

**IDEA CARD**

Family with TEENS

**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**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**IRON SHARPENS IRON**

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**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.