

PREPARE-START-WALK-FINISH

MENTORING

Guide Book

Welcome to the Mentoring Journey. We believe that spiritual growth is something that happens bit by bit and involves the influence of someone else who cares about our growing faith; like any other journey, it usually is over time and involves being with people. There are stages to a healthy journey, which will be reflected throughout this guide. We hope that as you grow in your faith through the Mentoring Journey, you will experience God’s deep love for you and His calling on your life. Use this guide to see what is ahead and to reflect on what you are experiencing along the way. The goal is dynamic life in Christ!

TABLE OF CONTENTS

01	<i>MENTORING THE BASICS</i>	09	<i>START: THE START GUIDE</i>
02	<i>THE MENTORING JOURNEY STORY</i>	16	<i>WALK: LEARNING AND GROWING TOGETHER</i>
06	<i>THE JOURNEY MAP</i>	17	<i>MY MONTHLY LOGS</i>
08	<i>PREPARE: CALLING AND INVITATION</i>	18	<i>FINISH: CELEBRATE AND WHAT’S NEXT</i>

THE BASICS

WHAT IS SPIRITUAL MENTORING?

Mentoring is a one-on-one, same gender relationship that provides an opportunity for those who are younger (in age or faith) to be spiritually guided by someone more mature.

HOW WILL MENTORS AND MENTEES GROW?

PERSONALLY: gain a greater understanding how God is shaping the story of your life and using your story in his kingdom.

SPIRITUALLY: grow in knowledge of God and his purpose and desires for you as a follower of Jesus by practicing different spiritual disciplines.

INFLUENTIALLY: apply your personal and spiritual growth in loving and leading wherever God places you.

WHAT DO MENTORS AND MENTEES DO?

Create an environment for spiritual growth which prioritizes the relationship, while engaging with scripture and other resources that deepen faith. They meet on a regular basis to be encouraged and challenged and grow closer to Christ.



THE MENTORING

JOURNEY STORY

Paul said in 1 Corinthians 11:1, “Be imitators of me, as I am of Christ”. In this journey of life, we are meant to grow together as believers in our pursuit of knowing and becoming more like Christ. We can do this through mentoring--a one-on-one, same gender relationship that provides an opportunity for those who are younger (in age or faith) to be spiritually guided by someone more mature. Let’s explore mentorship through the journey of a hike with someone.

PREPARATION FOR THE JOURNEY

CALLING AND INVITATION

Before you set out on a hike, you'll want to determine your availability for the journey and who you will invite to join you. Similarly, when considering mentoring, assess your ability to commit to the 9-12 months of intentional weekly or bi-weekly meetings. Do you have the margin, dedication, and energy for the process? Just as Paul invited Timothy on his journey in Acts 16:3, you'll also want to consider and pray about people in your life that you could invite to be your mentor or mentee. Be open to anyone God puts in your path, which may be someone suggested to you by a Forest Hill staff person.

START THE JOURNEY

ESTABLISHING FOUNDATIONS

As you begin your hike together, it will be helpful to know one another's experience with hiking and the shared goals for the journey. An understanding of where you both are in your



walk with God will also help in shaping the foundation and pace of mentoring. Are you exploring your faith or a new Christian who may need to move a bit slower or have you been in a relationship with God for a while and can walk at a faster pace? Sharing your stories with one another can assist in establishing goals and setting a schedule for the relationship. The Guide is a great resource to help you begin your time together. Just as Paul led Timothy at the beginning of their journey together, the mentor will model and lead for the mentee as the relationship starts.

WALKING TOGETHER IN THE JOURNEY

LEARNING AND GROWING TOGETHER

When you begin the hike up a mountain, you'll want to decide which trail you walk and take time to look behind to see how far you've climbed. Mentors and mentees will want to choose the studies to work through together and encourage each other as you make steps in faith. All relationships should grow to know God more through study, listening to and speaking with God, and applying it in your life. At this point in the journey, you'll be walking side-by-side, just as Paul and Timothy were fellow workers in Romans 16. God can use the authenticity of the conversation to provide beneficial growth. Each relationship is genuine and unique, reflecting the personality, gifts, and needs of the pair.

FINISHING THE JOURNEY

ENDING WELL AND NEXT STEPS

When you reach the end of your hike, you've arrived at a destination; but the journey isn't over, is it? You both still have to finish by returning. Similarly, as your mentorship nears the end, your journey continues in other ways. This is a great time to celebrate all that God has done during your time together and discern where God is taking each of you next. Eventually, in 2 Timothy 2:2, Paul entrusted the ministry to Timothy. Likewise, the mentor will empower the mentee. Both the mentor and mentee will continue to grow individually and even lead as God calls you. The hope at Forest Hill Church is that mentors and mentees will grow in faith and be a catalyst for growth in others. We hope this journey will be a fruitful one for you as you grow in dynamic life!



WE HOPE THIS JOURNEY WILL

BE A FRUITFUL ONE FOR YOU

AS YOU GROW IN DYNAMIC LIFE!

CALLING & INVITATION

PREPARE

WHO?

TIMELINE: 1 month

ACTIONS: Evaluate Self, Pray, Apply

WHAT YOU MAY BE FEELING: Excited, Curious, Hesitant

WHAT TO EXPECT: Expectations, Commitment

TOUCHPOINTS: Forest Hill Leader website, Connect Cards, Training & Applications

SCRIPTURE ROOTS: "Take on the Journey" — Acts 16:3

ESTABLISHING FOUNDATIONS

START

WHAT? WHEN? WHERE?

TIMELINE: 1 month

ACTIONS: Create Schedule, Set Goals, Talk about challenges, Do Spiritual Assessment, Study Starter Guide

WHAT YOU MAY BE FEELING:

Interested, Energetic, Quiet

WHAT TO EXPECT: Transparency, Authenticity, Heavy on the leading by the mentor

TOUCHPOINTS: Starter Guide: Four Weeks learning about one another, about Jesus, and our relationship to Jesus

SCRIPTURE ROOTS: "Remember Jesus Christ" — 2 Timothy 1:8-9



LEARNING & GROWING TOGETHER

WALK

HOW?

TIMELINE: 6-8 months

ACTIONS: Choose what to study together, Grow in faith together, Assess goals, Encourage the small changes

WHAT YOU MAY BE FEELING: Eager, Joyful, Grief, Tired

WHAT TO EXPECT: Heavy on the listening to one another, Pace-setting, modeling, Parent to Partner

TOUCHPOINTS: Person to Person, Choose your material, Meeting together

SCRIPTURE ROOTS: "Fellow Worker"
– Romans 16:21

ENDING WELL & SENDING OFF

FINISH

WHY?

TIMELINE: 1 month

ACTIONS: Celebrate the time together Evaluate your goals, Get feedback Talk about next steps

WHAT YOU MAY BE FEELING:

Thankful, Scared, Sad, Relief

WHAT TO EXPECT: Empowerment, Discernment

TOUCHPOINTS: Leading somewhere, staff contact

SCRIPTURE ROOTS: "Entrust to Others" – 2 Timothy 2:2



JOURNEY MAP

PREPARE

THE INFORMATION

Use this table to have one another's contact information and to commit to your day, time, and location to meet with one another.

Name:

Partner Name:

Best way to reach you:

Start Month:

End Month:

Day:

Time:

Location:

What do I need each week?:

The Start Guide is to help you begin your mentoring together. There are four weeks to provide a place to learn about one another and your relationship with God. It also provides a template to reflect, read, and respond each week as you meet.

WEEK 1: A LITTLE ABOUT ONE ANOTHER

Sharing the Basics About One Another

- Where did you grow up?
- How long have you lived in this area?
- What do you like to do in your spare time?

Church, Group Experience, and Expectations

- How long have you been connected to Forest Hill?
- Have you ever been in a mentorship before?
- What would make this a helpful experience for you?

A New Season

- What is something you learned about yourself in the last year?
- If you had to pick a word or phrase for how you feel so far this year, what would it be?

Prayer

Confirm your next meeting together

WEEK 2: A DAY IN THE LIFE OF JESUS

Reflect

How was your week? What is one way that you have seen God in your life over the last week?

Read

This week, our study looks closely at some of the work and teachings of Jesus. Throughout His ministry, Jesus proclaimed the truth that He is the way to God and that the Kingdom of God is near. The Jews had been waiting for the Messiah—a Savior—to take over and lead the Kingdom. Jesus came to fulfill that prophecy and become the Savior of the world. Everyone is in need of salvation as no one can earn it by their own merit. Jesus commanded people to repent (turn from sin), believe He is Savior, and follow Him.

Passage: Mark 1:15–34

- In this passage, we see Jesus call His disciples and teach. He exercises His authority over sin, sickness, and the demonic world. We are beginning to know Jesus in new and great ways.
- In verses 16-20, Jesus gives a command. Who is He speaking to and what does He ask of them? How do the men respond? Do you think this is something that you would do?
- As Jesus enters the synagogue in verse 21, He steps into teaching and His gifts were recognized. What made Jesus' teaching different from the other teachers? Do you think you would have recognized Him if you were in the building?
- In verse 23, a man with an unclean spirit recognizes Jesus. Jesus commands the spirit to be silent and leave. How did the spirit respond?
- Jesus then goes to Simon and Andrew's house in verses 29-31. What does Jesus do? Why do you think Simon's mother-in-law served Jesus?

- In verses 32- 34, what do you think it would have been like to be outside of Simon and Andrew’s house as Jesus was working that night? Why do you think He told the spirits to be quiet?
- How do the events from verses 23-34 reveal Jesus’ authority and the Kingdom of God? How do you respond to Jesus’ authority in your life?

Respond

Prayer and journaling are a part of the mentoring journey. Take time over the next week to journal a prayer each day. Writing out your prayers can help you clarify your thoughts to God. Think about how you see Jesus’ authority in your life.

Prayer

Pray about the journey ahead together. Ask God to help you build a deeper relationship with Him and with your mentor/mentee.



WEEK 3: PARABLE OF THE SOWER

Reflect

How was your week? How have you been impacted by our study last week? What is one way that you have seen God in your life over the last week? What stood out to you from your prayer and journaling time?

Read

The Parable of the Sower is a teaching of Jesus that appears in three Gospels—Matthew, Mark, and Luke. Parable means “to set alongside”. Jesus used parables to teach a spiritual truth in terms of everyday living. It is a story and the corresponding intended message. Interestingly, the parables were not always easy to understand. Have you struggled to understand God? This study will hopefully help as you get to know Him and you more.

Passage: Mark 4:1–20

- What are the 4 different types of soil? How does the seed grow in each soil (Verses 4-8) ?
- In Jesus’ day, farmers would sow the seed and then plow the field. Jesus sowed seeds of truth in His ministry with the hopes that people would gain an understanding of and belief in Him. Similarly, seeds that are sown in our lives produce a harvest after plowing over time. What harvest have you experienced after the sowing and plowing of seed?
- In verse 9, Jesus says, “He who has ears to hear, let him hear.” Everyone has ears, so everyone can receive the truth. However, not everyone intentionally “hears” to understand and produce a fruitful harvest through obedience. What truth do you think God wants you to hear in your life right now? How do you think He wants you to respond?
- Starting in verse 10, Jesus begins to unpack that parable for His disciples and the others who were gathered around. Why do you

think they came to Him for understanding? What is the result of their pursuit for the meaning of the parable (11-12)?

- In verses 15-20, what happens to the seeds sown along the path, rocky soil, thorny soil, and good soil? What kind of soil are you in? Why do you think so? How do you think you can get or stay in the good soil?

Respond

As you begin this mentoring journey, it's helpful to be able to identify your personal journey up until this point. Here is a guide to help you prepare to articulate your story:

[How to Tell My Story Guide](https://www.fhcgroupleaders.org/mentorresources)

<https://www.fhcgroupleaders.org/mentorresources>

Write out your story. Who can you share this with?

Prayer

Share prayer requests and pray for them with each other when you are together. It is also great to text additional prayer requests and answers to your prayers throughout the week.



WEEK 4: THE RICH YOUNG RULER

Reflect

How was your week? How have you been impacted by our study last week? What is one way that you have seen God in your life over the last week? What did you learn about writing your story?

Read

The rich, young ruler was very blessed by Jewish standards. He had all the possessions that wealth could buy him and he kept the law from his youth. However, he learns that Jesus values things in life differently. Ultimately, Jesus wants to be first in our lives. Therefore, everything else must be surrendered. What is hindering you from fully trusting God with everything?

Passage: Mark 10:17–31

- When the rich young man addresses Jesus, he calls him “good”, asking what he needs to do to inherit eternal life. Jesus addresses the use of the word “good”. Why do you think He does this?
- What do you think the motivation was for the question on how to obtain eternal life? How is the law involved? What did Jesus ask of him (verse 21)?
- Why did Jesus’ response surprise the rich young ruler? What do the ruler’s actions reveal about his heart?
- Jesus outlines the hinderance of wealth to obtaining eternal life. How do the disciples respond to Jesus? Does their response surprise you?
- Wealth is one of many hindrances that can get in the way of prioritizing Jesus. For some it may be wealth, for others it could be gossip, adultery, or lying. Consider what is standing in the way of Jesus being first in your life. How has that made you feel self-sufficient?

- How can you attain eternal life? Who is it dependent on?
- Jesus promises the blessings of eternal life and persecutions for those who sacrifice and follow Him? What does that mean to you?

Respond

Make a plan for your next study together. Set a schedule for meeting going forward with a place and time. Feel free to use the resources on the FHC website:

[Mentoring Resources](https://www.fhcgroupleaders.org/mentorresources)

<https://www.fhcgroupleaders.org/mentorresources>

If you have any questions, please contact your campus discipleship director.

Prayer

Take some time to pray for the next study and other steps that are right for your journey together.



Now begins the bulk of your time together. You have prepared well and have established strong foundations for your time and commitment together. Now, your journey will go deeper and you'll experience more along the way.

Choose what you will do for your time together over the next 6-8 months and use the monthly logs to record some of what you are learning about yourself and God as a review at the end of each month.

DECIDING WHAT TO STUDY TOGETHER

Here are some questions & resources to help you decide:

Where do you want to grow?

- Talk about where you want to be spiritually a year from now. Do you want to grow in knowing the character of God? Do you want to learn to share your faith? Do you want to grow in your relationships? Are you newer to faith or have you been a Christ-follower for a long time and want to go deeper in an area? What resources best fit your personalities and life state?

How do you want to grow?

- Think through what is realistic to study together. Is a book better than a series of videos? Do you want to study a book of the Bible together? Is reading a book a month possible given other commitments? Is it better to discuss one resource deeply and apply it to your lives then cover as many topics as possible in a year.

MONTHLY LOG

Month of Observation

What have I been reading

What I am learning about God

What I am learning about myself

Favorite Quote

I found this most challenging

Prayers I am asking God

Prayers I am praying for you

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I found this most challenging

Prayers I am asking God

Prayers I am praying for you

As with any journey, there is an end to one and a start to another. As you wrap up your time together, take the next 3 weeks to look back at how God has worked in your lives and what God is doing to prepare you for what is next.

WEEK 1: REFLECT

Take one week together and look back through your Mentoring Guide Book. What was your relationship like with God then compared to now?

Look back at your monthly logs. What stands out to you? How did God answer prayer? What is God still doing in those prayers?

WEEK 2: READ

Take the following week to read in advance the book of 2 Timothy. Make observations of the relationship between Paul and Timothy. What is the impact and focus of Jesus throughout the book? What do you want to pass onto others about what you are learning about God? What do you appreciate about the mentorship?

WEEK 3: RESPOND

Take this time to talk about some next steps to model 2 Timothy 2:2. Where would that be and who could that be with? Is this a time you can take a personal step of faith towards baptism if you have not done that yet?

Affirm your faith together and affirm one another to “be strong in the grace that is in Christ Jesus.” Close in prayer and make a plan to stay in touch to hear how God is working in one another’s lives.

NOTES

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"GRACE BE WITH YOU ALL"

2 TIMOTHY 4:15

**THANK YOU FOR TAKING
THIS MENTORING JOURNEY.
THE HOPE IS DYNAMIC
LIFE IN CHRIST.**

