

TEEN NIGHT

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."*

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.

During the Date

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 & 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

• _____

• _____