

**Introduction :: What is the Mentoring Road all about? ..... 1**  
*plus a checklist for getting started*

**Session 1 :: Life Map..... 4**

Each session includes “just for you” pages that are not included in the Mentee’s Journal.

Life Principle :: Life in an Upside Down Triangle

**Session 2 :: Be Humble ..... 8**

**Session 3 :: Be Teachable ..... 12**

**Session 4 :: Value Others..... 16**

Life Principle :: Live in Unity

**Session 5 :: See the Big Picture.....20**

**Session 6 :: Practice Forgiveness .....24**

**Session 7 :: Focus on God.....28**

**Session 8 :: Be a Servant.....32**

**Session 9 :: Life Map..... 36**

**Appendix :: ..... 40**

- » Purpose of a Mentoring Relationship
- » How to Set Measurable Goals
- » Going Deeper with the Life Map

## What is the Mentoring Road all about?

Life is a journey, a road we all travel. It's how God designed it. But He didn't intend for us to walk the road alone. Rather He tells us to surround ourselves with people who will come alongside of us, provide direction and wisdom, encourage us to stay on course, challenge us to push ourselves, and hold us accountable. That's what Jesus did with his disciples.

As a mentor, you have an amazing opportunity to be one of the people who comes alongside of your mentee on his or her journey. You get to support and encourage, urge him or her to carry on, and believe that your mentee can persevere until he or she reaches the destination. You can make a difference!

Let's be clear: Mentoring is hard. It requires commitment, time and the courage to speak truth into someone's life. Sometimes you will struggle with what to say, what questions to ask, or how to stay on track. But that's OK! The difficulty of mentoring is offset by such rich rewards – people are loved, lives are changed, and the Kingdom of God is strengthened.

We know mentoring someone can be daunting! The goal of this book is to give you a framework for your mentoring relationship that gives you the tools to start immediately and stay focused throughout the time you spend together.

*How this book is structured...* There are nine sessions in this book. The first session and the last session deal with the Life Map, which is located on the inside back cover. The other seven sessions cover topics to help your mentee move forward on his or her journey.

## **Most sessions follow this outline:**

:: **check it** – An opportunity for your mentee to share how he or she did on the goal set the week before.

:: An introduction to the topic for that session.

:: **read it** – A relevant Scripture passage to read together and questions to discuss.

:: **discuss it** – An opportunity for your mentee to discover how the topic and biblical truth intersect with his or her life. This part of the session always points you back to your mentee’s Life Map and allows him or her to make changes, if desired.

:: **apply it** – A specific application of the topic to your mentee’s life. Encourage your mentee to set a measurable goal for the next week. Measurable goals always answer the questions: What? Where? When? How? (Additional information on goal setting is in the appendix.)

:: **pray about it** – A prayer focus for the upcoming week. Since prayer is a conversation with our sovereign God – the One who has no beginning and no end – talking to Him, asking Him for guidance on your journey is the best thing you can do.

:: **meditate on it** – A Scripture to memorize or mediate on over the upcoming week. We recommend writing the verses on an index card and putting it somewhere you’ll see it every day – the mirror in your bathroom, on your refrigerator, in your car or office, etc.

## Checklist for getting started

- ❑ Pick a time and place to meet with your mentee. We recommend once a week for about one hour.
- ❑ Have a discussion about what you expect of each other. Some possible topics include:
  - » How available are you both going to be in between meetings?
  - » How interested is your mentee in changing his or her life?
  - » How ready and willing is the mentee to be challenged and held accountable?
- ❑ Review the instructions in Session 1 so you understand how to complete the Life Map with your mentee. (Additional information is provided in the appendix, if you'd like to go even deeper.)
- ❑ Invite God into your relationship with your mentee. Pray for discernment and wisdom.
- ❑ Show up at the first meeting with this book and your Bible, and get started.
- ❑ If you'd like more information on the purpose of a mentoring relationship or setting measurable goals, check out the appendices in the back of the book.

## :: session 2

### :: check it

Begin this session by discussing how you did on the goal you set last time. What went well? What was difficult? How can you continue to incorporate this into your life?

:: Living in an upside down triangle means that you reject the world's mentality that puts self on top. The world holds that self is most important – that you should do whatever feels good, whatever makes you look the best, whatever puts you ahead. That way of looking at life is the complete opposite of how the Bible tells us to live. God tells us to flip the triangle, putting ourselves on the bottom and others on top.

The first characteristic of life in an upside down triangle is humility. Sometimes the best way to fully understand something is to consider its opposite. The opposite of humility is pride. Pride is defined as "pleasure or satisfaction taken in an achievement, possession, or association" (American Heritage Dictionary). Pride is a natural tendency that we all possess. We are proud of our achievements and want others to recognize our worth. It's easy to look at what we have accomplished in order to feel good about ourselves.

As Christians, this is a dangerous trap. Few things can hinder our relationship with God and others faster than pride. James 4:6 says that "God opposes the proud but gives grace to the humble." " To live a life that honors God, you must be humble, and humility requires that you look for ways to serve others.

### :: read it

Read John 13:1-17 and answer these questions:

In this passage, how is humility demonstrated and by whom?

Reread verse 15. What was the example that Jesus set?

Jesus is near the end of His earthly life. He has lived a life of obedience and submission to God. What could He have been focused on at this point? What would you tend to focus on in this situation?

We know how Peter responds to Jesus. Do you think the other disciples agree? How are they feeling right now? Do you think this experience marks their lives? How does it change them?

**:: discuss it**

Discuss the following with your mentee:

In what ways are you proud?

Look at your Life Map. How is pride affecting anything you have written down?  
Would being humble help?

How could you demonstrating humility change someone's life? How would it change you?

**:: apply it**

How could you follow Jesus' example? How could you step outside of yourself and your situation and demonstrate humility this week? What would that look like? (Good applications always include a what, when, where and how.)

**:: pray about it**

This week ask God to reveal where you are proud, and ask Him to help you find ways to serve others.

**:: meditate on it**

Memorize and/or mediate on Philippians 2:3 this week.

*Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.*