Spiritual Mentoring

Mentor Criteria
- trusts God in their daily walk
- believes God’s promises and lives by them
- prays daily and committed to pray for mentee
- Has a daily quiet time or study in the scriptures
- Willing to make a six month commitment
- available to meet weekly or biweekly
- Has a balanced life
- Willingness to be transparent and share personal growth experiences
- Regular Church attendance
- Motivated to invest in another person’s life and finds joy in this service

Mentee Criteria
- knows Jesus Christ personally or is genuinely investigating His claims
- desire to be transformed in his Christian walk
- committed to meeting weekly or bi-weekly
- keeps appointments, unless there is an emergency in which case you will notify your mentor
- Willingness to be honest and open
- completes assignments on time
- Openness to accountability

If you are interested in learning more about mentoring or having a mentor, contact the church office (916) 452-7132.

“I wouldn’t be the same in my spiritual walk without [my mentor]”

“It is good to see we both grew”
What is Spiritual Mentoring?

Mentoring means using the wisdom that comes from life’s experiences to help others who are encountering similar experiences in their lives.

- A Spiritual Mentor is a godly role model, a confidante, a listener, prayer partner, encourager, an accountability partner, counselor, teacher, confessor, coach, booster and friend.
- Christian Mentors share how God guides and supports, counsels, in both good and bad times.
- A mentor takes a personal interest in the mentee and cares about helping them maximize their lives in Christ.
- Hand the entire mentoring relationship over to Him—not once, but daily.

A mentor is not a fixer for someone needing counseling. We recommend using trained professionals for marriage, financial, or emotional counseling. The church can suggest such professionals.

Scriptural Basis for Mentoring

II TIMOTHY 2:2 And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others.

PSALM 145:4 One generation will commend your work to another; they will tell of your mighty acts.

How to Mentor

1. Establish time and place: where, when, how often.
   a. You can vary location like a restaurant, take a walk, sports venue, or in a home
   b. Once weekly or bi-weekly
   c. Commit to six months, reevaluate, decide if you will continue

2. Set mutual goals:
   a. discipleship
   b. accountability
   c. growth in the Lord
   d. special needs
   e. or all of these

3. Share your testimony in your first meeting.

4. Explore ways to accomplish your goals through
   a. Bible Study
   b. A one-to-one discipleship course
   c. reading a book
   d. volunteering at a charity
   e. working together in a ministry
   f. attending a class or event together
   g. Meet for talking and sharing

5. Pray together

Mentoring Resources:

- Mentor like Jesus by Reg Campbell
- Mentoring 101 by John C. Maxwell
- Iron Sharpens Iron by Howard and William Hendricks
- Finding a Mentor, Being a Mentor: Sharing Our Lives as Women of God by Donna Otto
- Women Connecting With Women: Equipping Women for Friend-to-Friend Support and Mentoring by Verna Birkey
- Mentoring God’s Way Bible Study Series by Janet Thompson

Mentoring...