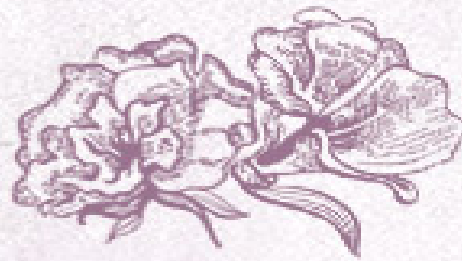


EVERYDAY MATTERS BIBLE STUDIES *for women*

# *Mentoring*



*Spiritual Practices*  
FOR EVERYDAY LIFE

**Everyday Matters Bible Studies for Women—Mentoring** (eBook edition)

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# ***Holy Habits***

## ***Spiritual Practices for Everyday Life***

Everyday life today is busier and more distracting than it has ever been before. While cell phones and texting make it easier to keep track of children and each other, they also make it harder to get away from the demands that overwhelm us. Time, it seems, is a shrinking commodity. But God, the Creator of time, has given us the keys to leading a life that may be challenging but not overwhelming. In fact, he offers us tools to do what seems impossible and come away refreshed and renewed. These tools are called spiritual practices, or spiritual disciplines.

Spiritual practices are holy habits. They are rooted in God's word, and they go back to creation itself. God has hardwired us to thrive when we obey him, even when it seems like his instructions defy our "common sense." When we engage in the holy habits that God has ordained, time takes on a new dimension. What seems impossible is actually easy; it's easy because we are tapping into God's resources.

The holy habits that we call spiritual practices are all geared to position us in a place where we can allow the Holy Spirit to work in us and through us, to grant us power and strength to do the things we can't do on our own. They take us to a place where we can become intimate with God.

While holy habits and everyday life may sound like opposites, they really aren't.

As you learn to incorporate spiritual practices into your life, you'll find that everyday life is easier. At the same time, you will draw closer to God and come to a place where you can luxuriate in his rich blessings. Here is a

simple example. Elizabeth Collings hated running household errands. Picking up dry cleaning, doing the grocery shopping, and chauffeuring her kids felt like a never-ending litany of menial chores. One day she had a simple realization that changed her life. That day she began to use her “chore time” as a time of prayer and fellowship with God.

Whenever Elizabeth walked the aisle of the supermarket, she prayed for each person who would eat the item of food she selected. On her way to pick up her children, she would lay their lives out before God, asking him to be there for them even when she couldn't. Each errand became an opportunity for fellowship with God. The chore that had been so tedious became a precious part of her routine that she cherished.

The purpose of these study guides is to help you use spiritual practices to make your own life richer, fuller, and deeper. The series includes twenty-four spiritual practices that are the building blocks of Christian spiritual formation. Each practice is a holy habit that has been modeled for us in the Bible. The practices are acceptance, Bible study and meditation, celebration, community, confession, contemplation, faith, fasting, forgiveness, gratitude, hospitality, justice, mentoring, outreach, prayer, reconciliation, Sabbath rest, service, silence, simplicity, solitude, stewardship, submission, and worship.

As you move through the practices that you select, remember Christ's promise in Matthew 11:28–30:

*Come to me, all of you who are weary and carry heavy burdens. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.*



# ***Introduction***

## *to the Practice of Mentoring*

For those us of who are “doers” and more comfortable with “visible spiritual disciplines,” considering the discipline of mentoring can bring a sense of relief and delight. Finally, action verbs! Something to *do*! And certainly this spiritual practice will most likely have results that are easier to identify than some of the less tangible practices. It’s easy to think we’ll grapple less with understanding this discipline than ones such as fasting or confession. In some ways, that’s probably true. Service takes many forms, and we’re familiar with it from an early age.

Defined as “an experienced and trusted adviser,” a mentor is usually older than the person being mentored and has gained a greater degree of knowledge, wisdom, and experience in a particular area over a period of years. But as Mindy Caliguire says in her article “Why We Mentor” (*Everyday Matters Bible for Women*), the most important qualities for a mentor are love and genuine concern for another individual. “As a mentor,” she says, “you can actually care about someone’s spiritual development and are willing to come alongside her for a season of her journey.”

Mentoring gives us the opportunity to learn and to teach. Our goal will be to reacquaint ourselves with mentoring, for God desires us to be ever on a continuum of learning and teaching, of serving and being served. Such a rhythm keeps us sane, refreshed, inventive, and humble.

As you go about this visible discipline of mentoring, offer yourself for tasks to be done—and be aware that God, as usual, is up to something we cannot see. Yes, there are needs, and you are part of the solution. And yet God has

something for you as well within the service and within the mentoring. He has plans to use it to grow *you* in discipleship.

## CHAPTER 1



# *Being Teachable*

## *Mentoring the Mentor*

“Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”

Matthew 11:29–30

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*For this study, read 1 Samuel 3 and John 1:35–50.*

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Despite my best efforts, I was struggling so much at work that I began to feel hopeless. For many months, I’d been logging long hours and sleeping fitfully, only to start the cycle again the next day. I couldn’t understand it. I had a master’s degree and had always excelled at my jobs. I didn’t know if my failures at work had led to hating my job, or if hating my job had led to the failures. It all became a blur of defeat, defensiveness, and despair. My mother, always my kindest supporter, asked my uncle, who worked in human resources consulting, to give me a call. In a conversation frequently interrupted by my breaking into tears, he listened, asked a few questions, and then gathered his thoughts. “I don’t suppose there’s a way to leave the position any time soon?” he asked. There wasn’t. The job market was tight, and I had lots of student loans and living expenses to pay. He understood, and I was ready to listen and learn. What he suggested countered all the negative talk I’d been feeding myself. “You’re too young to stop learning,” he said. “Even in a bad situation there are things you can learn. Make this job your classroom.”



Indeed, I was too young to stop learning. And so are you. After talking with my uncle, light streamed into the dark room I'd been inhabiting, and what had seemed impossible became possible. Though I was an experienced professional, I needed a wise guide, someone who knew the geography of my situation and could help me navigate the thorny path I was on.

Whether we are new believers or long-time followers of Christ, we all need wise guides. As a mentor, it is easy to forget that even mentors need guidance. Jesus routinely asked those who were used to being in the lead—directing their own path—to follow him. As you study the discipline of mentoring, the first lesson is to be teachable—to see yourself as teachable. Look to the Scriptures, and as you do, examine your own heart. Pray for a humble spirit, ready to receive. Ask the Lord for his special guidance, and then look around you and find someone you know who might have wisdom and experience they can share with you.



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*“You asked, do you have to be old before you are wise? No, I don’t think so. But you do have to know how to listen.” —Eugene Peterson, Wisdom, Silence, and Learning How to Die*

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***As you study this chapter, think about your need for spiritual growth and who can help you.***

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**1.** In “Mentors Help Us Hear God’s Voice” (*Everyday Matters Bible for Women*), Priscilla Shirer reminds us that we all need an Eli—someone who helps us hear God’s voice, as Eli did for Samuel in 1 Samuel 3. Consider the people in your life. Who is your Eli? For whom could you act as an Eli?

2. How does the discipline of mentoring connect with the discipline of submission?

3. In “Becoming a Mentored Disciple” (*Everyday Matters Bible for Women*), Adele Ahlberg Calhoun reminds us we live in a culture that is “captivated by grandiosity” and our “deep need to appear larger than life.” Contrast this with the small things Jesus points to in the parables: the lost sheep and lost coin in Luke 15, and the small mustard seed in Matthew 13. How does our preoccupation with living large hamper our spiritual growth as disciples?

4. When the Gospels record a question asked of Jesus, we often learn that people weren’t seeking a real answer; they were only looking for confirmation of their own views (read Luke 10:29–37 about the parable of the Good Samaritan). There are others, however, who exhibit a teachable spirit. Look at John 3 and the story of Nicodemus. What does this passage offer you as a model of teach-ability?

5. In 1 Kings 19:19–21, we have the invitation of Elijah to Elisha to follow and learn from him. Take a look at the four parts: Elijah’s invitation, Elisha’s response, Elijah’s rebuttal, and Elisha’s actions. What can you learn from the passage about mentoring and being mentored?

6. If you are an Elijah, is there perhaps an Elisha God is calling you to mentor?



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*“There are no self-made people. We are all shaped by our relationships, for good or ill. Yet sometimes people treat their spiritual journey as a solo flight; they like the independence of listening to God on their own and charting their own course. This is not what the first Jesus-followers did; they kept company with Jesus as with one another.” —Adele Ahlberg Calhoun, “Becoming a Mentored Disciple” (Everyday Matters Bible for Women)*

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## ***Points to Ponder***

You may, as a seasoned mature disciple, be used to taking on the role of a mentor. And maybe those around you just assume you've got it all together. But we all need mentors, people to help us stretch and grow. Even if you're a mentor, don't be afraid to ask for mentoring.

- Spend time with God, asking him for guidance on where you need to grow spiritually, and then write down the answers.
- What are some steps you can take to become more vulnerable and open to listening to others? Search yourself out for hidden pride and where you may need to learn humility, remembering that there are indeed, as Adele Ahlberg Calhoun says, "no self-made people."
- She also says that "we are all shaped by our relationships, for good or ill." Are there people in your life who have a negative influence on you? Consider your relationship with these people and how it might be affecting you for "ill."

## ***Prayer***

Jesus, you are my best teacher in the life of faith. Today I submit my life to your teaching and ask you to provide wisdom as I guide, as well as wise guides for me. Help me to be humble and learn from others, and lead me to those who will help shape me into the godly woman you want me to be.

*Add your prayer in your own words.*

Amen.

## ***Put It into Practice***

You are on a journey as a disciple of Christ, but you are not alone. Your life is filled with fellow travelers who have direction to offer; in turn you will

offer direction to others. Today, offer your willing heart to the Lord. Ask him to create within you an attitude of tender teach-ability. Be patient—and alert—as you wait for his answer.

### ***Take-away Treasure***

As you seek mentors, prayerfully ask God to reveal your needs to you. It may be that you need a mentor for a specific area of your life. Or you may need a mentor to help you see how all the disparate aspects of life shape each other. Be open to the possibility that your mentor may not be someone currently in your close circle of friends.

*Receiving the mentoring from those more spiritually mature, in return providing mentorship to those who are growing—this is the cycle of spiritual growth God put into motion for his people. Who will you invest in? Who will you listen to? —Kelli B. Trujillo, “Biblical Female Mentors” (Everyday Matters Bible for Women)*

## CHAPTER 2



# *Mentoring in Love*

## *Being a “Spiritual Cairn”*

You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others.

2 Timothy 2:2

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*For this study, read 2 Timothy 2 and 1 Corinthians 10:31–11:2.*

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Each year our church spends a month hosting a treasure hunt for the children. But what makes this treasure hunt special is that it isn't the seeking out of candy or toys—it's a hunt for the older members of our congregation. Each week children receive clues to help them find their treasure—notes that reveal our personalities, the things we love, the ways God has revealed himself to us. The idea has been to help children (and adults) connect with those outside their age group, to help children see adults as people with interesting life experiences and faith journeys. And let's face it, we adults feel like kids again, playing hide and seek!

Over the years, the treasure hunt has helped our small church become a place where we are known and where we know others. It's given us a way to gently light the paths of our smallest members, offering guidance through example and experience, and through personal affirmations.

We mentor best when our motivations are the love of Christ and love for his people. In “Stones That Speak” (*Everyday Matters Bible for Women*), Cindy Crosby suggests that we can become for each other “spiritual cairns.” A cairn is a small pile of stones hikers leave for each other to show the correct

path at critical junctures on a trail. Like those rocky cairns, we have the same ability to show others the way of discipleship.

But we can also have unhealthy motives for mentoring. As Mindy Caliguire writes in “Why We Mentor” (*Everyday Matters Bible for Women*), lacking love can lead to disastrous outcomes. She wisely suggests we become aware of several unhealthy motivators:

- We want to leave a legacy.
- We like being “the one” who is sought after in a community.
- We prefer meddling in other people’s problems.
- We have a need to teach.
- We may be inclined toward codependency.
- We like the label of mentor.

As opportunities to mentor come your way, task yourself first and foremost with the commandment to love.



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*“The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.” —Steven Spielberg*

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***As you study this chapter, think of those you mentor. What is your motivation in your role?***

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**1.** In Acts 11:19, we read of believers who shared the good news of Christ with the Gentiles. What was the outcome in verse 21? What was Barnabas’s

response in verse 23?

2. Ultimately, Barnabas sought out Saul and they both returned to Antioch. Read Acts 11:26–30. How long did Paul and Barnabas stay in Antioch? What does that suggest to you about the nature of mentoring in love?
3. As Mindy Caliguire mentioned, we can have unhealthy motives for not mentoring others. What stops you from mentoring others?
4. Read a brief section of the book of Proverbs. Which of the proverbs speak to you as a mentor?
5. Mindy Caliguire also says that many potential mentors put off mentoring because they feel inadequate—they don't know the Bible well enough, their own lives are barely together, or they just don't have enough time. Do you fall into any of these categories? If so, what can you do to overcome these self-imposed obstacles?
6. Is there anyone you feel you could come alongside and help in her life? If you are feeling a bit daunted about starting up a “mentoring” relationship, then just start with meeting this person for coffee or lunch.



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*And you yourself must be an example to them by doing good works of every kind. (Titus 2:7)*

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### ***Points to Ponder***

In Matthew 5:14–16, Jesus tells his followers they are the light of the world. Most of the time we tend to read his words and think of “the world” as those outside the body of Christ. But believers also need light and guidance.

- Read through the passage in Matthew again, thinking of your local body as part of the world. What are some ways you can mentor in love, shining the light of Christ within the body?

It's gratifying when a mentoring relationship goes well—when the words we speak are taken in and we see the fruit of the Spirit bloom. When our prayers are answered and growth takes place. But often that is not the case. The work of God in the life of a believer takes its own pace, and God is not maturing them so we can feel good about our investment of time and energy.

- Is there someone who doesn't seem to "get it"? Before giving up on her, have you looked at her as you look at yourself? That is, recognizing that you and she are both flawed but devoted followers of Jesus?

### ***Prayer***

Lord, may I love those I serve, so that you may be served well. Please show me who those people may be and how I can come alongside them to help where I can.

*Add your prayer in your own words.*

Amen.

### ***Put It into Practice***

Mentors should be sought. Your job is not to seek a person to mentor but to be ready to mentor in love. Look at the lives you influence right now—co-workers, children, and friends, members of your small group. What are the ways you can love them well today?

### ***Take-away Treasure***



In John 21:15–17, Jesus asks Peter the same question three times: Do you love me? He then commands Peter to feed his sheep. If we love Jesus, we feed his sheep. Consider your mentoring in love as one of the ways you feed his sheep.

*Love is something that every one of us, at every stage of life's journey, can extend to others around us. This is core to how the body of Christ matures and grows: one person, one relationship, at a time.—Mindy Caliguire, "Why We Mentor" (Everyday Matters Bible for Women)*



## *Investing in Others*

### *What Real Mentoring Looks Like*

God knows how often I pray for you. Day and night I bring you and your needs in prayer to God, whom I serve with all my heart by spreading the Good News about his Son. One of the things I always pray for is the opportunity, God willing, to come at last to see you. For I long to visit you so I can bring you some spiritual gift that will help you grow strong in the Lord. When we get together, I want to encourage you in your faith, but I also want to be encouraged by yours.

Romans 1:9–12

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*For this study, read Acts 18:24–19:7.*

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Though I rarely use the word *mentor*, I actually have many in my life. These are the people I turn to for advice; but even more so, they are the people I observe closely. How do they live? How do they respond to struggles? How do they submit their will to serve God? And while we don't have "mentoring sessions," what is in our relationship is that we are in consistent contact.

When I was growing up, my sister was always a mentor for me. She's just enough older that I could watch her and learn from her, and when the time came for any new venture, I could rely on her guidance. The only decision I think we made together was our decision to follow Christ; we were baptized the same Sunday night as teenagers, and thus began our life of faith with a biological sister and a sister in Christ at our side.

As adults, we haven't lived in the same state for over thirty years; but about five years ago, we realized we really missed our regular talks about our faith life. Phone calls and visits were consumed with catching up on kids and jobs and other things, but by the time we wanted to talk about what God had been teaching us, or what we were reading, someone needed something and we had to hang up. So we began a weekly phone call where conversation is only about reading and faith and God. We call it our "Conversations about Conversations" because we've found that *Conversations Journal* ([www.conversationsjournal.com](http://www.conversationsjournal.com)) gives us a great jumping-off point to talk about our faith lives. We read an article and block out a lunch hour each week to talk about what we've learned, how the writing intersected with our lives, or what we didn't agree with. Without fail, our readings lead us to talk about our Scripture readings and what God has been teaching us in the process.

For me this has become such a rich part of my week that I fight hard to preserve it. I love our time together. I love what I learn from my sister, what I learn from the word and from these thoughtful Christian writers. Possibly the most important part of the experience is how it keeps me continually filtering my daily life through the lens of my faith, keeping God at the center of it all.

Chances are that you have mentors like this too—mentoring that is "a natural extension of a person's care and concern for another person," as Rachel Jay writes in "Unofficial Mentors" (*Everyday Matters Bible for Women*). These are the people the writer of Proverbs 13:20 had in mind when he wrote, "Walk with the wise and become wise; associate with fools and get in trouble."

Whether you are the mentor or the one being mentored, your relationship will be one of investment in the lives of others, consistently and lovingly. In "Signs of Fruitful Mentoring" (*Everyday Matters Bible for Women*), Fred Smith suggests that a good mentoring relationship will include trust and confidence, unvarnished truth, and character development—the latter made

possible by the Holy Spirit. All are important to remember and strive for as you mentor others.



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*“Spoon feeding in the long run teaches us nothing but the shape of the spoon.” —E. M. Forster*

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***As you study this chapter, think of the people you find yourself watching and modeling your life after. Are they the mentors you need? Ask God for guidance as you follow the examples of others, and as others follow you.***

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1. In Acts 18:24–28, we read of the mentorship of Priscilla with her husband Aquila. How did they guide Apollos, according to this passage? (You can also read about Priscilla in Romans 16:3 and 2 Timothy 4:19.)
2. In Titus 2:3–5, older women are given clear instruction on the need to teach younger women, to model godly lives for them, and train them. According to the passage, what are older women to do? What are younger women to do?
3. In “Biblical Female Mentors” (*Everyday Matters Bible for Women*), Kelli Trujillo asks two important questions: “Who will you invest in? Who will you listen to?” What is your answer?
4. In Joshua 23, Joshua begins his final words to the people of Israel. How does Joshua mentor Israel? What are some of the things he says in Joshua 23 that would help anyone being mentored?

5. First Timothy is a letter from a mentor (Paul) to the one he is mentoring (Timothy). What can you tell about their mentoring relationship by reading this letter?

6. How does mentoring others fulfill Jesus' commandment in Matthew 22:37–39 to love our neighbors as ourselves?



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*“The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.” —William Arthur Ward*

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### ***Points to Ponder***

Fred Smith says that mentorship relationships should always be initiated, and maintained, by the person seeking a mentor—the “mentoree.” In “Signs of Fruitful Mentoring,” he writes, “The mentoree controls the continuation of the relationship. Sometimes a mentoring relationship becomes non-productive and should end. I accept this as normal.”

- As you mentor, be aware it might only be for a season. Gracefully allow the relationship to end if needed.
- As the person being mentored, don't be afraid to bring a relationship to its graceful end.

### ***Prayer***

God, thank you for the gift of our relationships with others. Thank you for the direction of the Spirit. As I grow and share with others, may I seek always to please you.

*Add your prayer in your own words.*

Amen.

### ***Put It into Practice***

Take a moment to write down those who are your mentors, whether they know it or not.

- What do you learn from them?
- What would you like to learn from them?
- Now consider how much regular contact you have with those people. What can you rearrange in your schedule to make sure you have consistent interaction with them?

### ***Take-away Treasure***

The Bible gives us many examples of female mentorships to draw on as we seek to honor God in our mentoring relationships. Take some time to read through the book of Ruth and consider how Ruth and Naomi invested in each other's lives. Also read Luke 1 about Mary and Elizabeth, and about other women in the early church such as Priscilla (Acts 18:26) and Phoebe (Romans 16:1–2). May we all follow their lead in leading others along the Christian walk of faith.

*Priscilla is a model of the power of disciple making: she exercised her gift of leadership and used it to pass on the truth of Christ to other men and women. She saw potential in leaders like Apollos and invested heavily in them. . . . Scripture paints a picture of her as someone who not only led by example but also got involved in others' lives—who walked alongside her brothers and sisters, helping them grow as Jesus' disciples. —Nicole Unice, "Priscilla: Invested in Others" (Everyday Matters Bible for Women)*

## CHAPTER 4



# ***“Imitate Me”***

## *Following Paul as He Follows Christ*

So whether you eat or drink, or whatever you do, do it all for the glory of God. Don't give offense to Jews or Gentiles or the church of God. I, too, try to please everyone in everything I do. I don't just do what is best for me; I do what is best for others so that many may be saved.

1 Corinthians 10:31–33

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*For this study, read Ephesians 4:1–16.*

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When I was teaching my children how to swim, the most effective way was to have them watch me from the side of the pool, then get in and do what I did. Over the course of a summer, we went through these two simple steps again and again. After eight weeks of watching and mimicking what I did, the various disciplines of swimming—staying afloat, achieving forward motion, and using a recognizable stroke pattern—it all came together and the children were happily swimming. What was daunting to them two months earlier had now become second nature.

Watch, imitate, repeat. It's one of the best methods to move someone from knowing about a skill to actually being skilled, and is a pattern used by mentors everywhere. In the Apostle Paul, God gave all of us a mentor to help us grow as disciples. Paul was passionate about mentoring. His letters and his travels were meant to share the gospel, but they were also to instruct, correct, and exhort believers, keeping them focused on Christ. His goal was spiritual maturity, yet he also realized that it was God who would

do the work. As Roberta Hestenes says in “Mentoring toward Maturity” (*Everyday Matters Bible for Women*):

*But while our mentors can help someone become more mature, ultimately, it’s not in our control. For example, Paul wrote letters, prayed, straightened out misunderstandings, and tried to reconcile relationships. However, Paul never said, “I am making you mature.” Rather, he said Christ needs to be “fully developed” in our lives. . . . That’s the Holy Spirit’s work; as mentors, we seek to be colaborers with God.*

In 1 Corinthians 11:1, Paul makes it clear to the church at Corinth that they “should imitate me, just as I imitate Christ.” And he offers the same to us. On almost any subject we struggle with, we can look to the life and letters of Paul and find guidance and direction. We are reminded of the command to love, of the need for prayer and confession, and of the importance of living at peace with one another. We know enough about his life to know Paul understands disappointment, fear, and struggle, as well as success. He is a mentor who can sympathize, and yet he remains adamant about our need to pursue Christ and “strip off every weight that slows us down” (Hebrews 12:1). He does so, according to 1 Corinthians, “so that many may be saved.”

In that way, our own successful mentorship also grows the kingdom of God. As you study the life and letters of Paul, look at the ways God has provided Paul as a mentor to you, offering you a model of faith to follow, so that in turn others may follow you.



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*“Like the Philippian Christians and all other Christians we read about in the New Testament, we need mature Christian models to pattern our lives after. . . . The Apostle Paul wins hands down. He doesn’t just live the life of a Christian, he shares his Christian life with us as an example and model for us to follow. And, not only that, Paul boldly and clearly commands us to follow his example.” —Greg Nance*

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***As you study this chapter, consider what you know of the life of Paul. Set aside time to read about his conversion and ministry in the book of Acts. Imagine yourself with him, imitating his life as he pursues Christ.***

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1. In Romans 12:2, Paul writes, “Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” How can imitating Paul, or another mentor, help God transform you?
2. Read through Ephesians 4:7–16. If you are being mentored, do you see those qualities listed as the goal of your spiritual direction?
3. Read 2 Corinthians 1:3–4. What is the reason we are given comfort by God?
4. How do you see the discipline of mentoring and the discipline of outreach as complementary?
5. In “We Need Each Other” (*Everyday Matters Bible for Women*), Jeannette Bakke suggests that a mentor “can help us notice grace in ways we might have missed.” Think about your role as a mentor. How can you help another believer notice grace?
6. Jeannette Bakke also suggests that we freely share with our mentor what we are learning from God in our quiet times and prayer. She says we need to say to ourselves, “I’m an ordinary person, but I have an extraordinary God, and it’s okay to be just who I am, to ask God to be a part of the conversation, and to talk to another person about that.” Do you feel

spiritually inferior to your mentor or afraid to share? Or do you feel that these quiet times are private moments between you and God?



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*“Spiritual maturity is an ongoing journey, in which we continually press toward the mark . . . ; immaturity is complacency and self-satisfaction.” —Roberta Hestenes, “Mentoring Toward Maturity” (Everyday Matters Bible for Women)*

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### ***Points to Ponder***

In “We Need Each Other,” Jeannette Bakke writes that “spiritual direction is grounded within Christian community.” As you look at Paul as a spiritual director, remember his words were not given to individuals for their personal growth alone. We live as Christ followers within a faith community. As you mentor, keep these points in mind:

- Being a mentor can sometimes seem overwhelming, and actually isolating. You might be told things in confidence; you might be uncomfortable with some of the struggles shared.
- Consider the ways Paul approached his ministry, which almost always was done in partnership with another believer. Perhaps, in order to really allow for growth, your mentoring relationship should not be isolated to just one mentor and one person being mentored.

### ***Prayer***

God, you are the Author and Finisher of our faith. As I follow you, help me to be thankful for the life of Paul as he guides and corrects me. In the same way, help me also be a “Paul” for others.

*Add your prayer in your own words.*

Amen.

### ***Put It into Practice***

If someone was to imitate you as you imitated Christ, what would they be doing? Take a look this week at your actions. If someone imitated them, would God be glorified?

### ***Take-away Treasure***

Pick one of Paul's letters, using a Bible with a good introduction to each book. In the introduction, read about the context of Paul's letter—who was he writing to? What prompted the letter? Now consider your own life—what are similar motivations or situations you've faced? Write them down and then open Paul's letter as if were addressed to you or your church. Read it slowly, taking in his correction or encouragement as needed. Enjoy time with a great mentor!



# ***Leader's Guide***

## ***to Mentoring***

### ***Thoughts on Where to Meet***

- If you have the chance, encourage each group member to host a gathering. But make sure your host knows that you don't expect fresh baked scones from scratch or white-glove-test-worthy surroundings. Set the tone for a relaxed and open atmosphere with a warm welcome wherever you can meet. The host can provide the space and the guests can provide the goodies.
- If you can't meet in homes, consider taking at least one of your meetings on the road. Can you meet at a local place where people from your community gather? A park or a coffee shop or other public space perhaps.
- If you meet in a church space, consider partnering with another local church group and take turns hosting. How can you extend your welcome outside your group?

### ***Thoughts on Ways to Foster Welcome***

- If many of your members have a hard time meeting due to circumstances, look for ways to work around it. Consider providing childcare if there are moms who have difficulty attending, or meet in an accessible space if someone who might want to join has a disability. Does a morning time work better? Could you meet as smaller groups and then get together as a larger group for an event? Be flexible and see how you can accommodate the needs of the group. Incorporate

“get to know you” activities to promote sharing. Don’t take yourselves too seriously—let your humor shine through.

### ***Incorporating Other Practices***

- Lift your voices. Integrate worship throughout the study. Find songs that speak of mentoring.
- Commit to lift each other up in prayer. You may want to have a prayer walk as part of seeing opportunities to serve in your community, or prayer partners who might be able to meet at other times.
- Dig deep into the word. Take the study at your own pace but consider including passages for participants to read in between meetings. The *Everyday Matters Bible for Women* has a wealth of additional resources.
- Celebrate! Bring cupcakes and candles, balloons or anything celebratory to distribute to each member of the group. Ask each person to share something that they want to celebrate today, be it an event, a new insight, or anything they choose.

### ***Mentoring***

The discipline of mentoring will likely be lively and varied. Leading a group to discuss it will probably surprise you in how it brings out discussion among different members. Here are a few suggestions as you lead:

- Resist the temptation to spend time on “how to.” Because this discipline can easily become a “checklist faith,” plan your time together to be rich in the reading of Scripture and the focus on motivations. Keep any detail-oriented questions open ended, with the possibility of many “right” answers.

- Pray before you meet, and then also as a group, for a discussion free of judgment. We easily fall into the comparison trap when it comes to how many mentor relationships we've established. We must remember that our Adversary would like nothing better than to pull us apart, for us to stop meeting together to encourage one another. Your goal is growth of disciples. With God's help, create an atmosphere of no judgment, but also one that challenges each member to pursue righteousness with her whole heart.
- Challenge your group to be active on both the learning and the teaching side of this discipline. Yes, God wants us to mentor. But he also wants us to be mentored.
- Listen to the needs of the group. It could be your group will become interested in a collective service project to put action with their studies. Be open to the working of the Spirit to use your group to seek God's favor, or to grow God's kingdom together.
- Add other spiritual disciplines to your discussions. For your time together on the discipline of mentoring, you might want to bring in further disciplines of faith, confession, and community.

### ***Follow-Up***

Each of us is on a journey of discipleship. We will all attempt things that fail, or stumble our way through our service to God. As your group finishes your time together, make sure to stay in touch and encourage one another.

### ***Additional Resources***

- *Spiritual Mentoring: A Guide for Giving and Seeking Direction* by Keith R. Anderson and Randy D. Reese
- *The Friendships of Women* by Dee Brestin

- *Spiritual Direction: Wisdom for the Long Walk of Faith* by Henri Nouwen

## Look for these topics in the Everyday Matters Bible Studies for Women

Acceptance

Bible Study & Meditation

Celebration

Community

Confession

Contemplation

Faith

Fasting

Forgiveness

Gratitude

Hospitality

Justice

Mentoring

Outreach

Prayer

Reconciliation

Sabbath Rest

Service

Silence

Simplicity

Solitude

Stewardship

Submission

Worship



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