



creekside  
MENTORING

Women's Mentor Packet



## MAXIMIZING YOUR MENTORING EXPERIENCE

Titus 2:3-5

Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good, so that they may encourage the young women to love their husbands, to love their children, to be sensible, pure, workers at home, kind, being subject to their own husbands, so that the word of God will not be dishonored.

*Thank you so very much for your willingness to answer God's call to invest your life into a spiritually younger woman. May God grow and stretch you through this experience and richly bless your new friendship as you depend on Him!*

### I. The Importance of Your Role & Investment of Time as the 'Older Woman'

Your role as the "older woman" is still as vitally important as it was when the book of Titus was written long ago.

\*Just as in the times that Titus was written, women are still being deceived and taught wrong values and philosophies. The job of the 'older' woman/mentor is to model a godly lifestyle and to lead her spiritually younger friend to the truth of God's Word, helping her learn to apply God's principles to her life.

*Dr. Ted Tripp said, "If we don't do this cross generational thing, we miss out! It is part of helping the body of Christ grow."*

\*You never know how God may use you to affect the course of history by investing your life into the life of ONE woman. There can be a beautiful ripple effect!

### II. Mentoring with 'God-Confidence'

*Psalm 121:1-2... Isaiah 41:10... Philippians 4:19... Hebrews 13:20-21*

*2 Corinthians 3:5 Not that we are adequate in ourselves to consider anything as coming from ourselves, but our adequacy is from God.*

*Hebrews 4:16 Therefore let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in our time of need.*

A Quote from Bible teacher Kay Arthur. . . “We will never cease to need our Father, His wisdom, direction, help, and support. We will never outgrow Him. We will always need His grace.”

\*Each mentoring relationship will look different! Trust in, rely on and have confidence that God will guide you as you seek Him.

\*Ask the Lord to continually give you a patient and accepting heart toward your mentee. . . [Romans 15:7](#)

### III. A “Little Self Examination” – Characteristics of the Titus 2 Woman

\*Ten characteristics that should be evident in the Titus 2 woman who is guiding and encouraging a younger woman. (Not perfection but direction!!!)

\*Many of these things are not popular in our culture. *We want to be women who unashamedly and boldly live out these truths in our own lives and then lovingly and unashamedly teach them to our younger women.*

\*Much of what your mentee learns will be from how you live your life before her.

### HELPS AS YOU BEGIN YOUR NEW RELATIONSHIP

#### 1. Keep your role in her life in perspective.

\* You aren’t her counselor. Your time together should not resemble a counseling session. If professional counseling is needed, please reach out to your committee representative, so that we can get her the help she needs.

\* You aren’t the only voice in her life. Encourage her to find other relationships within the church.

\* You are her friend, confidant, encourager, exhorter. Let her follow you as you follow Christ. Trust the Lord with the results.

#### 2. Be honest, transparent and a good listener.

\*Don’t feel you need to have all the answers. Whew! That’s a relief! This will be a stretching, learning time for you too!

\*Be as transparent as the Lord leads you to be. We are so much more real and approachable when we are honest about our own struggles and problems.

\**Listen to understand* instead of listening to reply. Trust God for what you need to say at the appropriate time. *James 1:19*

3. Keep her confidence!

\* Keep what she shares between the two of you. She needs to be confident in your integrity and confidentiality.

4. Keep prayer a vital part of your relationship.

\*One of the most important and powerful ways we can encourage and nurture a mentee is through prayer.

\*As you get to know your mentee, you will be able to discern more if she is comfortable praying out loud with you. At first, you might do more of the praying, keeping your prayers simple.

\*Share prayer requests.

5. Stay committed, keep your relationship a priority and be flexible.

\* You have agreed to a six-month commitment. *Be the initiator and stay in contact.*

\* Let your mentee know you care about her and that the relationship is important to you.

\*Do your best to keep scheduled meetings. Ask God to guard your time together.

\*Finding time to meet may be one of your biggest challenges. As the mentor, be as flexible as you can. Keep in mind this will be a sacrificial investment of your time and energies. But, what a blessing it can be!

## Some Aids For Your First Meeting

### *Meeting your mentee. . .*

- \* Greet her with a big smile and hug (if she is comfortable with that), telling her how excited you are to be matched with her.
- \* Start getting to know each other. . . your profile sheets will be a helpful tool.
- \* Establish appropriate times to call/text each other and preferred numbers for contact.
- \* Does she prefer to text or email?
- \* Remember that each relationship is unique. What you do with your mentee will be geared to meet her needs.
- \* We have NO set plan for *how* you spend your time together. This decision will be up to you and your mentee and *how the Lord leads*.

### **Prepping for your First Time To Meet Together**

- \* Always PRAY before every time you get together.
  - Actually...pray before, during, and after you meet.
- \* Ask the Lord to guide and direct your conversation and time together.
- \* Psalm 32:8. . . “I will instruct you and teach you in the way to go, I will counsel you with my eye upon you.”

### ***Suggestions for your first meeting:***

- \* Spend the time getting to know one another for the first meeting or two.
- \* Share your testimonies. . . share yours first and ask her if she would like to share hers. Ask the Lord for discernment in determining if she has that foundation of faith in Christ.
- \* Discuss how often you will meet, what is the best time, how long will your meetings be.
- \* Discuss what you want to do in your time together. Suggest that you both pray for God’s leading concerning how time is spent. Are there hopes, goals, specific topics/areas in life she wants to focus on. This may take several times of meeting to determine.
- \* Close your time with a brief prayer.

**Where can we meet?**

Local coffee shops or restaurants

Parks, walking trails

Your home

**What will we do in our time together?**

You may want to enjoy a Bible study, coffee, lunch or walks together....

(See "Recommended Books" page for more ideas)

\*Again, what you do together is up to you and your mentee and how the Lord leads!

*Hold your plans loosely.*

*Don't set your plans in concrete; allow God to shift them if He chooses.*

## Some Recommended Do's and Don'ts for your Mentoring Relationship

### - Do -

- Offer understanding and friendship. **'Do life together'!**
- Be honest, transparent, growing and teachable with her. Learn from your mentee!
- Be a good listener. This often takes much self-control. Pray about it! - **LISTEN TO UNDERSTAND INSTEAD OF LISTENING TO REPLY! (James 1:19)**
- Keep her confidence. Trust is vital. Share only if you have her permission.
- Seek your guidance from the Holy Spirit.
- Be an encourager.
- Pray together.
- Let her know you support her, but she is responsible for her choices.
- Be very respectful of her husband (if she is married) and family.
- Do try and put them at ease every time you are around them.
- Guard your tongue! Be wise in what you say to her and about her to others. Be prayerful and careful when encouraging her through tough times....
- Return her calls, texts, emails, in a timely fashion, even if she is not as consistent.
- Take the initiative in the relationship to keep it consistent and fresh.
- Have God's Word available when you meet together. Encourage her to do so as well. Come prepared and prayed up for your time together.
- Focus on what you are giving to the relationship, not what you expect or want to receive from it. Being a mentor is being a servant. Always keep in mind that you are ultimately doing this "as unto the Lord" and He will bless you in many ways. *Colossians 3:23-24*
- Create a safe place to listen to your mentee. When appropriate, ask hard questions. Ask open ended questions and encourage dialogue. Help her discover her potential. Diligently pray for and unconditionally love her!
- Relax. . . enjoy the adventure God has for you. . . leave the results up to Him!

## - Don't -

- Get in over your head. Keep healthy boundaries. On occasion, your mentee may have some serious issues that would call for counseling from a professional.
- Think you need to know all the answers. If you don't know an answer to something your mentee asks you about, tell her you don't know. It's healthy and freeing for all ... to know we don't have to know everything! Circle back with her. Always remember to pray for wisdom.
- Try to be a fixer. Remember that your role is to guide her to biblical truth and trust any change to come from the Lord. Point her to Jesus.
- Be critical; if you feel some reproof is needed, be sure to pray, pray, pray before and follow the guidelines of Galatians 6:1.
- Feel like a failure if she does not follow a suggestion or change in a way that you think she 'should'. (Don't take "ownership" of her choices and actions.)
- Take up an offense (sides) toward her husband or anyone she may share with you about.
- 'Replace' her mom.
- Make choices for her.

# Ways to Show You Care

Here are a few ideas to get you started...

- *Call just to say, "Hi." Send a 'thinking of you' text message.*
- *Plan a fun, out-of-the-ordinary, outing for one of your meetings together.*
- *Love her family.*
- *Take her dinner when she's sick, after a new baby is born, or while she's studying for a big test.*
- *Help her with an overwhelming project.*
- *Take small presents (homemade are the best) to her children on their special occasions.*
- *Clean her house when she is sick.*
- *Send a note affirming her as a wife, mother, daughter, or friend.*
- *Give her a gift certificate for a pedicure in her ninth month of pregnancy.*
- *Print scripture verses on a pretty card or leave a verse on her voicemail.*
- *Pray for her and her loved ones.*
- *Be available.*
- *Be forgiving.*
- *Be accepting.*
- *Listen.*
- *Give her your trust.*
- *Take a photo of the two of you.*
- *Take her to lunch as an encouragement to help her during a difficult time.*
- *Take her a surprise springtime gift – put a flowerpot of flowers, bottle of lemonade, and garden gloves in an open box, drop it on her doorstep, ring the bell, and run!*
- *Take her a surprise autumn gift – put a pumpkin, bottle of apple cider and popcorn in a box, drop on her doorstep, ring the bell, and run!*
- *Plan a picnic after church for your families or for one of your meetings.*
- *Offer to babysit her kids so she and her husband can have a night out.*
- *Keep her company when her husband is out of town on business.*
- *Send a friendship card when there is no special occasion – just to say you care.*
- *Help her laugh when she feels like crying (after you let her cry, of course).*

- *When your recipe makes enough for a crowd, take some over to her to enjoy with her family.*
- *Offer to take over cookies when you know she is entertaining or having a meeting at her house.*
- *Loan her a great book you just finished and give her a bookmark to go with it.*
- *Let her know that you appreciate her for being a godly woman and helping to keep you accountable.*
- *Take her popsicles and chicken soup when she has the flu.*
- *Make some Christmas cookies or holiday decorations together.*
- *Go to a movie together.*
- *Send her a card on her anniversary.*
- *Attend one of her children's activities (sports, piano recitals,...)*
- *Make 'extra' cookie dough, freeze into shaped cookies so she can bake 'fresh' cookies for her kids.*
- *Ask about her children by name.*

*Our God is Creative, Good, and Faithful!!!*

*He has given us... and gifted us... with creativity in how we can CARE for and LOVE others!*

# Some Conversation Starters and Discussion Aids

## Ice Breaker Questions

Share about your hometown or where you grew up.

Share about your family

One area of your Christian walk you would like to strengthen.

Describe a time when you felt especially close to the Lord.

Favorite scripture

Favorite hobbies

Favorite foods...any food 'weaknesses'? ha

Favorite books or movies

First paying job

Who was the best teacher you ever had? Tell me why?

Coffee or tea? How do you like it?

Mountains or beach? Dream vacation?

Favorite thing to cook or bake (if you enjoy doing that)

Favorite season and why?

What skill or talent do you wish you had?

What is the weirdest gift you have ever received?

Is it easy or hard for you to have people over at your home? Why?

## **Life**

To you, what does it mean to be happy or to have a happy life?

If you were going to write about your life so far, how would you break it up into chapters?

How would you describe your family's cultural background?

How do you think social media affects your friendships?

How often do you feel stressed out these days?

What do you think causes you the most stress or worry?

How has your relationship to your parents changed since you were younger?

When you look around your school, your community, our country, or the world, what concerns do you have or what do you want to see changed?

## **Spirituality**

Can you think of any important moments in your faith that stand out to you?

Do one or two people come to mind who have impacted your faith? Tell me about them and why they've been important to you.

How would you describe God to a friend?

How has faith or spirituality been talked about and lived out in your family?

What does it mean, to you, to be a Christian?

How does being a Christian impact how you think about who you are?

How does being a Christian impact what you do, or your choices from day to day?

What does prayer mean to you?

What kinds of feelings or questions does the Bible raise for you?

Are there any issues you never hear people talking about at church?

How do your own views about issues differ from your church's? Do you talk about those differences with anyone?

## **Identity**

When you ask yourself, "Who am I?" what sorts of words or phrases come to mind?

How would your friends describe you?

What do you think other people might misunderstand or get wrong about you?

Can you think of a time when you didn't feel like you knew who you were?

How have your parents' expectations shaped you, or influenced your view of yourself?

When do you tend to feel the best about yourself?

When do you tend to feel the worst about yourself?

Can you give me an example of why or how race or ethnicity has shaped your life so far?

## **Belonging**

Think about a time when you really felt included. What was it like?

Has there ever been a time when you felt left out or excluded?

Have you ever done something to impress others you were with?

At your church, do you feel like you're an important part of the community and belong there?

When do you tend to feel most alone?

## **Purpose**

Think about a time when you were doing something you're really interested in or passionate about. What were you doing?

What do you feel anxious or nervous about when it comes to your future?

How has your church or faith impacted your sense of purpose?

In what ways do you think the choices you make are shaped by your purposes in life?



# Recommended Book List

## GROWING IN CHRIST

- ❖ *Lord, I Want to Know You* by Kay Arthur
- ❖ *Growing Together* by Melissa B. Kruger
- ❖ *A Woman After God's Own Heart* by Elizabeth George
- ❖ *Satisfy My Thirsty Soul* by Linda Dillow
- ❖ *Experiencing God* by Henry Blackaby
- ❖ *The Resolution* by Priscilla Shirer
- ❖ *A Shepherd's Look at Psalm 23* by Phillip Keller
- ❖ *Becoming A Woman of Influence* by Carol Kent
- ❖ *The Life Ready Woman* by Shaunti Feldhahn and Robert Lewis
- ❖ *Women of the Word* by Jen Wilkin
- ❖ *Words That Hurt, Words That Heal* by Carol Mayhall
- ❖ *It's Not Supposed to Be This Way* by Lysa Terkeurst
- ❖ *Seeking Him* by Nancy Leigh DeMoss
- ❖ *Lies Women Believe* by Nancy Leigh DeMoss
- ❖ *How To Read the Bible For All Its Worth* by Gordon D. Fee and Douglas Stuart
- ❖ *30 Days to Understand The Bible* by Max Anders

## MARRIAGE

- ❖ *The Meaning of Marriage* by Timothy Keller
- ❖ *Called to Be A Keeper* by Lori Merrill
- ❖ *The Excellent Wife* by Martha Peace
- ❖ *A Marriage Without Regret* by Kay Arthur
- ❖ *What Is It Like Being Married to Me?* by Linda Dillow

## PARENTING

- ❖ *Shepherding A Child's Heart* by Tedd Tripp
- ❖ *Parenting* by Paul David Tripp
- ❖ *Building Strong Families* by Dennis Rainey
- ❖ *Little House on the Freeway* by Tim Kimmel
- ❖ *Grace-Based Parenting* by Tim Kimmel
- ❖ *The Power of a Positive Mom* by Karol Ladd

## PRAYER

- ❖ *Prayer* by Timothy Keller
- ❖ *Prayer* by Philip Yancey

- ❖ *Praying the Bible* by Donald Whitney
- ❖ *Praying the Scriptures for Your Children* by Jodie Berndt
- ❖ *A Praying Life* by Paul E. Miller

