

Iron Man Teams and Iron Woman Teams



“As Iron sharpens iron, so a friend sharpens a friend.”
Proverbs 27:17 (NLT)

Our Iron Man/Woman teams are groups of 2-3 people who meet regularly to sharpen each other in their relationship to Christ.¹ Specifically, they:



Swim in the same waters (Encourage and build up one another).



Work together to help others ride into the kingdom.



Help one another keep going in step with the gospel within the marathon of growth.

A frequent question is this: What is the best way to form an IMT or IWT? Here are some suggestions:



Pray and ask God to help you find one or two others with whom you can meet.



Look within your Bible Fellowship to see if there is someone(s) with whom you have started building a relationship and with whom you could meet in a fruitful way.




If there is someone outside your Bible Fellowship with whom you have started building a good relationship, approach them about forming an IMT or IWT.



In addition to finding someone who can be of mutual encouragement to you, keep your eyes open to spot a new believer or someone who has not grown far in their walk with Christ. This could even include a non-believer who is inquiring about the faith.


¹ It is recommended that each IMT or IWT last for no more than two years before either taking in another person or splitting into two teams. It is also recommended that the goal of any IMT or IWT be reproduction from the beginning. So, everyone involved should be encouraged to turn around and lead their own team after being disciplined for a couple of years. This does not mean the original two people involved cannot continue to meet. It means that the goal of IMT's and IWT's should be reproduction.

 Ask your Bible Fellowship leader, an elder, or a staff person for guidance in your selection, if you are having trouble.

 Once you form an IMT or IWT determine what you will do as you meet.

Here are some ideas:

- ❑ Use the MEFC Discipleship materials (levels 1, 2, and 3) available on the articles page under Resources on our web site.
- ❑ Follow the approach of “Gospel Fight Clubs”. Easiest way to do this is to use the Joyful Follower Check-up list.
- ❑ Choose a study or topic someone in the group needs to cover. Remember, though to keep it in step with the gospel.

 Keep your eye toward the future and helping to form other IMT's or IWT's out of your own.