

faith@home *Recipe Card*

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

- _____
- _____