

IRON SHARPENS IRON



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.”
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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 "IRON SHARPENETH IRON; SO A MAN SHARPENETH 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 YOUR TEEN 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
