages on a regular basis. This may include school, work, church, the neighborhood, sports teams, etc. Because of your regular involvement in one or more of these areas, these people tend to get to know your family. There are opportunities for your son to develop lasting relationships, and for your whole family, to be gospel bearers for God's kingdom.

The Bible tells us we are to be hospitable. We are to open our homes to others regardless of whether they act and think the same way we do. We are to break bread with one another as a means of welcoming them into the private space of our home. These small acts can be courageous ones in a culture where we tend to be more closed off, or as believers, more marginalized because of our faith.

Our son needs to have friends over. It doesn't have to be a big production either. Teach them a game. Let them build box forts. Shoot BB guns or let them play video games. Then teach your son how to be a host by making cookies for them and offering them a drink. The quickest way to a boy's heart is with food. They will keep coming around if your environment feels safe and comfortable, and they leave with their stomachs satisfied.

“Far” community is someone, a group, or an organization that we may see as we are driving, hear about on the television, or encounter via social media, phone calls, etc. but aren’t living life with on a consistent basis. They include those who are in different social spaces and classes, or who receive assistance from organizations based on specific needs.

My older son decided to make money one summer selling some wooden signs he made. He wanted to start saving for college, for a car, and for helping less fortunate kids. For Christmas, he identified, via a local homeless ministry, a family who had just moved to OKC from New Orleans and who were living in a transitional home while the mom tried to figure out how she was going to support the family. So my boy, knowing that boy wasn’t going to get to experience Christmas presents, bought him a haul of toys, and delivered it to him. The experience of seeing the boy light up and express his gratitude was extremely satisfying for all of us. This is just one of hundreds of ways your son could reach out to his “far” community in a meaningful way. For most of us, it is as simple as making call, asking a church leader, or simply driving the streets, in order to find ways we can serve the community.

Boy

Do you have a desire to spend some time with you grandparents? When is the last time you did, and what did you like or dislike about it? What are some things you would like to learn from your grandfather (hunting, finances, fishing, etc.)?

Have you made some friends at school, sports, church, etc. that you’d like to have over sometime? What do you think those friends would like to do when they come over? Do you guys share common interests like sports, games, reading, etc.? Would having them over to your home, or doing something together at a different location, sound like fun?

When or where have you encountered people who you don’t know personally, but do know they are less fortunate, and possibly in need of support? Have you ever wondered why there are poor people on the street corners, and how you might be able to help them? Are you familiar with any local ministries that help those who are homeless, poor, widowed, or orphaned? Do you have any ideas of how you might be interested in reaching out to them?

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3. _____
4. _____
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Father

What ideas do you have about making sure your parents are involved on a consistent basis in your son’s life? What barriers exist, if any, that need to be worked through to ensure a positive

experience for everyone? When was the last time you hosted your son's friends at your home? Do they feel welcome, and is your home one that exudes Christian values and a healthy environment? What about your "far" community? How can you help your son see the value of loving those who he doesn't know directly, but who God created for Himself? What resources do you have that can point you in the right direction?

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3. _____
4. _____
5. _____

Celebration

I think we can all agree, having a personal goal in mind helps create an attitude of perseverance because it is perceived as valuable to the individual, and worthy of their pursuit. There are a host of the things mentioned through this Growth Planner that are achievable just by being exposed to them. There are others related to mastering the body that may take years to achieve. There are yet others related to character development that will take much of our lives to achieve.

For this reason, it is important, that with some of the things the two of you decide to pursue, that you focus on the commitment to the process, connecting the parallel with God's sanctifying, yet unfinished work in our lives. We should, at times, recognize progress as much as achievement, especially for those things that are ongoing and associated with a natural maturation process. The reality is, we are, as adults, still growing toward maturity in areas of character as well. We must remember that God looks less at outward appearance, and more at the heart. If our hearts are in the right place, our performance will eventually catch up.

There are many opportunities for celebration. You can celebrate personal achievement, progress toward a goal, or even the time the two of you spent together in fellowship. There may be stories worth reflecting on, highlights in the growth of your relationship with each other, or "aha" moments worth sharing regarding your relationship with God.

You may want to plan a short father-son trip as a way to fortify all that the two of you have done together over the past months. Can you imagine the anticipation of the trip months out, and how the months of quality time together would culminate in a celebratory retreat with you or a community of committed fathers?

You may even want to gather some friends around a backyard fire, and use that time to speak words of encouragement to your son, and give testimonies of the things you and your boy did over the previous months.

There are also moments along the continuum of a boy's years at home worth recognizing and celebrating. These moments are essential in establishing a vision for manhood, its principles, and its expectations as defined by God.

For instance, a young boy needs a father who sees and can communicate the potential he sees in his son. While the boy will likely have unrefined natural gifts and tendencies, parents have the unique opportunity to see these gifts in practice. With proper perspective, parents can identify how these tendencies, as their son matures, should result in glory to God and His kingdom. Sand to Stone encourages parents to identify a verse or passage that coincides with these observed tendencies. At a group outing, fathers are asked to communicate how this verse creates a standard the son can reach for as he grows, based on what his parents see as his natural strengths. This is called the LifeVerse Ceremony.

Another key moment in a boy's life corresponds with the age when Jewish or medieval boys would enter training to become either a rabbi or a knight. This was around the age of eight, and would last several years, until those cultures deemed the boy worthy to serve in their respected communities. Fathers must see the need for training, and not leave it up to the church to do it for them. This means fathers must serve as pacesetters, and lead their son to know and understand their Creator, how to serve Him, and how to navigate secular influences while loving their neighbor, for a lifetime. This ceremonial act is one in which the father makes a covenant to do just as described to the best of his ability; and to seek God's grace where he falls short.

Boys eventually become young men. There is a point not long after puberty when you must implore your son to take what he has learned in the training years, to take those principles to heart, and to take responsibility for their actions. While the son will continue to live at home, it is important for him to be given the chance to sink or swim, to live with his decisions, to humbly accept his shortcomings, and celebrate his successes. The big shift is that the parents are less focused on "do this, or else," and more on "you know what to do, and we are here to support you along the way." Through Sand to Stone events, fathers communicate this big shift through a ceremony we call the "Squire Ceremony" and it focuses on what their sons know, and what is expected of them moving forward. This also shifts away from a training-heavy regimen by the father to a discussion-heavy regimen led by him.

There are numerous opportunities in the teen years for reflection, celebration, and testimony. These times will only become more mature, more thoughtful, and more encouraging as your son gets older. You will undoubtedly find opportunities to celebrate graduations, engagements, marriages, and grandchildren over the course of your son's life. Committing to celebrations today will pave the way for creating memories over a lifetime.

Son

Son, what are your ideas about how you would like to celebrate with your dad at the end of your time working with him on this Growth Planner? It could be a trip to a local event, a trip to somewhere you've never been, a weekend camping, or something completely different. Write down some ideas below.

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2. _____
3. _____
4. _____
5. _____

Father

Dad, what are your thoughts regarding how you might celebrate the completion of this time with your son?

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3. _____
4. _____
5. _____

Growth Planner Example

Below is an example of what my son Canon (10 at the time) and I did together for his Growth Planner. Because he was 10, I presented him questions for each of the categories in a way I knew he would understand. He and I both did our parts separately, then scheduled a time when we could talk and agree to a plan.

Here are the questions I presented him. I gave him several days to work on it as he had time, and so as ideas came to mind, he could add to it.

What are some areas where you could have better discipline?

Examples: Keeping closet organized, reading bible consistently, keeping a journal, doing homework/reading/spelling words without being prompted, reading "x" number of books

What are some ways you can become a "master" of your body physically this year?

Examples: Learn an instrument, play a sport(s), do form perfect pull-ups and pushups, go on a jog weekly with dad

What are some ways you can get to know God more? What would you like to learn more about?

Examples: Get baptized, Memorize verses about being a good friend, learn about the differences between evolution and God creating the world, learn how to pray more effectively

What are some things you'd like to learn or get better at around the house?

Examples: cook things on the smoker/grill, mow the yard, maintain a car, grow vegetables, do laundry

What are so ways you could have more interaction with friends, family, and those who are in need (homeless, poor, orphans)

Examples: have a sleepover, host a party, buy things for the poor, spend a week with grandparents

When we are done with the things above that we agree on, what are some ideas you have about how we should celebrate?

Examples: take a trip, go to Main Event, buy something, have a ceremony

Once we both had time to answer the questions, we sat down and summarized everything into the categories, based on what we could both agree to. He initially didn't want to memorize any scripture, but he did indicate he wanted to get baptized. I felt it would be important to have him memorize scripture, so I said that because he was going to be asked to explain why he had chosen

to follow Jesus prior to his baptism, he should know the right verses in order to correctly communicate his testimony. He agreed this would worth his time, and so it was a nice compromise.

Summary of Growth Planner Goals

After the two of you have discussed your ideas for each of the growth categories, decide together what you want to focus on for the coming months, and record it below. You can use this as a reference throughout the year to mark progress, and to praise God for His work in the two of you.

Start Date: 1-20-20

End Date: 11-20-20

Body Mastery

1. Learn to play at least three popular songs on the organ/piano.
2. Practice baseball by throwing with dad an hour, taking at least 500 swings, and throwing 300 pop flies weekly.
3. Jog with dad 2x a week
4. Get taller 😊

Personal Discipline

1. Write at least two times a week in a journal.
2. Do all school work without being reminded. (Ideal time - 5:30pm – 6:30pm)
3. Keep closet organized.
4. Continue with morning “no dessert first” routine. (Used this document to set morning priorities)
5. Regulate time on gaming devices to 1.5 hours daily during the week.
6. Read the following books: The Case for Kids for Christ by Stroebel, The Lion, the Witch and the Wardrobe by Lewis, On the Edge of the Dark Sea of Darkness by Peterson, The Tale of Despereaux by DiCamillo

Spiritual Aptitude

1. Get baptized in the spring or early summer 2020.

2. Read "What We Believe" Book 1 with dad and independently.
3. Memorize verses associated with baptism (Rom. 3:23, Rom. 6:23, Rom. 5:8, Eph. 2:8-9, John 1:12, John 5:24).
4. Read the Bible most days of the week as a part of morning "no dessert first" routine.

Domestic Skill

1. Learn how to cook at least three meals using a grill or smoker.
2. Assist with mowing the yard.
3. Grow and maintain a vegetable garden.
4. Learn basic maintenance of a vehicle.

Family/Community/ Service

1. Read a book to sister twice a week.
2. Have at least one sleepover with close friends.
3. Make 2.5k this year selling things he has made or providing a service.
4. Serve the church on at least a monthly basis.
5. Spend a week or more one on one collectively with grandparents.
6. Use a portion of money I make to buy for the poor.

Celebration

How are you going to celebrate your time together after you're done?

1. Take a trip canoeing or kayaking down a river.
2. A ski trip.
3. Buy a salamander/chameleon for my room.

The Weekly Breakdown

Need a way of breaking some of the goals down on a week to week basis? Create a plan like the one below.

| | |
|------------------|--|
| Sunday | Read Bible Read to sister Serve church Cook on the smoker/grill Jog with dad Memory Verses |
| Monday | Read Bible Practice Piano Tend to garden Throw/hit with dad and alone |
| Tuesday | Read Bible Write in Journal Read to sister Jog with dad Organize closet |
| Wednesday | Read Bible Practice Piano Tend to Garden Memory verses |
| Thursday | Read Bible Planning for money making gig Throw/hit with dad and alone |
| Friday | Read Bible Write in Journal Practice Piano Memory Verses |
| Saturday | Read Bible Work on making money Throw/hit with dad and alone Tend to garden Help mow and edge |

The Monthly Breakdown

Need a way of breaking some of the goals down by month? Write down what you'll do month by month as a way to keep yourself on track, and so the two of you can hold each other accountable.

| | |
|--|---|
| January <ul style="list-style-type: none"> - Learn to cook BBQ Chicken solo - Read "Case for Kids for Christ" | February <ul style="list-style-type: none"> - Schedule Baptism - Read "What We Believe" book with dad - Have a sleepover |
| March <ul style="list-style-type: none"> - Recital for piano song 1 - Decide on what to do to make money and implement - The Lion, the Witch and the Wardrobe by Lewis | April <ul style="list-style-type: none"> - Wash and detail the car with dad - Have a sleepover - Learn to cook a pork tenderloin on pellet smoker |
| May <ul style="list-style-type: none"> - Family Reunion trip - Read On the Edge of the Dark Sea of Darkness - Camping trip | June <ul style="list-style-type: none"> - Recital for songs 1 and 2 - Have a sleepover - Learn to cook burgers on the grill - Wash and detail the car with dad |
| July <ul style="list-style-type: none"> - Birthday party (15th) - Read "The Tale of Despereaux" | August <ul style="list-style-type: none"> - Spend a week with grandparents - Cook a meal a week for family or friends |
| September <ul style="list-style-type: none"> - Recital for songs 1-3 | October <ul style="list-style-type: none"> - Buy things for the poor with money made this year - Celebration time! |
| November <ul style="list-style-type: none"> - Used as a buffer | December <ul style="list-style-type: none"> - Used as a buffer - Redo the Growth Planner |

Fortify Your Growth Planner

Signed Commitment

Father:

I _____ commit to helping my son achieve the goals established in this Growth Planner, in order to help my son develop into the man God intends him to be, for His glory.

Signed _____

Date: _____

Son:

I _____ commit to submitting to my father's lead regarding the goals established in this Growth Planner, in order to help me develop into the man God intends me to be, for His glory.

Signed _____

Date: _____