

The Three Questions for the Frantic Family

A Family Breakout Reflection & Planning Guide

Introduction

Life moves fast with school, work, sports, church, meals, laundry, and endless lists. Many families today feel like they're running from one thing to the next without a clear sense of direction.

This short reflection, inspired by Patrick Lencioni's book *The 3 Big Questions for a Frantic Family*, is designed to help you pause, pray, and plan so your family can live with greater peace and purpose.

You can do this as a couple or with the whole family. Pray briefly together before you begin, asking the Holy Spirit for wisdom.

Question 1: What makes our family unique?

"Every organization and every family has its own DNA, its own set of strengths, quirks, and passions that make it who it is."

Purpose: Identify your family's core identity. Who are we, really?

Prompt ideas:

- What do people notice or love about our family?
- What do we most value?
- What are our family's strengths or joys?
- What are some shared traits or traditions that make us *us*?

Our Family Uniqueness:

Question 2: What is our family's top priority right now?

"No family can focus on everything at once. Healthy families agree on what matters most — right now."

Purpose: Choose one rallying cry — a short-term (3–6 month) goal or focus that your family will unite around.

Prompt ideas:

- What's the biggest opportunity or challenge in our family right now?
- What would make our home more peaceful, loving, or faithful?
- Is there an area that needs healing, attention, or teamwork?

Our Family Rallying Cry (Example: “Rebuild family prayer time,” “Help our child through a tough semester,” etc.):

Supporting Goals (What are 2–3 smaller, concrete things we can do to help accomplish our family rallying cry? Think of specific habits, actions, or steps.)

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Question 3: How will we stay on track?

“Even a great plan fails without regular attention. The key is simple consistency.”

Purpose: Decide how you’ll review your family’s goals and stay aligned.

Prompt ideas:

- When can we check in together each week at least as parents?
- How can we celebrate small wins or notice when we’re drifting?
- How can prayer, Sunday meals, or family meetings help us realign?

Our Rhythm for Staying on Track (Example: “Sunday night 15-minute check-in,” “Monthly coffee date for parents,” etc.):

Wrap-Up: A Family Commitment

“As for me and my house, we will serve the Lord.” – Joshua 24:15

Together, write a short family statement or prayer that captures your desire for this next season.

Next Steps

Keep this handout visible on your fridge or prayer table. Revisit it intentionally each week and update your rallying cry once your family achieves your original goal.

Patrick Lencioni strongly recommends that parents hold a brief weekly check-in — just 10 to 15 minutes — to review the family rallying cry, celebrate progress, and adjust plans as needed. Consistent, short meetings keep your family united, calm, and intentional.