

## Mentoring Guidelines

Because some older women have asked my advice on mentoring younger women I have written this post—not to gain any more mentees myself but to share what I have done.

Over the years I have had the privilege of mentoring some younger women, both in developing their creative writing skills and in helping them grow in their Christian faith. First, one has to ask me to speak into her life. And after I pray if I feel this is right, I will tell her what I'd like to see her achieve in four specific ways as we will talk together over the next months or years—usually via phone or online if not in person. My goals for her to achieve eventually:

1. To have a daily time of devotions to worship and seek God—through prayer and Bible reading.
2. To get a prayer partner to pray with her on a regular basis—via phone or in person, Married couples may decide they are the strong prayer partners.
3. To learn to tell her testimony in ten minutes, five minutes, or one minute and practice so that when the time is ripe she can share it with another person who needs to hear.
4. To eventually mentor another woman either in my mentee's natural skill, talent, knowledge, or experience and/or train an individual in Scriptural truths to help that one grow in her walk with the Lord.

Because I want to help *equip* and *encourage* the younger generation of women whom God brings across my path, I hope they can say, "I caught what she taught" and exceed me in their outreach for Jesus.

**1. Private prayer is a vital discipline:** "But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly." (Matthew 6:6 NKJV) "Every day I will praise you and extol your name for ever and ever." (Psalm 145:2-3 NIV) "LORD, let your ear be attentive to the prayer of this your servant and to the prayer of your servants who delight in revering your name." (Nehemiah 1:11 NIV)

**2. Power of agreement in a prayer partnership:** "Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them." (Matthew 18:18-19 NIV)

The word "agree" derives from a Greek root from which we get our English word *sympathy*. It means "to sound together...to be in accord concerning a matter."

Prayer partnerships can span the globe. Faith-filled prayer, when it is in agreement with the will of God, need not be limited by geographical proximity or even by time zones. In fact, distance really doesn't matter.

Today many Christians who pray together do so by phone or online connections—at a regular time, whether daily, or once a week but they keep the time commitment! (I prayed five days a week for years on the phone with my prayer partner, Lib, and daily with my husband).

3. **Learn to tell your testimony.** Peter, the disciple said, “But you are the ones chosen by God...God’s instruments to do his work and speak out for him, to tell others of the night-and-day difference he made for you—from nothing to something, from rejected to accepted.” (1 Peter 2: 9-10 The MESSAGE) “That which we have seen and heard we declare to you...that you may also fellowship with The Father and with His Son, Jesus Christ.” (I John 1:3)

A testimony is “to tell something you know firsthand, or to authenticate a fact.” When sharing your testimony, you can testify to what Jesus has done for you and hopefully help influence others for Christ. The New Testament is full of instances about people who shared their story. They went and told!

You can **practice** telling in a short time span the most important change you have undergone since you made Jesus your Lord. Then when you share it you are ready and hopefully that person will not only want to hear more but will ask to know how Christ can impact her.

4. **Mentor someone else:** I think of a mentor as an advisor or coach for someone with less experience--- providing expertise, guidance, advice, and knowledge from a more experienced perspective. Usually, a mentor tries to understand a mentee’s need and, using her own personal experience, endeavors to help that person improve. I’d advise my mentee not to be afraid to share from her own trials and as well as her triumphs.

Eventually I hope the one I have mentored finds at least one younger woman who wants her to speak into her life--to encourage her in practical ways, passing down her experience, knowledge, and wisdom on a one-on-one basis and help her grow spiritually by sharing Biblical truths and guidelines.

Paul wrote: “What you learned and received, heard and saw in me, these do.” (Phil:3:8) Peter advised: “As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.” (1 Peter 4:10 NKJV)

While mentoring isn’t mentioned in the Bible “go make disciples” was a command Jesus made. Paul wrote Titus that the older women were to train the younger women ( Titus 2:2-4).

One Christian speaker describes a mentor as “someone further down the road than you who is willing to hold the light to help you get there--to realize your full potential.”

Let’s go do that. Let’s reach some younger ones by encouraging and equipping them—helping them to achieve their destinies.

NOTE: Here are books I wrote, some co-authored with Ruthanne Garlock that I used when I mentored: If some aren’t still available used bookstores usually have them online. *A Woman’s Guide to Spiritual Warfare; A Mother’s Guide to Praying For Your Children; The Beginner’s Guide to Receiving the Holy Spirit (e-book); Cast Your Shadow: Influence On Purpose; Lord, Help Me Break This Habit; A Christian Woman’s Guide to Hospitality; Lord, I Need To Pray With Power; Prayer Partnerships; Praying Prodigals Home;* and for older ones, *Hope for A Widow’s Heart.*