



Mentor Kit

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Mentorship 101

Thanks for rising to the call to become a mentor. Mentoring can seem a little overwhelming at first, but fear not! With a little planning and some resources, you'll be ready to go!

We hope your experience mentoring women will be one of the most rewarding experiences in your ministry and in your life. You will find much of your mentoring come from your own life experiences, both your successes and your failures.

First, let's talk about you.

Your Relationship with Christ

"The lasting value of our public service for God is measured by the depth of the intimacy of our private times of fellowship and oneness with Christ." -- Oswald Chambers

Your own personal walk with the Lord should be a high priority in your life. As you seek the Lord, daily, you will be inspiring others to seek Him, and make their time with Him a priority as well.

With Jesus as our example, He made time with the Father, no matter how busy he was.

Make sure you are investing in yourself and your walk with Him, so through your walk, you are pointing others to Him.

Your Role

Being a mentor is not about teaching or lecturing.

Here are some examples of things to **do** as her mentor:

Listen: listen more and speak less. Your time with your mentee will be an interactive conversation. The more you listen to her, the more you will learn about her and therefore be able to speak into the details of her life.

Facilitate: to carry on a conversation, use open ended questions, to continue the conversation and provoke thought.

Encourage: you have the opportunity to be a huge dose of encouragement for your mentee. You also have the ability to encourage her with more than your words. Encourage her with your resources. Share books which you have found helpful and connect her with others whom you think would be a good friend to her. Remember, God has already equipped you with everything you need to be her mentor and her encouragement!

Advise: notice this doesn't say "advice." Your mentee will undoubtedly seek your advice on something throughout your time. Make sure to listen to her, ask her questions that will help her work through the situation, and lead her to make her own decision. Help her find the answer on her own rather than telling her what to do.

Speak Boldly: as your relationship grows, you'll have the relational equity with your mentee to speak truth and to speak it boldly.

Demonstrate Confidentiality: You must honor the need for confidentiality and demonstrate it to your mentee. Make this clear on the first meeting and reiterate it as often as you feel necessary.

Pray for her: as time goes on, your relationship could become extremely vulnerable. You will know your mentee's heart, her struggles, what she's working on, and how she's growing. Pray for her and pray for these things, daily and fervently.

Be a friend: A friend is loving and forgiving, when we mess up, when we fail. By doing all the things mentioned above, you are showing her how much you care for her and love her. Be real and be honest.

Model: you are a model, through your words, actions, and even body language. And in this relationship, you are setting an example for your mentee as to what healthy relationships look like.

"Follow my example, as I followed the example of Christ. I praise you for remembering me in everything and for holding to the teachings, just as I passed them on to you." 1 Corinthians 11:1-2

Here are some things to **not do** as her mentor:

Don't be her mom. This is very important. There are many different levels of mother/daughter relationships. There is a chance, your mentee may begin to look up to you as a motherly figure. Make sure that you are honoring her mom in your conversation. You may find that women need the encouragement from you to love their mom and/or forgive their mom.

Don't try to be a counselor. Occasionally there are situations that require professional assistance. If you feel your mentee has needs that are beyond your abilities, help her connect with a counselor, and make sure she follows through with seeing someone.

Don't become her babysitter. Your role is to be there to help her in her walk with Christ, and to become a committed follower of Jesus. Use your judgement with how much you invest in her family's home life and family.

Don't be overly opinionated. Everyone has opinions. It's wise to stay between the guardrails of sharing your experiences and studying what Scripture has to say on a topic.

First Meeting Tips:

1. Get Acquainted
 - Consider using some of the questions from the Appendix: 75 Questions to Ask Your Mentee.
2. Share your faith story.
 - Remember this will set the tone of the level of transparency you both will have with each other. If you have never attended a Share Your Faith Workshop at Central, we recommend attending one. You can find upcoming dates here: <http://www.centralaz.com/SharingFaith>
 - A general model for sharing your faith story is:
 - Before: Describe what your life was like before you met Christ.
 - Discover: Describe what happened when you noticed or discovered your need for God.
 - Encounter: Share the event that surrounds when you met God. What happened in your life at the time to cause it, to lead you to Him, and who walked with you during this time, if anyone.
 - After: Describe your life now, after you encountered God.
3. Plan your meeting schedule.
 - It is very important that in your first or second meeting you develop a meeting plan. This should be a consistent meeting schedule that you both agree to and takes into consideration things that come up in either of your calendars on a monthly or seasonal basis.
 - You may find that a consistent day of the week and time of day will help both of you in your planning purposes.
4. Discuss commitment and expectations and consider filling out a Mentor/Mentee Covenant. (See Appendix for resources)
5. End in Prayer.

Session Expectations:

Life is busy and there are so many things that pull women in different directions. It is understandable that situations or circumstances come up in our life that may interfere with your discipleship meeting.

Here are a few areas to discuss with your mentee about what each of you should expect from one another during your time.

- Be One Covenant: see Appendix for form.
- Attendance matters and time is precious, for both of you. You've made a commitment to one another. Discuss the importance of showing up and being timely for your meetings.
- We recommend setting up a reoccurring schedule that works for both of you. This way, it can be put on the calendar and planned around for weeks and months out.
- Homework, Study, and Assignments
- Depending on what you decide to spend your time doing, there may be times where you study Scripture together, or read a book. At the end of each meeting, clearly define what is expected by the next time you meet.

Example 1: "We are reading chapters 3 and 4 this week, and we'll review what we learned next time we meet."

Example 2: "We're studying the book of Acts. This week, take verse or passage from Acts and SOAP Journal on it for 5 of the 7 days next week."

Mentoring Elements:

Accountability: It's important that both mentor and mentee understand the commitment being made to each other. Be respectful of the time you have together, and be accountable to show up.

Are there certain days of the week or times that are better?

Will you meet at someone's home, at a park, or at a coffee shop?

Structure: There is no one-way to mentor. Take the time to discuss with your mentee what you both hope to get out of mentoring, and what looks best for you.

Suggestions for your time together:

- Read books on relevant topics. (See Resources in the Appendix)
- Study Scripture. You can use a formal Bible study, or choose to go through books of the Bible, verse by verse.
- Memorize Scripture.
- Discuss topics that will promote growth. (See 75 Topics to Discuss with Your Mentee in the Appendix)
- Pray

Appendix

Seventy-Five Topics to Discuss with Your Mentee:

1. Tell me your story.
2. Tell me about your relationship with the Lord.
3. What is God teaching you right now?
4. When and how do you read the Word of God?
5. What have you been praying about lately?
6. What is your favorite Worship song?
7. What is your favorite verse from the Bible, or your life verse?
8. Who has been the most influential person in your life?
9. What is your favorite book?
10. Have you ever endured a personal tragedy? Tell me about it. How did you survive? What did you learn about God through it? What Scripture helped, or helps, you to survive tragedy or crisis?
11. What is the best thing a woman can do in the midst of suffering?
12. What must a woman believe in the midst of suffering?
13. Have you ever walked with someone else through a season of suffering? How did you love and serve them best?
14. What are the most helpful things a woman can do to care for a suffering person?
15. What is a physical challenge you've endured? What have you learned from that experience?
16. Have there ever been times when you thought God wasn't coming through? Times when you struggled with disappointment or doubt?
17. What do you miss about the past?
18. If you could rewind your life, is there anything you would change?
19. What role has church played in your life?
20. Are you serving on a team at Central?
21. Tell me about your home? What do you like about it? What would you change if you could?
22. What are some practical ways you have tried to "build your home?"
23. What have you learned about hospitality over the years? How do you make guests feel valued?
24. What are your best tips for inviting guests, preparing food, preparing your home, and investing attention in guests?

25. What have you learned about loving people who are different than you are?
26. What type of hospitality do you like to extend (dinner guests, parties, exchange students, tea time, etc.)? Why has this worked well for you?
27. What is your favorite food to serve others in your home?
28. Are you or were you ever married? Tell me all about it! How did you meet your spouse? What is/was your spouse like? What are/were you like together?
29. How can a woman maintain a great relationship with her husband?
30. How can a woman love her husband?
31. How can a woman respect her husband?
32. How can a woman help her husband?
33. How can a woman pray for her husband?
34. What is the most important thing a woman can do to bless her husband and build her marriage?
35. Are you a mother? Tell me all about it! Who are your children? How old are they now, and what are their lives like?
36. How did/do you pray for your child/children?
37. How did/do you keep in touch with your child/children?
38. What were the best things you did when your children were young?
39. What were the best things you did when your children were teenagers?
40. What were the best things you did when your children were young adults?
41. In your opinion, what is the most difficult season of motherhood? How did you survive?
42. What is your favorite memory with your children?
43. What is the wisest thing a mother can do for her children?
44. What did you learn through motherhood that you wish you had known earlier on?
45. What is God teaching you lately about motherhood?
46. How can a woman best love and nurture her children?
47. What were you like as a child?
48. What was your family like?
49. How did your parents impact you the most?
50. Over the years, what has it meant for you to honor your mother and father?

51. For the Mentor to answer: What were you like when you were my age? What were your strengths? What were your weaknesses? What would you repeat? What would you change from that time in your life?
52. Did you/do you have a career? If so, what led you to that field? Tell me about your job.
53. If you worked outside the home, how did you balance work and home responsibilities?
54. What are the greatest benefits of working outside the home?
55. What are the hardships of working outside the home?
56. How do you organize your day? What are the best things you do every day?
57. How do you care for yourself?
58. How has the Lord called you to serve others?
59. What is the most important thing to keep in mind when serving others?
60. What does it look like to practically love others?
61. What are you passionate about?
62. What brings you joy?
63. How can a woman live her life with a greater degree of intentionality?
64. What do you hope is your legacy?
65. How are you making the most of your life in your current season?
66. What is your morning routine? What's the best way to begin the day?
67. What is your evening routine? What's the best way to end each day?
68. Did you ever have to "walk by faith and not by sight"? What comes to mind?
69. What keeps you up at night?
70. Is there something you worry about on a regular basis?
71. What is your greatest fear?
72. Have you ever travelled? Where did you go? What were your experiences?
73. What are your favorite traditions?
74. What's your favorite way to spend your birthday?
75. When you reflect on your life, how has God provided for you over the years?

Book and Bible Study Recommendations

These suggestions are merely suggestions. There are many more studies or books that may work for you and your mentee to go through.

Boundaries, Dr. Henry Cloud

Breaking Free, Beth Moore

Fervent, Priscilla Shirer

Living Free, Beth Moore

Love Does, Bob Goff

Open Your Bible, Rachel Myers and Amanda Williams

Power of a Praying Mom, Stormie Omartian

Power of a Praying Wife, Stormie Omartian

Power of a Praying Woman, Stormie Omartian

Restless, Jennie Allen

The Circle Maker, Mark Batterson

The Best Yes, Lysa Terkeurst

Bible References Tool

Evangelism/Discipleship

- Matthew 5:13-16, 28:16-20
- Acts 1:6-8
- Romans 10:14-17
- 1 Corinthians 1:26-2:5
- 2 Corinthians 2:14-3:6, 4:1-18
- 1 Timothy 4:6-18
- 2 Timothy 1-2
- Titus 2:3-5
- Hebrews 10:24-25
- James 5:13-20
- 1 Peter 2:9

Identity

- Genesis 1:27
- Isaiah 43:4, 62
- Jeremiah 31:3
- Zephaniah 3:17
- John 1:12, 15:5, 15:15-16
- Romans 8:15-17
- 1 Corinthians 3:16-17, 6:19-20
- 2 Corinthians 3:5-6, 4:7-11, 4:16-18, 5:17-21
- Ephesians 1:3-8, 2:4-10
- 1 John 2:28-3:3

Loneliness

- Genesis 2:18
- Joshua 1:9
- Psalm 68:5-6
- Isaiah 41:10, 43:1-4, 49:14-16
- John 14:15-31
- 1 Timothy 5:5
- Hebrews 13:5-6
- 1 Peter 5:7

Marriage

- Genesis 2:18-25
- Proverbs 12:4, 31:10-31
- Song of Solomon 2:16, 8:6
- Matthew 19:4-6
- 1 Corinthians 7:1-16, 13:1-13
- Ephesians 5:22-33
- Hebrews 13:4-6

Parents & Children

- Deuteronomy 6:4-7
- Psalm 78:1-4, 103:13, 127:3
- Proverbs 3:12, 13:24, 22:6
- Matthew 10:34-39. 19:13-15
- Ephesians 6:1-4
- Colossians 3:20-21
- 2 Timothy 3:15
- Titus 2:3-5

Prayer

- 1 Chronicles 16:11
- Jeremiah 29:12-13
- Psalm
- Matthew 5:44-45, 6:5-15, 26:36-46
- Mark 11:24
- Luke 6:12, 18:1-14
- Romans 8:26-30, 12:12
- Philippians 4:6-7
- Colossians 4:2
- 1 Thessalonians 5:16-18
- Hebrews 4:14-16
- James 5:13-20
- 1 John 1:9, 5:14-16

Relationships/Community

- Psalm 133
- John 15:12-17
- Acts 2:42-47
- Romans 12:9-18, 15:5-7
- 1 Corinthians 12-13
- Philippians 2:1-11
- 1 Thessalonians 5:14-15
- 1 Timothy 5:1-2
- James 5:13-20
- 1 Peter 4:8-11
- 1 John 3:7-21

Rest

- Genesis 2:1-3
- Exodus 33:14
- Psalm 23, 34:8, 42:1-2, 62-63
- Isaiah 40:28-31
- Matthew 11:28-30
- Mark 6:30-32
- Philippians 4:6-7
- Hebrews 4:9-13

Righteous Confrontation/Conflict Resolution/Forgiveness

- Leviticus 19:17-18
- 2 Samuel 12 (David and Nathan)
- Proverbs 10:12, 15:1, 17:17, 27:5-6
- Matthew 5:9, 5:43-48, 7:1-6, 18:15-16
- Luke 17:3-4
- Romans 12:19-21
- Galatians 5:22-26, 6:1-10
- Ephesians 4:25-31
- Philippians 2:3-4
- Colossians 3:12-17
- 1 John 4:7-21

Singleness

- Proverbs 19:21
- Matthew 19:10-11
- 1 Corinthians 6:12-20, 7:6-9, 7:17, 7:25-40
- Philippians 4
- Revelation 19:6-10

Sin/Redemption/Salvation

- Proverbs 28:13
- Isaiah 28:16, 53:4-6, 64:4-6
- John 3:16-21
- Romans 3:9-11, 3:21-26, 5:1-8:39
- 1 Corinthians 15:50-58
- Galatians 2:15-21, 3:10-14, 4:1-7, 5:1-26
- Ephesians 1:3-14, 2:1-22
- Colossians 1:19-23
- Titus 3:3-7
- Hebrews 9:11-28
- 1 Peter 1:3-5, 2:24-25
- 1 John 1:7-10, 3:1-10

Suffering/Loss

- Job
- Psalm
- Matthew 5:1-4, 5:10-12
- John 16:33
- Romans 5:1-5
- 2 Corinthians 1:3-5, 12:7-10
- James 5:7-11
- 1 Peter 3:13-18, 4:12-19 (Persecution)
- Revelation 21:1-7



MENTOR/MENTEE COVENANT

I will continue to make Christ the priority of my life through prayer.

I will be honest and open with one another

I agree to keep all information discussed within the context of mentoring confidential.

I will demonstrate love and grace. I will be open with praise and encouragement as well as speak truth and accountability when appropriate.

I will make every effort to complete homework or assigned readings, and understand this will be an integral part of the growth process.

I will fulfill my commitment to being a mentor/mentee by making our meeting time a priority.

I will remember and am aware that my life is an example to others, believers and non-believers. My behavior, in person and online is a reflection of myself and my walk with Christ. It is my intent to live a life that honors God.

Mentee Signature

Date

Mentor Signature

Date