 <p>woodlands group of churches</p>	<p>WOODLANDS MENTORING BOOKLET</p>	<p>M E N T O R I N G</p>
<p>1-TO-1 DISCIPLESHIP Jesus-centred exploring, encouraging, challenging... growing in faith</p>		
<p>Dreams Devotions Domestic Disciplines Developments</p>		

 <p>woodlands group of churches</p>	<p>WOODLANDS CHURCH, BELGRAVE ROAD, CLIFTON, BRISTOL, BS8 2AA 0117 946 6807 tim@woodlandschurch.net</p>
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At a recent conference the speaker gave this list of questions that they use in mentoring / accountability sessions.
Would you be brave enough to use them?

10 tough accountability questions

1. Have you spent daily time in scripture and in prayer?
2. Have you had any flirtations or lustful attitudes, tempting thoughts or exposed yourself to any explicit materials that would not glorify God?
3. Have you been completely above reproach in your financial dealings?
4. Have you spent quality time with family and friends?
5. Have you done 100% in your job?
6. Have you told any lies or half-truths, putting yourself in a better light than those around you?
7. Have you shared Jesus with an unbeliever this week?
8. Have you taken care of your body through exercise, proper eating and sleep?
9. Have you allowed any person or circumstance to rob you of your joy?
10. Have you lied on any of your answers

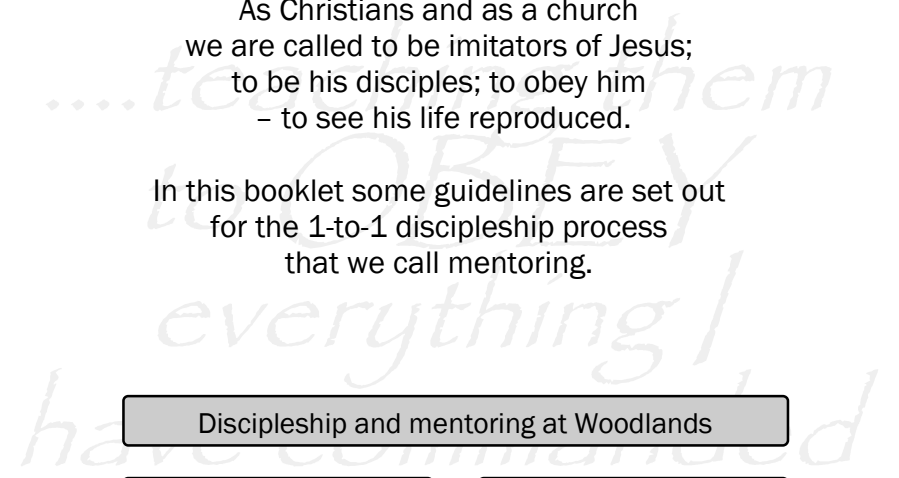
If you have any questions about this booklet, please do contact
Tim Dobson email: tim@woodlandschurch.net

Date	Development ➤ Gifts, ministries, training, reading, study, research, job.
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WOODLANDS
MENTORING

As Christians and as a church
we are called to be imitators of Jesus;
to be his disciples; to obey him
- to see his life reproduced.

In this booklet some guidelines are set out
for the 1-to-1 discipleship process
that we call mentoring.



Discipleship and mentoring at Woodlands

Guidelines for mentors

Your spiritual life

Guidelines for those being mentored

Using this booklet

The '5Ds': Dreams, Devotions,
Domestic, Disciplines, Developments

Suggested opening questions

- What are your 'natural' and spiritual gifts?
- How have you been using and developing them ?
- How can you continue to grow in these gifts?
- What training and accountability do you need?

Homegroup leader:

Mentor:
Mentee:

Discipleship and mentoring at Woodlands

A number of contexts at Woodlands encourage the discipleship process: through the teaching on Sundays; within Pastorates and homegroups; in training and teaching for various areas of ministry and service.

So, what is mentoring and where does it fit into what we do as a church?

Mentoring is...

- ...part of the process of discipleship: **Discipleship is centred on Jesus**, learning to obey his teachings and the leading of the Holy Spirit.
- ...discipleship happening on a 1-to-1 level. This is a place **for those who want to grow in their faith** to be encouraged and challenged; to explore and be accountable.

Mentoring is not...

- ...the first line of pastoral support – this should be something that primarily happens through homegroups.
- ...primarily friendship support
- ...the context for training and teaching for specific service/ministries unless the 1-to-1s have been set up with that particular focus in mind.

“...go and make disciples of all nations... teaching them to OBEY everything I have commanded you...” Matthew 28:19,20

Date

Disciplines ➤ Physical exercise, interests, habits, priorities, time pressures.

*....teaching them
to OBEY
everything I
have commanded
you....*

Suggested opening questions

- Outside of church what activities are you involved in recently?
 - Are these activities a negative or positive influence in your relationship with God?
 - What pressurises you most at the moment?

Date	Domestic ➤ Family, relationships, friends, home life.

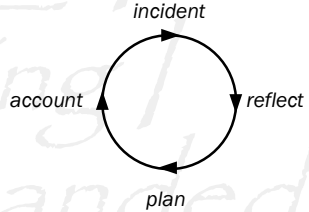
Guidelines for mentors

Meetings

- Meet for an hour once a month.
- Use your first meeting to set the ground rules and expectations.
- Have a review session every 3 months. This is a chance for both of you to take stock—if things don't seem to be working this makes a natural point to stop.
- Students and younger people could meet every 2 to 3 weeks

Use the five areas (dreams, devotions, domestic, disciplines, development) covered in this mentoring booklet to guide you in exploring possible places for growth and development.

Encourage your mentee to reflect on anything that comes up (good or bad) and to set an action plan. You'll both have one of these mentoring booklets in which you can jot down anything you've talked about. In subsequent meetings keep your mentee accountable – encourage, challenge, pray... be a travelling companion as they grow.



Avoid making decisions for them - it is important that the mentee takes responsibility for decisions made. Remember that you're simply assisting your mentee in bringing their life under Jesus' lordship.

Prayer

Prayer is of foundational importance - pray for your mentee and seek God's heart for them. Prayer should also be a part of your mentoring sessions.

Resources

If you feel it would be appropriate to go through some material with your mentee we have a variety of Bible Study/ Lifestyle/ New Christian resources available. Woodlands office may have details.

Suggested opening questions

- What is your home life like?
- How much time do you spend with your family/ flatmates?
 - How are you relating to others at the moment
 - Is there anybody you need to forgive?

Guidelines for mentors continued...

Pastoral issues

Pastoral issues may well arise from time to time. However, if your mentoring relationship starts to be more of a counselling one then this need to be gently addressed during a review. Pastoral care happens through homegroups, the Pastoral care team or in some other way.

Trust: it is important to establish a trusting relationship from the beginning where the mentee can be open and honest. However, there may be issues that arise which require further action to be taken e.g. child protection. Never promise total confidentiality.

Mentor coordinators

Please let your homegroup leader know who you are mentoring. Refer pastoral needs & training to them.

Make a note of their name and contact details on the first page of this booklet.

Mentoring young people (under 18)

Mentoring of Devotion-aged young people (yr.8–13) happens under the oversight of the Devotion leadership team.

Mentors should arrange a safe place to meet and let someone know when and where this is. You must have gone through the Child Protection process.

There is a 10 week basic discipleship course available if you need it.

*“You became imitators of us and of the Lord
...and so you became a model to all believers”
1 Thessalonians 1:6-7*

Date

Devotions > Prayer, daily devotions,
personal worship, reflection, fasting, giving.

*....teaching them
to OBEY
everything I
have commanded
you....*

Suggested opening questions

- > Which areas of your devotions have been going well recently?
- > Which areas of your devotions do you struggle with?
...how could you tackle this?

Date	Dreams ➤ Aspirations, longings, Godly goals - both short term and long term.
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Your Spiritual life

Mentoring is actually a great way of seeing your own relationship with God remain dynamic and deepen. Mentoring is also a spiritual responsibility so you need to keep a close eye on your own spiritual life. To have integrity you need to be honest with yourself and God about where you are personally and the things that you struggle with. To help with this our aim is that everyone who is involved in mentoring will also be mentored.

Spiritual checklist

*“How can a young person keep their way pure?
By living according to your word!
I seek you with all my heart;
Do not let me stray from your commands
I have hidden your word in my heart
That I might not sin against you.” Psalm 119:9-11*

1. Is your way pure? Is there anything in your lifestyle, attitudes etc. that you need to confess to God?
2. Have you been living according to God’s word this week? Have you strayed from his commands?
3. Have you been seeking God with all your heart, spending time with him and studying his word?

*“Teach me your way, O lord
And I will walk in your truth;
Give me an undivided heart,
That I may fear your name.” Psalm 86:11*

4. Has your heart been divided in any way this week? Ask God to give you an undivided heart.

Suggested opening questions

- How has God spoken to you over the last month...how does this fit in with your life’s dreams?
- How are you moving towards these dreams/goals?

Remember *“ The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart.” 1 Samuel 16:7*

Guidelines for those being mentored

Being mentored is about having someone come alongside you as you learn to obey what God is saying to you and as you bring your life under God's authority. This is to do with your body, mind and spirit.

Your mentor will...

- ...encourage you as you follow Jesus and become mature in Him
- ...help you to identify your gifts and strengths
- ...help you identify and address weaknesses
- ...encourage you to reflect upon your life; to set goals/plan; and keep you accountable

Your mentor will not...

- ...make decisions for you
- ...replace the pastoral support you receive in your small groups

You should let your homegroup leader know who is mentoring you.

"If you hold to my teachings you are really my disciples. Then you will know the truth and the truth will set you free" John 8:31

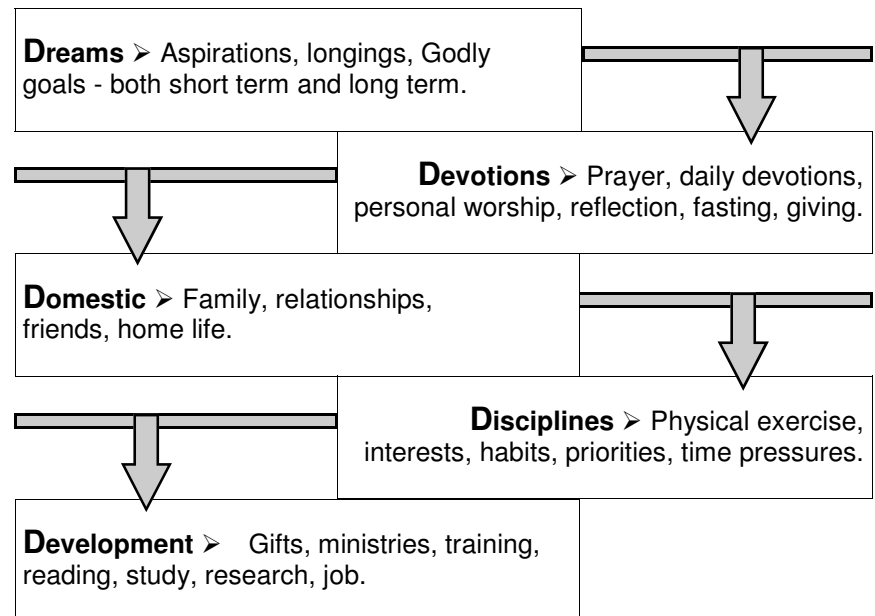
Woodlands Church, Bristol

Using this booklet

On each page in this booklet are one of the following '5Ds' and a couple of appropriate questions (just to get you started).

Both of you should try to jot down a few notes after each session...this will make the process of reflection, prayer and evaluation easier.

The '5Ds'



If you have any questions about this process, do ask your homegroup leader or contact Tim Dobson email tim@woodlandschurch.net