



Students

Iron Sharpens Iron

Parent/Student Dialogue

Best Use

As a guide to encourage goals for parents and students.

Value

Helps adults and teens set personal, intellectual, and spiritual goals; helps one another to stay motivated.

Advance Preparation

- Schedule a dinner or coffee date within the next few weeks.
- Proverbs 27:17 says, "As iron sharpens iron, so a man sharpens the countenance of his friend." This principle is even more powerful in the context of family.
- Using this guide, each person identifies 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- or school-related appointment.

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
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___ Start an exercise routine. "Sharpening" options include...

- ___ Walk/Run together 3 times per week
 - ___ Start a bike riding routine together
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To sharpen my mind I want to...

___ Read more. "Sharpening" options include...

- ___ Select one book per month to read/discuss together
 - ___ Read the same time each day; text one another when done
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___ Study more for school/job. "Sharpening" options include...

- ___ Ask one about assignments/goals at start/end of each week
 - ___ Set new rule (ex. no TV/social media until studying is done)
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To grow spiritually I want to...

___ Regularly pray & read the Bible. "Sharpening" options include...

- ___ Text one another weekly or daily prayer concerns
 - ___ Select a book of the Bible for 1 chapter/day to read/discuss
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___ Serve others. "Sharpening" options include...

- ___ Find a ministry at church we can serve in together
 - ___ Identify an elderly/disabled relative/neighbor we can serve monthly
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Other Goals/Disciplines



For more @home resources, visit: sccchome.org