

Mentoring Worksheet I

Definitions:

Mentor: A more mature, experienced person who guides another through listening, wise advice, encouragement, and example.

Peer Mentor: An equal relationship which could be just making an existing friendship more intentional by sharing, and keeping each other accountable.

Mentee: A younger, or less experienced person who could benefit from the experience of another.

Get to know each other:

Come up with 5 questions to ask your partner and then ask them.

- 1.
- 2.
- 3.
- 4.
- 5.

Think about answers to the following questions and discuss them with your partner. Make a list and share it in the Facebook group if you are willing.

1. What help have you received during your life that has been useful?

2. What help have you given to others?

3. What help would you have appreciated at different stages of your life?

It can be useful to know the different ways people feel loved. Do the "love language" quiz and share your results with each other. Discuss with your partner why this might be helpful in mentoring?

Love Language Quiz: www.5lovelanguages.com

Think about these mentoring examples or any others you can think of, and share ideas about how mentoring took place:

Jesus & disciples, Moses and Joshua, Elijah and Elisha, Paul and Timothy

Possible questions to ask:

1. When and how do you read the Bible?
2. What have you learned about recently in your Bible reading?
3. What is your favourite hymn?
4. Do you have a current favourite verse in the Bible?
5. Have you ever walked with someone through suffering? What did you do to help them?
6. How best do you keep in touch with friends who live at a distance?
7. What is a physical challenge you have endured? Did you learn anything from this experience?
8. What do you miss about the past?
9. Is there anything you would change about your past?
10. How do you serve in your local ecclesia?
11. What are some ways that you think a woman could be a blessing to her ecclesia?
12. Do you have any tips for practicing hospitality in your home?
13. What kind of hospitality do you like to extend?
14. Do you have a favourite recipe that you serve in your home?
15. If you are married, how did you meet your spouse?
16. If you have children, what are some of the best things you have done with your kids?
17. What do you think is the wisest thing a mother can do for her children?
18. What was your family like growing up?
19. How did your mother and father impact you most?
20. Did you go/Are you going to university or college? What for?
21. Do you work outside the home? What led you to that field?
22. What are the hardest parts of working outside the home?
23. What are the greatest benefits of working outside the home?
24. How do you organize your day?
25. What would you say you are most passionate about?
26. What brings you joy?
27. Do you have a morning or evening routine?
28. What do you often wonder about?
29. What do you worry most about?
30. Have you ever travelled? Where did you go?
31. What are your favourite traditions?
32. What's your favourite way to spend your birthday?
33. When you reflect on your life, how has God provided for you over the years?
34. What do you do to make sure you are growing spiritually?
35. What is your favourite memory from childhood?

Do you have any questions you would add to this list? Are there any that you don't think should be there?

Mentoring Worksheet 2

Preparing:

1. Make a list from Titus 2:3-5 of what older woman are to be and what they are to teach. Look up the original words and their meanings. *Discuss with your partner how each of these may be relevant today.*

2. Do we need to be perfect before we can be helpful to someone else? What do we need to be? *Come up with a list with your partner.*

3. Scan through the attached Commandments of Christ. Are there ones you are good at? Are there ones that you need to improve on? *Share these with your partner and come up with ways you can use your strengths.*

Discuss with your partner some ways of providing accountability for each other in areas you want to improve?

4. What are some pressures that are specific to this century? Are the pressures different for men and women? Are they different for different stages of life? *Discuss with your partner and make a list if you can.*

Commandments of Christ

Keep my Commandments (this post)	John 14:15
Build on the Rock, Not Sand	Matthew 7:24
Repent	Matthew 4:17
Follow Me	Matthew 4:19
Seek the Kingdom First	Matthew 6:33
Enter at the Narrow Gate	Matthew 7:13-14
Lay up Treasure in Heaven	Matthew 6:19-20
Love Your Enemies	Matthew 5:44-45
Be Wise as Serpents	Matthew 10:16
Forgive Others	Matthew 6:14-15
Wash One Another's Feet	John 13:14
Watch and Pray	Matthew 26:41
Beware of Covetousness	Luke 12:15
Abide in Him	John 15:4
Do Not Be Anxious	Matthew 6:34
Give	Luke 6:38
Love the Lord Your God	Matthew 22:37
Love Your Neighbour	Matthew 22:39
Let Your Light Shine	Matthew 5:16
Get rid of Causes of Failure	Matthew 5:30
Be One	John 17:11
Love One Another	John 15:12
Do to Others What You Wish Others Would Do to You	Matthew 7:12
Always Pray - Don't Lose Heart	Luke 18:1
Don't Take Revenge	Luke 6:29
Be Perfect	Matthew 5:48
Deny Yourself	Luke 9:23-24
Be Born of the Spirit	John 3:5-6
Share a Cup of Cold Water	Matthew 10:42
Proclaim the Gospel	Mark 16:15
Remember Me	John 6:53-54

Mentoring Worksheet 3

Building a Relationship:

The following are possible components of a mentoring relationship. Can you think of any others?

1. Meeting together:

Do a search for “one another” in the New Testament. Write down all the things we are exhorted to be or do in our interactions with one another. Does this change the way we spend time together?

2. Asking questions:

Are there inappropriate questions? Are there ways of asking questions that are more productive?

3. Confession:

We are told to confess our faults one to another. What do you think the purpose of this is? How do we overcome barriers to this such as fear and pride?

4. Boundaries:

What kind of rules would a mentoring relationship need?

5. Setting Goals:

Goals should be clear, measureable, achievable, and realistic. What might be some examples of goals for Christian living?

6. Pointing to Christ:

A mentor can be an example, but the ultimate example must be Christ - therefore the Bible has to be the prime source for mentoring. How could you ensure this?

7. Encouragement:

“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”
(Hebrews 10:24,25)

How do we do this?

8. Prayer:

Read through Paul’s prayers (attached). What did Paul pray for for others? Does this change how you might pray for others?

Paul's Prayers

Romans 1:8-10 — “First, I thank my God through Jesus Christ for all of you, because your faith is proclaimed in all the world. For God is my witness, whom I serve with my spirit in the gospel of his Son, that without ceasing I mention you always in my prayers, asking that somehow by God’s will I may now at last succeed in coming to you.”

Romans 10:1 — “Brothers, my heart’s desire and prayer to God for them is that they may be saved.”

Romans 12:12 — “Rejoice in hope, be patient in tribulation, be constant in prayer.”

Romans 15:5-6 — “May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ.”

Romans 15:13 — “May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”

Romans 15:30-33 — “I appeal to you, brothers, by our Lord Jesus Christ and by the love of the Spirit, to strive together with me in your prayers to God on my behalf, that I may be delivered from the unbelievers in Judea, and that my service for Jerusalem may be acceptable to the saints, so that by God’s will I may come to you with joy and be refreshed in your company. May the God of peace be with you all. Amen.”

1 Corinthians 1:4-9 — “I give thanks to my God always for you because of the grace of God that was given you in Christ Jesus, that in every way you were enriched in him in all speech and all knowledge (even as the testimony about Christ was confirmed among you) so that you are not lacking in any gift, as you wait for the revealing of our Lord Jesus Christ, who will sustain you to the end, guiltless in the day of our Lord Jesus Christ. God is faithful, by whom you were called into the fellowship of his Son, Jesus Christ our Lord.”

1 Corinthians 16:23 — “The grace of the Lord Jesus be with you.”

2 Corinthians 1:3-7 — “Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. For as we share abundantly in Christ’s sufferings, so through Christ we share abundantly in comfort too. If we are afflicted, it is for your comfort and salvation; and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer. Our hope for you is unshaken, for we know that as you share in our sufferings, you will also share in our comfort.”

2 Corinthians 2:14-16 — “But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere. For we are the aroma of Christ to God among those who are being saved and among those who are perishing, to one a fragrance from death to death, to the other a fragrance from life to life. Who is sufficient for these things?”

2 Corinthians 9:12-15 — “For the ministry of this service is not only supplying the needs of the saints but is also overflowing in many thanksgivings to God. By their approval of this service, they will glorify God because of your submission that comes from your confession of the gospel of Christ, and the generosity of your contribution for them and for all others, while they long for you and pray for you, because of the surpassing grace of God upon you. Thanks be to God for his inexpressible gift!”

2 Corinthians 13:7-9 — “But we pray to God that you may not do wrong; not that we may appear to have met the test, but that you may do what is right, though we may seem to have failed. For we cannot do anything against the truth, but only for the truth. For we are glad when we are weak and you are strong. Your restoration is what we pray for.”

Galatians 6:18 — “The grace of our Lord Jesus Christ be with your spirit, brothers. Amen.”

Ephesians 1:3-5 — “Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption as sons through Jesus Christ, according to the purpose of his will,”

Ephesians 1:15-23 — “For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, I do not cease to give thanks for you, remembering you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. And he put all things under his feet and gave him as head over all things to the church, which is his body, the fullness of him who fills all in all.”

Ephesians 3:14-21 — “For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, 16 that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.”

Ephesians 6:19-20 — “and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.”

Philippians 1:3-6 — “I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now. And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.”

Philippians 1:9-11 — “And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.”

Philippians 4:6-7 — “do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:23 — “The grace of the Lord Jesus Christ be with your spirit.”

Colossians 1:3-14 — “We always thank God, the Father of our Lord Jesus Christ, when we pray for you, since we heard of your faith in Christ Jesus and of the love that you have for all

the saints, because of the hope laid up for you in heaven. Of this you have heard before in the word of the truth, the gospel, which has come to you, as indeed in the whole world it is bearing fruit and increasing; as it also does among you, since the day you heard it and understood the grace of God in truth, just as you learned it from Epaphras our beloved fellow servant. He is a faithful minister of Christ on your behalf and has made known to us your love in the Spirit. And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God. May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy, giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.”

Colossians 4:2-4 — “Continue steadfastly in prayer, being watchful in it with thanksgiving. At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison; that I may make it clear, which is how I ought to speak.”

1 Thessalonians 1:2-3 — “We give thanks to God always for all of you, constantly mentioning you in our prayers, remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ.”

1 Thessalonians 2:13-16 — “And we also thank God constantly for this, that when you received the word of God, which you heard from us, you accepted it not as the word of men but as what it really is, the word of God, which is at work in you believers. For you, brothers, became imitators of the churches of God in Christ Jesus that are in Judea. For you suffered the same things from your own countrymen as they did from the Jews, who killed both the Lord Jesus and the prophets, and drove us out, and displease God and oppose all mankind by hindering us from speaking to the Gentiles that they might be saved; so as always to fill up the measure of their sins. But wrath has come upon them at last!”

1 Thessalonians 3:9-13 — “For what thanksgiving can we return to God for you, for all the joy that we feel for your sake before our God, as we pray most earnestly night and day that we may see you face to face and supply what is lacking in your faith? Now may our God and Father himself, and our Lord Jesus, direct our way to you, and may the Lord make you increase and abound in love for one another and for all, as we do for you, so that he may establish your hearts blameless in holiness before our God and Father, at the coming of our Lord Jesus with all his saints.”

1 Thessalonians 5:23-24 — “Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it.”

1 Thessalonians 5:28 — “The grace of our Lord Jesus Christ be with you.”

2 Thessalonians 1:3-5 — “We ought always to give thanks to God for you, brothers, as is right, because your faith is growing abundantly, and the love of every one of you for one another is increasing. Therefore we ourselves boast about you in the churches of God for your steadfastness and faith in all your persecutions and in the afflictions that you are enduring. This is evidence of the righteous judgment of God, that you may be considered worthy of the kingdom of God, for which you are also suffering.”

2 Thessalonians 1:11-12 — “To this end we always pray for you, that our God may make you worthy of his calling and may fulfill every resolve for good and every work of faith by his

power, so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.”

2 Thessalonians 2:16-17 — “Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, comfort your hearts and establish them in every good work and word.”

2 Thessalonians 3:2-5 — “and that we may be delivered from wicked and evil men. For not all have faith. But the Lord is faithful. He will establish you and guard you against the evil one. And we have confidence in the Lord about you, that you are doing and will do the things that we command. May the Lord direct your hearts to the love of God and to the steadfastness of Christ.”

2 Thessalonians 3:16 — “Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all.”

1 Timothy 1:12 — “I thank him who has given me strength, Christ Jesus our Lord, because he judged me faithful, appointing me to his service,”

1 Timothy 2:1-3 — “First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior,”

2 Timothy 1:3-7 — “I thank God whom I serve, as did my ancestors, with a clear conscience, as I remember you constantly in my prayers night and day. As I remember your tears, I long to see you, that I may be filled with joy. I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice and now, I am sure, dwells in you as well. For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, for God gave us a spirit not of fear but of power and love and self-control.”

2 Timothy 1:16-18 — “May the Lord grant mercy to the household of Onesiphorus, for he often refreshed me and was not ashamed of my chains, but when he arrived in Rome he searched for me earnestly and found me; may the Lord grant him to find mercy from the Lord on that Day! and you well know all the service he rendered at Ephesus.”

2 Timothy 4:22 — “The Lord be with your spirit. Grace be with you.”

Titus 3:15 — “All who are with me send greetings to you. Greet those who love us in the faith. Grace be with you all.”

Philemon 4-7 — “I thank my God always when I remember you in my prayers, because I hear of your love and of the faith that you have toward the Lord Jesus and for all the saints, and I pray that the sharing of your faith may become effective for the full knowledge of every good thing that is in us for the sake of Christ. For I have derived much joy and comfort from your love, my brother, because the hearts of the saints have been refreshed through you.”

Philemon 25 — “The grace of the Lord Jesus Christ be with your spirit.”

Mentoring Worksheet 4

Life Stages:

Brainstorm what kind of mentoring might be needed and some possible activities for the following different stages of life:

Teens

College/Uni students

Newly married

Mom with Kids

Singles

Empty Nesters

Seniors

Learning Together:

What is your learning style: www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml

How might this be helpful in mentoring?

Experiment with challenging each other for the next few days. Try one of the following:

- Keep a journal for 7 days (record a verse from daily readings, thoughts and insights)
- Write out and illustrate a verse from the daily readings for 7 days.
- Make a playlist for each other of favourite spiritual music.
- Listen to a set of talks and discuss them with each other.
- If you are close enough, meet up to read the Bible or do a study together.
- Choose a passage of scripture to study individually and then share the results with each other.
- Choose a passage of scripture to memorize and be able to recite to one another.