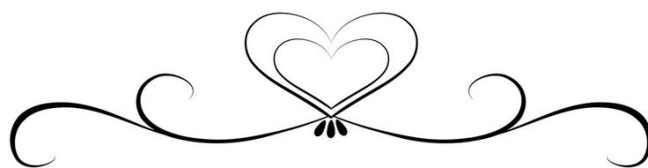




MENTOR PACKET

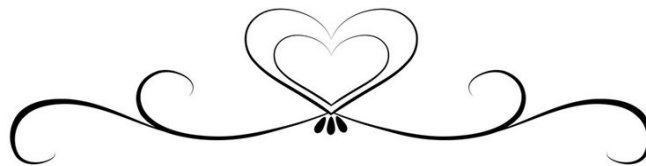




We are seasoned listeners, completely dependent on the Holy Spirit's wise council and discernment, with passionate hearts of faith, reaching out to sisters from all walks of life that need encouragement.

Our passion is to help you find your way through life's difficulties by meeting with you one on one, privately and confidentially. We will prayerfully bring your needs before our loving heavenly Father and watch Him work!

Please read everything in this packet (even if you know it already 😊).



“Two are better than one” ~Ecclesiastes 4:9



MENTOR GUIDELINES

Thank you very much for responding to this need for our sisters. These guidelines will provide you with good habits for a successful relationship with your mentee.

1. You will need the full support of your family.
2. A 4-8-week commitment is needed, possibly longer if you and your mentee agree.
3. One mentee at a time (to begin with).
4. You set your own boundaries as to when you are available i.e., phone calls, meetings. Put your family first.
5. Prayerfully read the "6 lessons on good listening" each time before you meet with your mentee.
6. Always pray together first, seeking the wise council and discernment of the Holy Spirit.
7. Listen. Look her in the eyes as you listen. Eye contact is important.
8. Use a note pad to keep you on track and not interrupt, also as a reference point.
9. As much as you can, keep the focus about her and draw her out by asking questions that can't be answered with just a "yes" or "no."
10. Gently peel the onion by concentrating on what she is saying and waiting for her to finish her thought (a pause is not an on ramp to speak).
11. Help her find a new perspective from the Lord *without* giving her your advice.
12. Prayerfully and humbly listening to her heart may be more helpful than anything you may say.
13. You may be the channel through which God affirms His love and opens her heart to trust Him and His word for victory!
14. Always remember that you are her encourager and NOT her provider in *any* way.
15. Be prepared to release a mentee who is not ready to change and is only interested in visiting with you or using you to tell her story repeatedly. As harsh as it may sound, it may be time to let her go.
16. Meet weekly at the same time and location in an un-interrupted atmosphere.
17. Always end your meeting with prayer together.

We will have group meetings once a month (during the day since most of us are retired) to share helpful information, concerns, mistakes, and whatever else will help us do our best as mentors. Always be careful to keep all mentee's personal information confidential.

Proverbs 27:17 says "iron sharpens iron, so one *woman* sharpens another".

Your comments and suggestions are always welcome.

Joyfully,
The Mentor Ministry Team



GUIDING SCRIPTURES

Ecclesiastes 4:9 (NASB)

Two are better than one because they have a good return for their labor.

Philippians 2:1-4 (NASB)

Therefore if there is any encouragement in Christ, if there is any consolation of love, if there is any fellowship of the Spirit, if any affection and compassion, ² make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose. ³ Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; ⁴ do not *merely* look out for your own personal interests, but also for the interests of others.

Ephesians 4:29 (NASB)

Let no unwholesome word proceed from your mouth, but only such *a word* as is good for edification according to the need *of the moment*, so that it will give grace to those who hear.

Hebrews 10:24 (NASB)

and let us consider how to stimulate one another to love and good deeds, ²⁵ not forsaking our own assembling together, as is the habit of some, but encouraging *one another*; and all the more as you see the day drawing near.

James 1:19 (NASB)

This you know, my beloved brethren. But everyone must be quick to hear, slow to speak *and* slow to anger;

Titus 2:3-5 (NASB)

Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good, ⁴ so that they may encourage the young women to love their husbands, to love their children, ⁵ *to be* sensible, pure, workers at home, kind, being subject to their own husbands, so that the word of God will not be dishonored.

Proverbs 10:19 (NASB)

When there are many words, transgression is unavoidable, but he who restrains his lips is wise.

Proverbs 11:13 (NASB)

He who goes about as a talebearer reveals secrets, but he who is trustworthy conceals a matter.

Proverbs 12:25 (NASB)

Anxiety in a man's heart weighs it down, but a good word makes it glad.

Proverbs 15:23 (NASB)

A man has joy in an apt answer, And how delightful is a timely word!

Proverbs 16:24 (NASB)

Pleasant words are a honeycomb, sweet to the soul and healing to the bones.

Proverbs 17:9 (NASB)

He who conceals a transgression seeks love, but he who repeats a matter separates intimate friends.

Psalms 34:18 (NASB)

The LORD is near to the brokenhearted and saves those who are crushed in spirit.



SIX LESSONS IN GOOD LISTENING

Article by David Mathis, Executive Editor, desiringGod.org from April 3, 2014

Listening is one of the easiest things you'll ever do, and one of the hardest.

In a sense, listening is easy — or *hearing* is easy. It doesn't demand the initiative and energy required in speaking. That's why "faith comes from hearing, and hearing through the word of Christ" (Romans 10:17). The point is that hearing is easy, and faith is not an expression of our activity, but our receiving the activity of another. It is "hearing with faith" (Galatians 3:2, [5](#)) that accents the achievements of Christ and thus is the channel of grace that starts and sustains the Christian life.

But despite this ease — or perhaps precisely because of it — we often fight against it. In our sin, we'd rather trust in ourselves than another, amass our own righteousness than receive another's, speak our thoughts than listen to someone else. True, sustained, active listening is a great act of faith, and a great means of grace, both for ourselves and for others in the fellowship.

Lessons in Good Listening

The charter text for Christian listening might be James 1:19: "Let every person be quick to hear, slow to speak, slow to anger." It's simple enough in principle, and nearly impossible to live. Too often we are slow to hear, quick to speak, and quick to anger. So, learning to listen well won't happen overnight. It requires discipline, effort, and intentionality. You get better with time, they say. Becoming a better listener hangs not on one big resolve to do better in a single conversation, but on developing a pattern of little resolves to focus in on particular people in specific moments.

Freshly persuaded this is a needed area of growth in my life — and possibly yours as well — here are six lessons in good listening. We take our cues from what may be the most important three paragraphs on listening outside the Bible, the section on "the ministry of listening" in Dietrich Bonhoeffer's *Life Together*, as well as Janet Dunn's classic *Discipleship Journal* article, "How to Become a Good Listener."

1. Good listening requires patience.

Here Bonhoeffer gives us something to avoid: "a kind of listening with half an ear that presumes already to know what the other person has to say." This, he says, "is an impatient, inattentive listening, that . . . is only waiting for a chance to speak." Perhaps we think we know where the speaker is going, and so already begin formulating our response. Or we were in the middle of something when someone started talking to us, or have another commitment approaching, and we wish they were done already.

Or maybe we're half-eared because our attention is divided, by our external surroundings or our internal rebounding to self. As Dunn laments, "Unfortunately, many of us are too preoccupied with ourselves when we listen. Instead of concentrating on what is being said, we are busy either deciding what to say in response or mentally rejecting the other person's point of view."

Positively, then, good listening requires concentration and means we're in with both ears, and that we hear the other person out till they're done speaking. Rarely will the speaker begin with what's most important, and deepest. We need to hear the whole train of thought, all the way to the caboose, before starting across the tracks.

Good listening silences the smartphone and doesn't stop the story, but is attentive and patient. Externally relaxed and internally active. It takes energy to block out the distractions that keep bombarding us, and the peripheral things that keep streaming into our consciousness, and the many good possibilities we can spin out for interrupting. When we are people quick to speak, it takes Spirit-powered patience to not only be quick to hear, but to keep on hearing.

2. Good listening is an act of love.

Half-eared listening, says Bonhoeffer, "despises the brother and is only waiting for a chance to speak and thus get rid of the other person." Poor listening rejects; good listening embraces. Poor listening diminishes the other person, while good listening invites them to exist, and to matter. Bonhoeffer writes, "Just as love to God begins with listening to his Word, so the beginning of love for the brethren is learning to listen to them."

Good listening goes hand in hand with the mindset of Christ (Philippians 2:5). It flows from a humble heart that counts others more significant than ourselves (Philippians 2:3). It looks not only to its own interests, but also the interests of others (Philippians 2:4). It is patient and kind (1 Corinthians 13:4).

3. Good listening asks perceptive questions.

This counsel is writ large in the Proverbs. It is the fool who "takes no pleasure in understanding, but only in expressing his opinion" (Proverbs 18:2), and thus "gives an answer before he hears" (Proverbs 18:13). "The purpose in a man's heart is like deep water," says Proverbs 20:5, "but a man of understanding will draw it out."

Good listening asks perceptive, open-ended questions that don't tee up yes-no answers, but gently peel the onion and probe beneath the surface. It watches carefully for nonverbal communication, but doesn't interrogate and pry into details the speaker doesn't want to share, but meekly draws them out and helps point the speaker to fresh perspectives through careful, but genuine, questions.

4. Good listening is ministry.

According to Bonhoeffer, there are many times when "listening can be a greater service than speaking." God wants more of the Christian than just our good listening, but not less. There will be days when the most important ministry we do is square our shoulders to some hurting person, uncross our arms, lean forward, make eye contact, and hear their pain all the way to the bottom. Says Dunn,

good listening often defuses the emotions that are a part of the problem being discussed. Sometimes releasing these emotions is all that is needed to solve the problem. The speaker may neither want nor expect us to say anything in response.

One of Dunn's counsels for cultivating good listening is: "put more emphasis on affirmation than on answers. . . [M]any times God simply wants to use me as a channel of his affirming love as I listen with compassion and understanding." Echoes Bonhoeffer, "Often a person can be helped merely by having someone who will listen to him seriously." At times what our neighbor needs most is for someone else to know.

5. Good listening prepares us to speak well.

Sometimes good listening only listens, and ministers best by keeping quiet, but typically good listening readies us to minister words of grace to precisely the place where the other is in need. As Bonhoeffer writes, “We should listen with the ears of God that we may speak the Word of God.”

While the fool “gives an answer before he hears” (Proverbs 18:13), the wise person tries to resist defensiveness, and to listen from a nonjudgmental stance, training himself not to formulate opinions or responses until the full update is on the table and the whole story has been heard.

6. Good listening reflects our relationship with God.

Our inability to listen well to others may be symptomatic of a chatty spirit that is droning out the voice of God. Bonhoeffer warns,

He who can no longer listen to his brother will soon be no longer listening to God either; he will be doing nothing but prattle in the presence of God too. This is the beginning of the death of the spiritual life. . . .

Anyone who thinks that his time is too valuable to spend keeping quiet will eventually have no time for God and his brother, but only for himself and for his own follies.

Good listening is a great means of grace in the dynamic of true Christian fellowship. Not only is it a channel through which God continues to pour his grace into our lives, but it’s also his way of using us as his means of grace in the lives of others. It may be one of the hardest things we learn to do, but we will find it worth every ounce of effort.

Source: [desiringGod.org](http://www.desiringgod.org/articles/six-lessons-in-good-listening) - <http://www.desiringgod.org/articles/six-lessons-in-good-listening>

2. Would others say that you are a good listener? Explain. _____

3. Do you listen with both ears or wait for your chance to speak? Explain. _____

4. Do you interrupt, not allowing others to finish their thoughts? If so, do you make excuses for it? Explain.

5. Are you patient, encouraging the speaker and value what they are sharing? _____

6. Do you find yourself being critical of others? Explain. _____

7. Is the conversation more about you than them? Explain. _____

8. Is it difficult to listen to another's story and never have the opportunity to share about yourself? Explain.

9. Is it easy for you to concentrate on another's needs as more important than your own? Explain. _____

10. Are you able to focus your attention on listening to others? _____

11. Can you truthfully say you are happy when others get the praise? _____

12. Do you allow the Holy Spirit to lead you as you listen to others? _____

13. Has anyone ever really heard your heart and helped you by intentionally listening? _____

14. How important will your prayer life be as a Mentor? _____

15. Do you understand the value of a good listener as the foundation for Mentoring? _____

16. Do you feel God calling you to this ministry? _____

17. Are you comfortable praying out loud with another person? _____

18. Are you able to say "No" to things beyond the Mentoring Guidelines? _____

19. Add anything you'd like us to know about you here: _____

You may leave this at the Welcome Center in the lobby, or at the main office, of SEC, Attention: Braunda GilChrist.