

*For Older Children*

# **IRON SHARPENS IRON**

## **PARENT/TEEN DIALOGUE**

### **BEST USE**

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

### **NUTRITIONAL 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.

## 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 3 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 about assignments/goals at start and end of each week
  - Set new rule – no TV/Facebook/etc. until some studying done each day
  - \_\_\_\_\_

## To grow spiritually I want to...

- 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

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

