

# IRON MAN AND IRON WOMAN TEAM DISCUSSION AND PRAYER GUIDE

**“AS IRON SHARPENS IRON, SO A FRIEND SHARPENS A FRIEND.” PROV. 27:17 (NLT)**



- ❑ In what way(s) am I growing from Bible study, reading, or memorization? What is God teaching me? In what ways do I need help or prayer support?
  
- ❑ How are things going in my ministry areas? How about my Bible Fellowship? In what ways do I need help or prayer support?
  
- ❑ How are things going in my ironman/woman team? In what ways do I need help or prayer support?
  
- ❑ How is my prayer life? In what ways do I need help or prayer support?
  
- ❑ Am I displaying a God-honoring life to my family, friends, neighbors, and co-workers? In what ways do I need help or prayer support?
  
- ❑ Am I regularly praying for and seeking to share Christ with the lost? Am I regularly praying for and involved somehow in missions? In what ways do I need help or prayer support?
  
- ❑ Am I continually remembering my identity and resources in Christ (Gal. 2:20; 2 Peter 1:3-9)?
  
- ❑ Is there any other area of life (e.g. integrity, financial stewardship, or purity) for which I could use help or prayer support?

*Growing together through the gospel in  
character, knowledge, and skill.  
1 Timothy 4:16*