

### Iron Sharpens Iron

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#### Best Use

Use as a guide to help parents and teens to set personal and spiritual discipline goals and help one another stay motivated.

#### Advance Preparation

- Schedule a dinner or coffee date within the next few weeks.
- Using the guide on the back, have each person identify at least one new goal that he/she would like help “sharpening.”

#### During the Date

1. Each person takes a turn explaining his/her choices.
2. Spend some time exploring how you could do these things together and/or help one another stay motivated.
3. If you both have a mobile device, add specific activities to support these disciplines in your schedule and invite one another as you would a work-related appointment.

## Iron Sharpening Goals

According to Proverbs 27:17 “As iron sharpens iron, so a man sharpens the countenance of his friend.” This principle is even more powerful in the context of family. Identify goals for personal, intellectual, and spiritual growth and invite a spouse, child, or parent to partner with you in the quest.

### To get in better shape physically, I want to...

**Eat a healthier diet. “Sharpening” options include...**

- Use an app to track calories together
- Grocery shop together to select healthier options
- \_\_\_\_\_

**Start an exercise routine. “Sharpening” options include...**

- Walk/run together three times per week
- Start a bike riding routine together
- \_\_\_\_\_

### To sharpen my mind, I want to...

**Read more. “Sharpening” options include...**

- Select one book per month to read/discuss together
- Read during the same \_\_\_\_ minutes per day and text one another when done
- \_\_\_\_\_

**Study more for school/job performance. “Sharpening” options include...**

- Ask about assignments/goals at the beginning and end of each week
- Set new rule – no TV/Facebook/etc. until some studying is done each day
- \_\_\_\_\_

### To grow spiritually, I want to...

**Have regular prayer and Bible reading. “Sharpening” options include...**

- Text one another weekly or daily prayer concerns
- Select a book of the Bible for one chapter per day reading/discussion
- \_\_\_\_\_

**Serve others. “Sharpening” options include...**

- Find a ministry at church we can serve in together
- identify an elderly/disabled relative or neighbor we can serve monthly
- \_\_\_\_\_

### Other Goals/Disciplines

- \_\_\_\_\_
- \_\_\_\_\_