



IRON SHARPENING ENCOUNTER

*Proverbs 27:17- "Iron sharpens iron,
and one man sharpens another."*

What is the "Iron Sharpening" Encounter?

This discipline is based on Proverbs 27:17. The idea is believers can help each other grow spiritually with positive encouragement along with honest and loving confrontation about issues that affect our relationship with Christ and other people. Scripture challenges us to this cause:

"Rather, speaking truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love." (Ephesians 4:15-16)

"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near." (Hebrews 10:24-25)

The methods for developing this kind of open and mature relationship include: Christian love, honest sharing, protection of one's trust, vulnerability, commitment to share openly, prayer, and accountability.

Historical Band Meeting Questions

- 1) What known sins have you committed since our last meeting?
- 2) What temptations have you met with?
- 3) How were you delivered?
- 4) What have you thought, said, or done of which you doubt whether it be sin or not?
- 5) Have you nothing you desire to keep secret?

Iron Sharpening Weekly Reflections

How many days this week did you have your personal worship? What has God shown you from scripture? What are key life applications you have learned? (**Mark 1:35; John 6:63**)

Have you encouraged your spouse and specifically sought to fulfill his or her biblical needs? What have you done to enhance the faith walk of your children? Meaningful time with family? (**Ephesians 5:22-23, 6:1-4; Colossians 3:18-21; 1 Peter 3:1-7**)

How is your thought life? Are you practicing **Philippians 4:8-9**? Have all of your thoughts about and interactions with others been pure and honoring to the Lord?

Are you being a good steward of your time, talent, resources, relationships, and truth? Have you abused the use of credit? Amount of time invested in weekly ministry? (**Luke 12:42, 16:1**)

Has the Lord been leading you to share your faith, and how have you responded? How is your witness in the neighborhood and workplace? (**Acts 1:8**)

Have you been doing your work as though you are working for the Lord? What attitudes and actions need improvement? (**Ephesians 6:5-9; Colossians 3:22-25, 4:1**)

What are the current spiritual battlefields for which you need prayer and support? Every believer has a spiritual Achilles Heel, an area of life that is most vulnerable to the enemy. What are you intending to do to access the Lord's power in these areas? (**Ephesians 6:10-18**)

Have you been taking care of your body? What can you do to improve yourself physically so that you can be a more effective servant? (**1 Corinthians 6:19-20**)

Iron Sharpening Audit Log

Week:					
Sabbath Days					
Personal Worship					
Family Time					
Stewardship					
Sharing Faith					
Care for body					
Service to Others					
Attended Small Group					

Reflection Questions

What impacted me?

What am I going to do about it?

How can we support and encourage you?

Targeted Prayer Log

Scripture Applied	Situation	Person to Disciple