

ONE HOPE MENTORING

A QUICK GUIDE FOR MENTORS



- Andy Buchan (April 2024)

Thank you for stepping up to this important role! Soon you will be teamed up with someone of the same gender who is looking for a mentor.

Firstly, it would be great if you could look to Scripture for the examples we are given.

Primarily we look to **Jesus and his disciples** (i.e. Peter). The Gospels are like handbooks on discipleship, as they were mentored, shepherded, loved, and trained by the best there is! We can also look at Paul and Timothy, Barnabas, Silas, or Philemon. **Titus Chapter 2** also provides an important framework for mentoring relationships. It all starts with you and your relationship to the Lord Jesus, then you can set an example in faith and teach soundly with integrity and dignity. Make the gospel of grace the foundation!

Grab their **CONTACT DETAILS** (or ask for them), and give them yours too. Make a suitable time together. Seek to make it a regular time - weekly/fortnightly/monthly depending on both your schedules. Around an hour is usually enough. Be there on time. Show them you care about this! Organise the next meeting before you leave the current one!

CREATE A SAFE PLACE. You need to assure them that your time together is a 'safe space' for both of you to be honest and vulnerable. Be mindful of their privacy. Keep your time together confidential, or ask if you can share news or a prayer point with others when appropriate.

OPEN THE BIBLE TOGETHER! This is the treasure trove of wisdom and guidance for your life and theirs. This forms the foundation of your discussion and time together. You might like to set a goal of reading through a book (i.e. Colossians, Philipians) a chapter at a time, or just work through some specific passages (i.e. Matthew chapter 5 a section at a time, or selected Psalms/Proverbs, or a particular story).

PRAY. Pray together. Encourage them to pray too, or work towards that.

LISTEN. The key to good mentoring is good listening. Repeat back what they tell you in your own words to check you understand them. Don't finish their sentences or interrupt with your own stories all the time! Ask questions (how are things going with work/uni/family/church?).

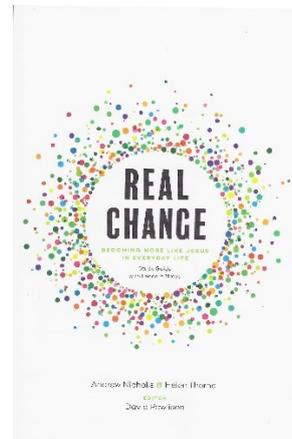
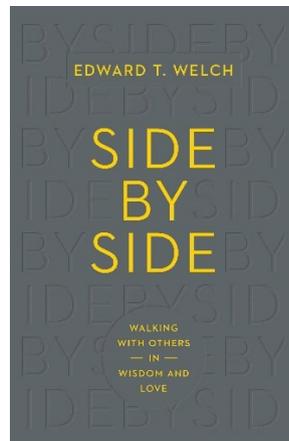
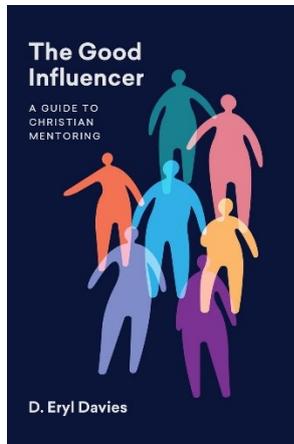
POINT TO JESUS. You are not perfect. None of us are. Let's look at what He did & what He said. It's okay to say 'I don't know' or 'I'm still working that out myself!' God's promises are far greater and far more reliable than ours ('Lord, to whom will we go? You have the words of eternal life.' - John 6:68-69).

AVOID GIVING ADVICE. This seems counter-intuitive but it is better to see your role as a prayerful support to their decision-making process. Encourage them to seek the Lord's wisdom through His Word, guided by His Spirit. Be aware of the dangers of basing your faith on emotions, circumstances, traditions or anything other than Christ and His Cross.

REFER. There may be some big issues raised or you may suspect them. It is okay to refer someone to ask for support from the church leadership or professional support like counselling. An appointment with a GP is usually a great step towards getting mental health support too.

MENTORING RESOURCES

Books:



Articles:

Women and Mentoring <https://au.thegospelcoalition.org/book-review/review-mentoring-women-where-do-i-start/>

When Mentoring Gets Messy (it always is a bit!)

<https://www.thegospelcoalition.org/article/mentoring-gets-messy/>

"Younger Christians will disappoint you. So will older ones. You will disappoint them, too. But if your mentoring relationships cause you to seek Jesus and his help, you've already succeeded." - Erin Davis.