

Teen Idea Card

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, each person identify at least one new goal that he/she would like help “sharpening”

During The Date

1. Each person takes turns 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

- _____
- _____