



# A MENTORING HEART

PREPARING TO GUIDE OTHERS



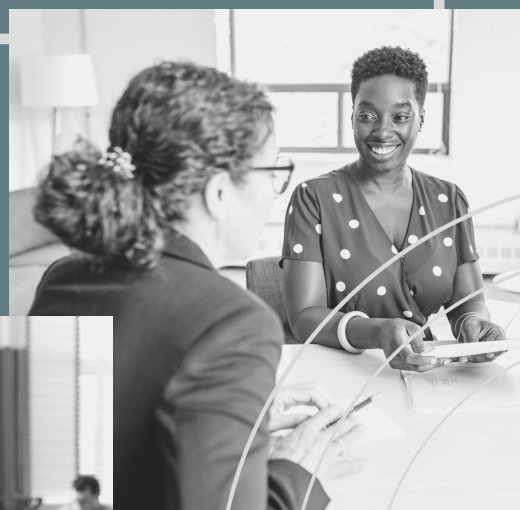
Life maps and theories serve a vital purpose, but what we desperately need are men and women who are willing to become guides for others along the way.

Simply telling others where they must go or what they must do won't cut it.

The journey must be shared. *Guiding requires a mentor's heart.*

### **Mentoring:**

a companionship in which two or more persons intentionally come together to seek and respond to God's activity in their lives.





If the definition of mentoring has you feeling overwhelmed or doubtful of your worthiness for the task, this is a good sign that you are qualified because mentoring begins with a humble spirit.

Becoming a life-long learner of these three essential skills or practices will help you prepare your *mentor's heart*.

# Prayerful Attention

By prayerfully cultivating a deep trust in the loving movement of God in the life of another, mentors become *co-discoverers* or *co-discerners*, helping others pay attention to what God is up to in their lives and communities.







# Listening Well

When Jeff became a Christian at 21, he said he didn't have many people who would spend time talking WITH him about his faith, instead, they talked AT him.

He made the decision then to be a mentor who *listens and encourages others*.

A mentor's over-talking or excessive wisdom-dispensing will frustrate others seeking to discover God's activity in their lives.

# Asking Questions

Ask a lot of good questions, with follow-up questions, and then listen with an honest desire to know more. Be curious!

Curious sounds like:

- *"Can you give an example?"*
- *"What do you think about that experience now?"*

Curious looks like a follow-up question after you notice tone or body language:

- *"I noticed that your eyes rolled a moment ago, can you help me understand what was going on then?"*

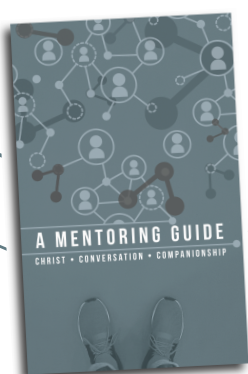




*Guiding requires a mentor's heart.*

There is no grading scale or measuring stick for determining the success of being a mentor, but with the right guide, you can learn to offer a profoundly important gift in the life of another.

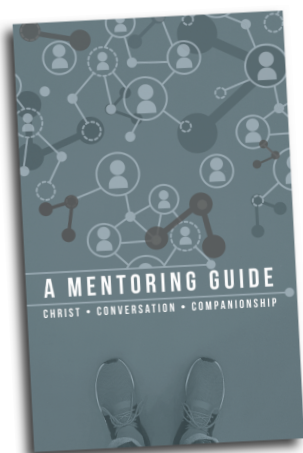
Continue to prepare your *mentoring heart*.



***A Mentoring Guide:  
Christ • Conversation • Companionship***

Available at  [amentoringway.org](http://amentoringway.org)

A Mentoring Way comes out of the work of VantagePoint3, where our entire ministry is committed to helping adults grow up into Christ in every way. (Eph. 4:14-15) When adults discover more deeply who God is and who they are, they can begin living out what God desires them to be and do.



From the Introduction to  
***A Mentoring Guide:***  
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*The gospel plays out best in relationships. We believe this is absolutely true. It is in close relationships with others where we begin to see how Christ is actually, specifically, beautifully active in the fabric of our everyday lives. In the sadness and celebration, the betrayal and forgiveness, the division and unity, in the beauty and the muddle of our lives, we discover together the Spirit's relentlessly creative activity.*

A trusted set of relationships will be the place where we most often encounter Jesus's life-changing grace and truth. This is simply part of the mystery of how God's Spirit nourishes us as Christ's body. God's grace works *in us, with us, through us, and among us.*

This mentoring guide is an invitation to move closer to this truth and mystery personally. The trusted relationships we address throughout this guide all involve, at their simplest level, a companionship in which two or more persons intentionally come together to seek and respond to God's activity in their unique lives. (page 3)