



MENTORSHIP RESOURCES



MENTORSHIP RESOURCE BOOK

This book will help you mentor college students and young adults to follow Jesus.

One of the sweetest gifts of a follower of Jesus is to see your spiritual children and grandchildren become impassioned disciple-making lovers of

“

I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also. - 2 Timothy 1:5

”

Jesus. Don't you want to see that? A generation raised up that will follow Jesus and call others to do the same. To see the hope of the cross gifted to our communities again and again throughout every generation. This is our hope when we take the time to mentor one-to-one and invest in the next generation of Christ followers. This can be the start of Jesus' spiritual legacy produced through you and your humble obedience. So, step out with us and help us call the next generation to run after Jesus!

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THE VISION

REACH Mentorship Program

REACH's mission is: "To mobilize the Church to live out its mission to reach the lost with the gospel." That means we want to see church members actively engaged in the work of the ministry. The campus needs the whole church, it is a task simply too great for any few

individuals to conquer on their own. God's design for ministry is for the whole church to bear the burden together. The pastors and other ministers simply can't handle all the

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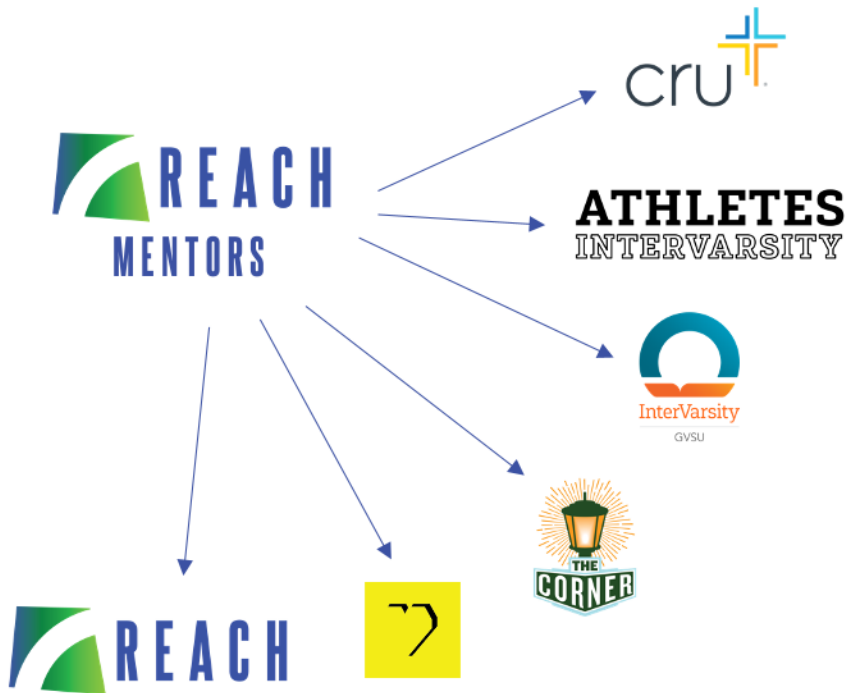
¹¹ And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, ¹² to equip the saints for the work of ministry, for building up the body of Christ,...¹⁶ from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love. – Ephesians 4:11-12, 16

”

work that God has planned for His church. It is a great and heavy task, but it is one that we can start to bear together with the Lord's help. Imagine every one of the roughly 4,000 Christian students at GVSU being mentored by a mature follower of Christ. That is a huge need! Which means we need many church members equipped and ready to start building up the body of Christ on campus. We need to band the church together and commit to pouring into this generation, mobilizing this next generation of future church leaders to love Jesus with their whole souls and follow Him wherever He calls them. Maybe then we will start to see Great Commission fulfilled, bit by bit and piece by piece, through the faithfulness of the church.

How will this look for REACH?

Our goal is to equip church members to mentor students that attend our church and ministries as well as students that need mentorship within the other ministries at GVSU. We want to be a resource to the students on campus, even if they find their community elsewhere.



MENTORSHIP

What does a mentorship relationship look like?

The mentorship relationship primarily consists of regular 1v1 meetings where the mentor helps guide their mentee through their walk with Christ. These meetings are typically 1hr to 2hrs in length. (see the keys section for more details)

A REACH Mentorship Meeting involves walking through three core focuses of the mentee's spiritual life: **Accountability**, **Advice**, and **Biblical Teaching**. Each meeting does not always need to incorporate all these different focuses, however throughout your mentorship relationship, these should all be represented in some way:

1. ACCOUNTABILITY

To be held accountable is to be required to justify or give account to one's actions. This is one primary way how we as Christians can sharpen one another and spur one another on in sanctification (Proverbs 27:17). The Mentor's responsibility in a REACH Mentorship Relationship is to ask the mentee to give an account of their actions and encourage them to walk in step with Christ as they try to follow him. The Mentor accomplishes this by checking in weekly with four key aspects of the mentee's walk with Jesus. The four aspects are:

1. Personal Time in the Bible
2. Personal Time in Prayer
3. Rooting Out Key Sin Issues
4. Personal Obedience to Jesus

The Mentor Accomplishes this by asking questions like the below, then encouraging their mentee to pursue Christ deeper through the four key aspects:

- What has God been teaching you in the Word this week?
- What has your prayer life been like over the past week?

- Is there a current sin struggle you are trying to overcome? (Initially, then checking in with them to make sure they are trying to seek Christ in overcoming their sin.)
- Do you feel like Jesus/The Holy Spirit is asking you to do anything in life right now? (Could be share the Gospel with a friend, breakoff an unhealthy friendship, etc.)

For the mentor and the mentee the expectation and the goal is the same: ***Seek to spend regular time in the Word and in prayer. Also, seek to not live in any unrepentant sin.***

- If at any time the Mentor is not able to meet this expectation for an extended period, they should not be mentoring a mentee. We cannot expect of our mentees what we do not do ourselves.

2. ADVICE

Ideally, the REACH Mentor is ahead of the mentee in their life stage and their spiritual life. This will create avenues to give practical advice to their mentee as they approach different hurdles in life. This is a shining example of the power of a mentorship relationship. It provides avenues for the mentee to ask questions like:

- Should I buy this car? Is it a good financial decision? (including plenty of other financial questions)
- I'm thinking about switching majors, have you ever made a career change? What did you learn from your experience?
- I feel like I'm not connecting with God anymore. How do you connect with God?
- My friend really hurt me, I don't want to lose her as a friend, but she won't admit she is in the wrong and it is really hurting me. How do we reconcile? Have you ever had a situation like this?
- I'm struggling in purity with my girlfriend. What boundaries did you put in place to help you when you were dating?

These practical and situational questions can be the most challenging and the most rewarding part of a REACH Mentorship Relationship. This is where REACH Mentors can bring their wealth of experience to help guide mentees through the gray and situational circumstance of life.

The Mentor's expectation in giving advice is: **To share sound Biblical advice enhanced from their wealth of experience walking with Christ and through life.**

3. BIBLICAL TEACHING

Finally, the Mentorship Meetings should have some consistent discussion and teaching on some Biblical Truth or Christian Practice. A REACH Mentorship Relationship should be centered on some core content to discuss, this will help propel the mentee in their walk with Christ. This Teaching/Discussion should fit the following criteria:

1. Is centered on Biblical Truth/Practice (Ideas: The Gospel, Inductive Study of The Bible, The Spiritual Disciplines, Evangelism, Leadership, Theology/Doctrine, etc.)
2. Is relevant to the current needs of the person you are mentoring.

Below please see a list of examples of what this could look like for you and your mentee:

1. A one-to-one study of a particular book of the Bible your mentee needs to hear. The inductive method is a great way to do this!
2. Teach them what the Gospel is and how to share it.
3. Go through a Christian book on a topic that your mentee needs to grow in. Make sure to think of some good discussion questions! Check out the section on what makes a good question for some guidelines.
4. For new believers a discipleship curriculum can be a helpful tool to lay a good foundation.
5. A practical teaching activity, such as street evangelism where they might need to learn by seeing and doing.

Example Meeting Timeline (1 HR):

Fellowship, Check-in on Week, and Pray: 15min

Student Asks for Advice: 10min

Accountability Check-in: 10min

Teaching: 20min

Pray and Close: 5min

Example Meeting Timeline (2 HR):

Fellowship, Check-in on Week, and Pray: 30min

Student Asks for Advice: 30min

Accountability Check-in: 15min

Teaching: 30min

Pray and Close: 15min

KEYS

10 Practices That Unlock Fruitful Mentorship

1. **Pray for your mentee. Pray for your mentee. Pray for your mentee.**
2. Love your mentees well and be sensitive to how they are doing emotionally. As you meet, ask them about their lives and take an interest in them. Listen well to them and help bear their burdens (Galatians 6:2).
3. Invite them to spend time with your spouse or family occasionally and have fun together! Let them see what a healthy marriage is and what healthy parenting looks like. Much is **“caught not taught.”**
4. Ask them to pray for you. **BE VULNERABLE.** Your goal is not to be the pious monk in a holy tower that they look up to. They need to see **YOU** following Jesus authentically. That means admitting when you fail and showing them how to repent and follow Jesus.
5. This next generation is looking for what is real. Be authentic and genuine. If you try to put on a charade, they will see right through you. Don't lie to them or try to deceive them. They won't fall for it.
6. Ask your mentee to commit to meeting initially for 6 meetings, before they commit to meeting for longer. This will allow for both you, the mentor, and your mentee to see if you two are a good fit together.
7. Try to meet regularly at a convenient place for your mentee, this will increase their likelihood of meeting with you. Choose a consistent day and time as well.
8. Communicate to your mentee when the end time of the meeting is. **“Clear is kind.”**
9. Meetings should seek to be at least every other week. This frequency will help establish the relationship and give adequate time to move through teachings.
10. Allow for some flow in the content of a meeting. There are some meetings where the mentee may need the whole time to ask advice on a particular circumstance. There are some meetings where they will need firm encouragement on accountability and there are still others where everything will be going well, and you will need to focus on extended biblical teaching. Your mentee is a person not a program, so **ebb and flow with their needs**, but try to incorporate the three core focuses in every meeting! If they have trouble with assigned reading, while going through a book together, shift to something where they don't need to come prepared, like one-to-one bible reading.

CAUTION

Mentorship rules to keep you from getting burned

1. Mentorship Relationships should only be with people of the same sex.
2. One-on-one meetings should **ALWAYS** be in a public place.
3. Be on the lookout for your mentee becoming too reliant on you spiritually. This could be an early sign of them idolizing you as a spiritual leader in their life.
4. If a REACH Mentor struggles with same sex attraction a mentorship group should be formed, instead of 1v1 meetings.
5. If a mentee struggles with same sex attraction the REACH Mentor should still be of the same biological birth sex as the mentee.
6. In cases where a mentee considers their gender as any identity contrary to their biological birth sex, the REACH Mentor should be of the same biological birth sex of the mentee.

ONE-TO-ONE BIBLE READING

How to read the bible with someone one-to-one

Chapter 5 of *One to One Bible Reading* by David Helm

At one level, there is no typical meeting for one-to-one Bible reading. We are all at different stages of growth, and will approach passages of the Bible with our own questions and backgrounds and contexts. However, most one-to-one Bible reading meetings will follow a broad pattern, as follows.

Praying and reading

After asking God to help you understand the text you will be looking at during the meeting, begin by reading the Bible passage out loud together. This will influence the place you choose to meet—at times this is effectively done in a restaurant or coffee shop, but not always. Sometimes a quiet park, library, or place on a college campus is better. *(Please note, this paragraph was modified by REACH for consistency purposes)*

Reading the text out loud together is best done by alternating between the two of you every few verses. If the text for that week is especially long you may want to read only a portion of it before starting.

Talking together

It is very important to employ the art of conversational dialogue on biblical texts. Nothing will kill reading one- to-one faster than when one of the two partners monopolizes the time by pontificating on the text (or worse, something other than the text). The remedy, of course, is to be as good a listener as you are a speaker. Your reading partner will not be challenged or helped if you talk at them rather than with them. You cannot coerce your reading partner into saying the right answers, especially if they have doubts. It is normal to doubt. You can be a better guide in the discussion if you listen to and acknowledge the doubts rather than brushing them aside or just jumping in with your own observations.

As an aid, remember that questions and open-ended statements usually offer a good way to sustain discussion. The four most important words in a Bible discussion are often “What do you think?”

Also, don't be afraid of not having all the answers. It is not only possible but very likely that in the course of discussion, a question or two will come up that you don't know how to answer. Don't be ashamed, and don't try to come up with an answer on the spot in order to resolve tension. If the question is truly important to your mutual understanding of the passage, then set it aside to discuss at a future meeting. You can always consult study guides, commentaries and even your pastor in between meetings to get a better handle on the difficult questions. But one of the greatest virtues of reading the Bible one-to-one is that it allows people to discover faith in Jesus Christ for themselves, and giving pat answers to difficult questions does not help them do this.

There is one more piece of advice when planning your meetings. Remember to never be so driven in making a particular point or accomplishing some specific result that you miss out on being enriched by the joy of friendship, support and mutual encouragement. Trust that God is at work. (Of course, the opposite danger should also be mentioned-of spending so much time chatting and sharing about life in general that you leave very little time for actually reading the Bible!)

Applying the passage to everyday life

Application is important. Spend some time discussing how what you have read and discussed in the text might apply to your life. It should come as no shock that God's intention in speaking through his word is to change people's lives for the better. As we meditate on God's word, the Holy Spirit applies the passage to our lives-encouraging us as well as revealing sinful attitudes and actions. As we come to know God, we also come to know ourselves more truly.

One practical thing to remember about application is that good applications should always spring out of the text or the context. We shouldn't be trying to apply the Bible in ways that are inconsistent with the text itself. That is, most passages will actually bring up the applications God intends. For example, consider Hebrews 10:19-25. The author spends the first three verses making statements of fact. But at verse 22, everything changes. The author moves from making statements of fact to giving commands that must be applied in relationship to those facts (in this case, because of those facts). This pattern is not unique to Hebrews. It appears throughout the Bible and as such it gives us a great strategy for applying the meaning of the text.

Be on the lookout for these kinds of commands, as well as ways in which the characters in a passage are applying the Word as it is delivered. As is suggested in 2 Timothy 3:16, the application of each passage can be for training or equipping a person in righteousness or to do good, or it can provide correction and rebuke when needed. At the same time, be careful not to just woodenly apply any command given in the Bible. Most commands will require understanding of the context-the statements of fact surrounding the commands.

Praying

Conclude by praying again, based on the passage you've read. Allow your thanksgivings and prayer requests to spring from what you've read and how it applies to your lives.

Notes for Successful One-to-One Bible Reading

1. Check out “reachgv.org/mentor” for helpful questions to use for different types of biblical literature.
2. Prepare well! Read through the passage you are going to study multiple times and find answers to any questions you have about the text. Below are some helpful bible study resources online:
 - > https://www.blueletterbible.org/commentaries/guzik_david/
 - > <https://www.gotquestions.org/>
 - > <https://www.preceptaustin.org/>
 - > <https://www.biblehub.com/commentaries/gill/>
 - > <https://www.blueletterbible.org/commentaries/mhc/>
3. Choose a book of the bible to study that is relevant for your mentee. If they aren't super familiar with the Gospels, I would start in either the book of Mark or John. If they are a new believer, any of the Epistles or excerpts from Genesis can be helpful. If they are an established Christian, then the book of Romans or a Minor Prophet could be good books to study to further lay a better understanding of the Gospel or of God's character. Talk to a REACH staff or a pastor for other recommendations based off of circumstance.

DISCUSSION QUESTIONS

What makes a good discussion question?

1. Questions should be brief and simple.
2. Provoke thought, not merely the memory, through questions.
3. Questions should never suggest the answer.
4. Avoid questions with only a "yes" or "no" answer.
5. Questions should not offer the mentee a choice between two possible answers contained in the question, because that does not compel the member to think.
6. Questions should fill an essential purpose.
7. Questions should be asked in a conversational, spontaneous way, as if personally addressed to each of the group before one is selected to answer.
8. Questions should keep in mind the end result of personal application.
9. Plan questions that will challenge the thinking of the of your mentee and cause them to think through issues they possibly have not thought through before.
10. Be ready with general questions that will stimulate and guide thinking. The following are examples: Do you agree? What do you think this means? Can you think of any more ideas along this line? What can we learn from this? How does this apply to your daily life? What is the relationship between these ideas?

-This page was adapted with permission from ministry material used by South Church in Lansing, MI

RESOURCES

The Gospel

- What is the Gospel?
 - > Greg Gilbert
- The Gospel According to Jesus
 - > John MacArthur
- <https://reachgv.org/gospel>

Initial Discipleship

- Growing Together (Geared for Women)
 - > Melissa B Kruger
- The Basics Discipleship Tools (via)
 - > <https://www.vianations.org/students/resources/the-basics-discipleship-tools>
- The Commands of Christ
 - > <http://obeychrist.com/>
- The Compass (Cru)
 - > <https://www.cru.org/us/en/train-and-grow/bible-studies/compass.html>
- <https://reachgv.org/mentor>

Spiritual Disciplines

- Spiritual Disciplines for the Christian Life
 - > Donald Whitney
- The Ruthless Elimination of Hurry
 - > John Mark Comer

Prayer

- Prayer
 - > J.I. Packer
- A Call to Spiritual Reformation
 - > D.A. Carson
- Prayer: How Praying Together Shapes the Church
 - > John Onwuchekwa
- Prayer
 - > Tim Keller

Understanding the Bible

- How to Read the Bible for All It's Worth
 - > Gordon Fee and Douglas Stuart
- Before You Open Your Bible
 - > Matt Smethurst
- One to One Bible Reading
 - > David Helm

Evangelism

- Evangelism and the Sovereignty of God
 - > J.I. Packer
- Tell the Truth
 - > Will Metzger

Worship

- Desiring God
 - > John Piper
- Rejoicing in Christ
 - > Michael Reeves

The Church + Community

- 9 Marks of a Healthy Church
 - > Mark Dever
- Community
 - > Brad House

Missions

- Let the Nations Be Glad
 - > John Piper

Attributes of God

- Gentle and Lowly
 - > Dane Ortlund
- Delighting in the Trinity
 - > Michael Reeves
- Happiness
 - > Randy Alcorn
- Systematic Theology
 - > Wayne Grudem

RESOURCES

Apologetics

- The Reason for God
 - > Tim Keller
- Making Sense of God
 - > Tim Keller

Heaven and Hell

- Heaven
 - > Randy Alcorn
- Biblical Teaching on the Doctrines of Heaven and Hell
 - > Edward Donnelly

Gender and Sexuality

- Is God Anti-Gay?
 - > Sam Allbery
- What Does the Bible Really Say About Homosexuality?
 - > Kevin DeYoung
- Gender Ideology: What do Christians Need to Know?
 - > Sharon James

Biblical Manhood + Womanhood

- The Manual
 - > Al Stewart
- Let Me Be A Woman
 - > Elizabeth Elliot
- Men and Women in the Church
 - > Kevin DeYoung

Spiritual Abuse

- The Subtle Power of Spiritual Abuse
 - > Johnson and Van Vonderen
- When Narcissism Comes to Church
 - > Chuck DeGroat

Spiritual Warfare

- Victory Over the Darkness
 - > Neil T. Anderson
- Bondage Breaker
 - > Neil T. Anderson

Forgiveness

- Unpacking Forgiveness
 - > Christ Brauns

Christian Life

- Renovation of the Heart
 - > Dallas Willard
- When I Don't Desire God
 - > John Piper
- A Quest for Godliness
 - > J.I. Packer

Finances

- The Treasure Principle
 - > Randy Alcorn
- Money, Possessions, and Eternity
 - > Randy Alcorn

-Section adapted from the 2023 Wellspring Church Life Group Leadership Resource Guide

STAY HEALTHY

Healthy Mentors Need to Spend Time With God

If I could give you one single piece of advice for growing as a disciple of Jesus Christ, it would always be this: spend time with God every day. Therefore, it follows that I believe the most essential habit of a REACH Mentor is the same: the habit of spending time with God every day. Why? Here's just a few reasons:

- Because spending time in communion with His Heavenly Father was the most important thing Jesus did (Jn. 5:19-20; Lk. 5:17).
- Because spending time with Jesus was the most important thing the disciples did (check the gospels).
- Because God thought it was so important to be with us that He sent His Spirit to indwell our hearts forever (2 Cor. 1:22; Eph. 1:13)!
- Because God made all people with the intrinsic need and desire to commune with Him; that is, to join in the fellowship of the eternally glorious and happy Father, Son, and Holy Spirit (Gen. 1-2; Rev. 21:3).
- Because it is our privilege, honor, and supreme joy to spend time with God-and we get to do it every day (Heb. 4:16)!

It is as we spend time in God's presence daily that we are opening up our hearts and minds to be continually transformed from one level of spiritual glory to the next (2 Cor. 3:18). Repeatedly throughout the Scriptures we see that it is only when individuals encounter God through the means of grace He has given us (eg, the Word, prayer, and community) that individuals are truly transformed. I have known many leaders over the years who talked a good game and even seemed to walk it for a season, but only those who have consistently, regularly spent focused time with God are those who make it for the long-haul. When leaders fail to make time for God, they lose perspective, lose motivation, and lose the power of God to accomplish the purposes of God. Moreover, they open up themselves to the temptations of the world, the flesh, and the devil-who prowls like a roaring lion seeking to devour (1 Pet. 5:8). Perhaps you have been bitten a time or two yourself!

The Scriptures command us to be "filled with the Spirit" (Eph. 5:18). And the way we daily fill our "tank" is at the living waters of time with God. But, how do we actually spend time with God? Isn't God with us all the time and everywhere? Sure He is! But, there is a difference between God always being with us (i.e. union with Christ by the Spirit) and us always entering into His presence (i.e. communion with Christ by His means of grace). By spending concentrated time with God, we move from union to communion, from God being with us to us spending time with Him.

If you are not quite sure how to spend time with God, or you have found yourself stuck in a spiritual ditch, here are some key practices to get you where you want to go in relationship with Him.

Key Ingredients To Daily Personal Time With God

- **Spend time meditating on God's Word.** The key ingredient to spending time with God is meditating upon God's Word; God's Word accomplishes God's work. This is true from Genesis to Revelation and everywhere in between His Word "does not return void," but rather "accomplishes what it sets out to do" (Is. 55:11). Whether you read a few verses or a few chapters of the Bible, find a rhythm that works for you. And be sure to meditate on them; don't just read them and check off a box (although that is always better than nothing!).
- **Spend time in Word-based praising, thanking, confessing, listening, and petitioning prayer.** Wow. That was quite a sentence. Let's break it down.
 - > **Word-based.** The power of prayer is when we connect our prayers to God's Word. There are SO MANY PROMISES in God's Word to hold on to. Let's hold fast to them!
 - > **Praising.** This is declaring the truth about who God is. It is especially important during times that He doesn't *seem* to be who He says He is. Praise Him!
 - > **Thanking.** If praising God sounds like, "I praise you God, because you are Good!" Thanking God sounds like, thank you God, because you have been so good to me! Here's how you've been good to me. (fill in the Infinite blank)."

- > **Confessing.** Part of prayer is confession of our sins. When we confess our sins, God is always faithful and just to forgive us and cleanse us from all unrighteousness (1 John 1:9). The Scripture also encourages us to confess our sins one to another as a part of healing prayer (James 5:16)
 - > **Listening.** God loves to speak to His people through his still, small voice (1 Kgs. 19:11-12). It takes time and stillness to learn to do this well. Be certain that His voice will always align with His Word. In addition, it is important to note that the clearest way God speaks is as He illuminates or highlights portions of His Word that we meditate on. So, read some Scripture, meditate on it, and listen for God to speak!
 - > **Petitioning.** Sometimes we have not, because we ask not (or we ask with wrong motives) James 4:2-3), Keep asking, seeking, and knocking. God will provide (Lk. 11:1-13).
- **Spend time singing the Word.** Singing has the ability to connect our hearts to God's in a unique and profound way. While we don't have to sing songs saturated with God's Word, it is the best way to form our hearts into the image of Jesus. I would encourage more Word-saturated Christian hymns and songs for personal time with God.
 - **Spend time journaling your meditations and prayers.** Writing has a way of helping us form thoughts and prayers that is powerful. If you are stuck praying out loud, perhaps it is time to journal your biblical meditations and prayers.
 - **Spend time reading Word-based books and articles.** There are so many good books and articles out there that can help you grow in understanding the Scriptures and knowing God. Reading these is a helpful supplement to reading the Scriptures themselves, but a terrible replacement!
 - **Get accountability.** Sometimes we simply need another brother or sister who can help us when we lack motivation to spend time with God. If the apostles needed the accountability of community, so do we! Don't forget that our flesh is in a war with our spirit (Rom. 7:21-23) trying to make us neglect this most essential habit. Who do you know who can help you stay on track?

-Section Adapted From the 2023 Wellspring Church Life Group Leadership Resource Guide

