



## Share your life stories

This includes your spiritual story.  
Eg:

- Early memories about God and spiritual things
- Your journey of response to God
- How God's presence is generally perceived
- Times of reaching out to God
- Seasons of doubt and restoration

## Set Some Goals

Make them S.M.A.R.T

- Specific (Define what you are addressing)
- Measurable (Able to track progress & know when achieved)
- Achievable (Be realistic)
- Relevant (to spiritual growth)
- Time constrained (Establish a deadline)

## Ask Good Questions

Good questions are often more effective than good answers in empowering people to grow and mature. Asking open-ended questions will help the mentee to tap into and clarify their own thought processes and to take ownership of decisions and action plans. You might like to try some of these:

### Clarifying Questions

What do you mean by that? Can you give me an example? Can you say more about that? What will that accomplish? How will you know when you have reached your aim/goal/target?

### Expanding Questions

Can we explore that more? Can you say more about that? What other possibilities can you suggest? What are other options? Who can help you?

### Summarising Questions

What has the impact of today's meeting been? How would you sum up what we have covered today? What are your next steps from today's discussion?

### Provocative Questions

What is energizing in your life right now? What do you day-dream about? What gives you the greatest pleasure? If you couldn't fail, what would you attempt? What keeps you on track in your life? Who draws out 'the real you'? What will happen if you do xxxxx? What will happen if you *don't* do xxxxx?

## Mentoring: What do we talk about?

The role of a mentor is to encourage the mentee in their faith and the way that they live this out in day to day life.

Most mentoring relationships will centre around helping the mentee to grow in their relationship with Jesus and reflecting on how their spiritual life is actually an integrated part of their whole life.

However, some mentoring relationships may focus more specifically on a role, attribute or spiritual practice in which the young person desires to grow. This might be leadership, worship, devotional life, prayer ministry, evangelism, or something else. In such cases the mentor will have been specifically chosen for their experience in this area. It is important that even in this "specific purpose" mentoring that a concern for overall spiritual health is part of the mentoring relationship.

## Encourage Accountability

A mentor should have permission to ask their mentee about their:

- Personal time with God, including Bible reading/study, and prayer life
- Engagement with the wider body of believers
- Relationship with family & friends
- Boyfriend/girlfriend/spouse relationships
- Thought life
- Connection between private and public life