

# TEENS

*Iron Sharpens Iron*



## **BEST USE**

As a guide to mutual encouragement toward goals for parents and teens

## **VALUE**

Helps adult and emerging adult family members 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 next page, 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 onto 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. Below is a guide to help you and your teen to identify areas of “sharpening.”

### TO GET IN BETTER SHAPE PHYSICALLY I WANT TO...

- Eat a healthier diet. “Sharpening” options include...
  - Use a mobile 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 one another about assignments/goals at start and end of each week
  - Set new rule – no TV/Snapchat/etc. until some studying is done each day
  - \_\_\_\_\_

### TO GROW SPIRITUALLY I WANT TO...

- Engage in 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

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