

BETHEL •  • CHURCH

# MENTORING

ONE-ON-ONE DISCIPLING



## **What is Mentoring at Bethel?**

Mentoring at Bethel is a relationship in which the primary goal is to help you grow in your relationship with Christ - encouraging you to identify more with Jesus as you live as his disciple. Spiritual mentoring has always been a part of Christian growth and discipleship.

A few Biblical examples of mentoring include...

Moses > Joshua (Ex 33:11; Num 11:28, 27:15-23; Deut 3:28)

Elijah > Elisha (1 Kings 19:16, 19-21; 2 Kings 2:1-18)

Naomi > Ruth (Ruth)

Barnabas > Paul > Timothy (Acts 11:25-26, 16:1-3; Phil 2:22; 1 & 2 Tim)

Jesus > the Twelve (Matt, Mk, Lk, Jn)

## **Why is Spiritual Mentoring Important?**

These Biblical examples show us that life is meant to be lived in relationship with others. We can never stop learning and we need to continually remind each other of the gospel. Mentoring is one important way we can do that and is something we should all be involved in.

A spiritual mentor is someone who is a step ahead on their spiritual journey that takes time to invest in someone a bit younger spiritually. It is all about growing spiritually, which will affect every area of your life and help you navigate every challenge.

## **How do I Identify a Mentor?**

Pray about the person God would place in your life to influence you. There may already be people in your life who are potential mentors. If so, the Lord may lead you to ask one of them to meet with you for this purpose for a period of time.

If you need help identifying a mentor, please contact Stacy Shradar, Bethel's Mentoring Coordinator, at [Stacy.Shradar@bethel-church.org](mailto:Stacy.Shradar@bethel-church.org). She and the Mentoring Core Team will be happy to work with you to identify a mentor.

As you assess potential mentors we suggest you consider these things.

### Look for a mentor that...

Lives a life of spiritual maturity; one worth imitating

- "Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith." Hebrews 13:7
- [Paul says] "Therefore I urge you to imitate me." 1 Corinthians 4:16

Has a solid understanding of the scriptures

- "Then Philip began with that very passage of Scripture and told him the good news about Jesus." Acts 8:35 (8:26-40)

Is an encourager

- "Judas and Silas, who themselves were prophets, said much to encourage and strengthen the believers." Acts 15:32
- "Therefore encourage one another and build each other up." 1 Thessalonians 5:11

Is non-judgemental

- “Do not judge, or you too will be judged.” Matthew 7:1 (7:1-5)

Sees potential in you

- [Jesus said] “And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it.” Matthew 16:18

Is humble

- “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.” Philippians 2:3-4

Is self controlled

- “It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.” Titus 2:12

### Create a profitable mentoring experience...

Motivation to be mentored is a key ingredient in the mentoring process. You will only get out of the mentoring experience what you put into it. Do you really want to be mentored? Have you counted the cost? Being mentored effectively will require time, effort, humility, vulnerability, and initiative.

To get the most out of mentoring, you will need to:

- be committed to learning and growing.
- be able to accept feedback and act upon it.
- be willing to apply spiritual learning in a ministry/life context
- know when to ask for help.
- have a sense of personal responsibility and commitment.
- be willing to meet on a regular basis.

### **How do I connect with a mentor?**

When you are ready to ask someone to be your mentor, find a time to meet with him or her and explain what you hope to gain from mentoring, why you think he or she would be a good mentor for you, what the commitment would be, and what specific expectations you have for the relationship.

Give your potential mentor time to prayerfully consider and decide. It is very important that the mentor also count the cost, feel God leading and make a firm commitment. Be sure they know that the Mentoring Core Team is available to help prepare them to mentor, help them get started, find resources, and support their mentoring relationship.

### **We've agreed... Now What?**

Start by assessing needs and agreeing on objectives.

- What will the focus be? It is a very good idea to go back to the basics. You can get the book “Basis” from Bethel for free or very cheap. It is a great review for everyone and will help you understand where you are starting and be able to better assess where you should go from there.
- How often will you meet (weekly, every other week or monthly)?
- Where and when will you meet?
- Set a time to reevaluate your commitment and objectives. We suggest first reevaluating after several meetings. Then maybe every 6 months thereafter. It is important to make

sure you are both growing spiritually and meeting the spiritual growth goals you set for the relationship. If for some reason the relationship is not working, it is ok to say so.

- Some helpful tools to begin with...
  - Personality Tests - <http://smalley.cc/images/Personality-Test1.pdf>
  - Spiritual Gifts Tests
    - <http://mintools.com/spiritual-gifts-test.htm>
    - [http://www.elmertowns.com/spiritual\\_gifts\\_test/](http://www.elmertowns.com/spiritual_gifts_test/)
    - <http://www.kodachrome.org/spiritgift/>
  - 5 Love Languages Assessment: [www.5lovelanguages.com/assessment/love/](http://www.5lovelanguages.com/assessment/love/)
  - Bethel Discipleship Assessments (available at Bethel or by emailing Stacy.Shradar@bethel-church.org)
    - GROW Discipleship Assessment
    - Young Adult Discipleship Assessment
- Tell your story. Within the first few meetings you should consider sharing your stories (5 minute testimonies) with each other.
  - Who were you before you met Jesus?
  - How did you hear about Jesus or first understand that his work on the cross was for you?
  - Since you have understood the gospel, what is the difference in your life?
  - How does your story point to Jesus? How is he the hero of your story?

### **What if I need more help?**

The Mentoring Core Team is available if you have any questions or need any help with your mentoring relationship. Please contact us. As you grow as a mentee, be sure to work toward becoming a mentor yourself; sharing this important gift with others.

If you would like to become a mentor, please contact the Mentoring Core Team. There is always a need for additional mentors. And there are training opportunities available for those that are interested.

Please contact Stacy Shradar at [stacy.shradar@bethel-church.org](mailto:stacy.shradar@bethel-church.org) if there is any way the Mentoring Core Team can be helpful.