

Flourish: One on One Mentoring

Purpose:

Spiritual growth through friendship.

"Two are better than one, because they have a good return for their work."

Ecclesiastes 4:9

What is Mentoring Ministry?

It is a ministry for women of all ages based on Titus 2:3-5. It intentionally develops friendships among women of different generations. Women invest in the lives of each other through encouragement, guidance, listening, laughing, and loving. The goal is to form strong and lasting relationships that are a source of support, growth, and strength. It is based on Romans 1:12...that we would be mutually strengthened, encouraged, and comforted by each other's faith, both yours and mine.

What is a Mentor and what do they do?

A mentor is a woman who is successfully navigating the seasons & experiences of life. She is a mature woman who is developing in faith and consistent in godly conduct. She is willing to listen, share skills, and provide a positive perspective for life experiences in a fun atmosphere. She provides insight and offers spiritually sound advice in a safe and fun friendship to a younger woman.

What is a Merea and what do they do?

"Merea" (Mur-a'-ah) is a Hebrew term that means young friend. A merea is a woman who welcomes the insight and knowledge of a more mature woman. She desires to develop certain skills and/or strengths for her personal, spiritual journey. She needs a woman that has lived longer than her and is willing to have a transparent relationship by sharing what God has taught her in life.

Why have a Mentoring Ministry?

- The Lord commands us to tell the next generation – Psalms 145:4, 48:13, 71:18, and 78:4.
- Teaching what we've learned is the Lord's plan for growth and maturity – Titus 2:2-5.
- Spiritually enriching friendships are extremely valuable in a woman's life - Proverbs 27:9 and 17.

What commitment does the Mentoring Ministry require?

- This is a 5-6 month commitment. Please respect one another's time and schedules; be consistent.
- You agree to make contact at least once a week, by email, call, text, etc.
- You agree to meet at least once a month...for coffee, lunch, visit, shopping, consider taking a bible study together. (For sure come to Cultivate Together!)
- You agree to pray for each other regularly.

Benefits of Friendship

1. Emotional

a. LOVE:

Proverbs 17:17 A friend loves at all times, and a brother is born for adversity.

Ask not, "Do I receive this type of friendship, but do I give this type of friendship?"

Romans 12:10 Be devoted to one another in brotherly love. Honor one another above yourselves.

b. SUPPORT:

Romans 12:15 Rejoice with those who rejoice; mourn with those who mourn.

Proverbs 25:20 Like one who takes away a garment on a cold day or like vinegar poured on soda is one who sings songs to a heavy heart.

c. SAFE PLACE:

James 1:19 My dear brothers take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

Proverbs 17:9 He who covers an offense promotes love, but whoever repeats the matter separates close friends. (A friend overlooks an offense; does not betray a confidence.)

2. Spiritual

a. COUNSEL:

Proverbs 27:9 Perfume and incense bring joy to the heart, and the pleasantness of one's friend springs from his earnest counsel. (Spiritual counsel from the word.)

Proverbs 27:17 As iron sharpens iron, so one man sharpens another. (A good friend stimulates and sharpens you).

Proverbs 13:20 He who walks with the wise grows wise, but a companion of fool suffers harm.

b. SPEAKING THE TRUTH IN LOVE:

Ephesians 4:15 Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is Christ.

Proverbs 27:6 Wounds from a friend can be trusted, but an enemy multiplies kisses.

c. ENCOURAGEMENT:

Hebrews 3:13 But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness.

Hebrews 10:24-25 And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another.

Philippians 2:4 ... look out for the interest of others (attitude of Christ).

1. Physical

a. HELP IN WORK AND TROUBLE:

Ecclesiastes 4:9-10 Two are better than one, because they have a good return for their work. If one falls down, his friend can help him up. But, pity the man who falls and has no one to help him up!

b. HEALTH TO YOUR BODY:

Proverbs 16: 24 Pleasant words are a honeycomb, sweet to the soul and healing to the bones.

Proverbs 17:22 A cheerful heart is good medicine, but a crushed spirit dries up the bones. (A discontent and a bitter heart in a friend dries up the vitality of a relationship.)

25 Creative Ideas for Building Relationships

(How to Mentor and be Mentored)

1. Share a time when you were aware of God's presence, help or timing in your life.
2. Read a chapter in the Bible every day; share once a week what the verses said to you.
3. Read the same book, a chapter a week, and discuss what you have learned.
4. Keep a daily journal describing how you have seen God in your life that day. Share some highlights with your partner each week.
5. What concerns have been on your heart lately?
6. Pray daily for your partner. Initiate praying together.
7. As you pray about specific problems, discuss how God has been answering your prayers.
8. Write a simple note or poem expressing your love or appreciation for your partner being willing to be your friend.
9. Give a heart-felt hug or touch.
10. Could you give an encouraging word? (Proverbs 17:22)
11. Drop off a surprise gift of two mugs you have made or bought.
12. Give a simple green plant – to grow as your friendship grows.
13. Call to sing or wish "Happy Birthday."
14. Simple call to ask, "How are you?"
15. What is your talent? Could you make a simple memento for your partner?
16. Give a bookmark you made or bought.
17. Share a favorite dessert.
18. Meet for coffee, tea, breakfast, lunch or dinner (don't forget going for dessert).
19. Share a normal activity: a walk, sporting activity, errand, meal, etc.
20. Attend a Bible study together.
21. Can you make an apple pie, balance a budget or make bread together?
22. Send an e-card (www.dayspring.com or www.Hallmark.com) Have your new friend over and bake your favorite dessert.
23. Attend a local event, museum, or civic activity (ex: Tyler Rose Garden, Azalea Trails etc)
24. Email Mondays – Send an encouraging email to start help start their week off right.
25. Text Tuesdays – Send a quick encouraging, fun text message, just to let them know that you are thinking of them.

Resources on Mentoring

- Better Together – A Guide for Discipleship by The Daily Grace Co.
- Becoming a Titus 2 Woman: A Bible Study with Martha Peace by Martha Peace
- Between Women of God: The Gentle Art of Mentoring by Donna Otto
- A Garden Path to Mentoring: Planting Your Life in Another & Releasing the Fragrance of Christ by Esther Burroughs
- The Influential Woman: How Every Woman Can Make a Difference in the Lives of Other Women by Vickie Kraft
- Women Connecting with Women: Equipping Women for Friend-to-Friend support and Mentoring by Verna Birkey Comes with a study guide
- Spiritual Mentoring: A Guide for Seeking and Giving Direction by Keith R. Anderson and Randy D. Reese
- Spiritual Mothering: The Titus 2 Model for Women Mentoring Women by Susan Hunt
- Woman to Woman: Preparing Yourself to Mentor by Edna Ellison and Tricia Scribner (A Bible study for mentors)
- Becoming a Woman of Influence: Making a Lasting Impact on Others by Carol Kent
- Gifts of Gold: Gathering, Training, and Encouraging Mentors by Betty Huizenga
- As Iron Sharpens Iron: Building Character in a Mentoring Relationship by Howard Hendricks
- Divine Secrets of Mentoring by Carol Brazo
- Guardians of the Gate – Enriching your Life Through Spiritual Mentoring by Ann Platz
- The Heart of Mentoring by David Stoddard
- Table for Two: Doing Life and Savoring Scripture Together by Amy Kendrick and Mona Corwin