



# Students Iron Sharpens Iron Parent/Student Dialogue

### Best Use

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

### Value

Helps adult and emerging adult family members set personal and spiritual discipline goals and helps one another stay motivated.

### Advance Preparation

- Schedule a dinner or coffee date within the next few weeks.
- Using the guide on the reverse, 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.

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. Use the guide on the reverse to identify goals for personal, intellectual, and spiritual growth then 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 the same time each day; text one another when done

### 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)

### **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

### 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

### **Other Goals/Disciplines**

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