

# Mentoring Road

**Volume Two: No Regrets**

**Mentor's Guide**



Developing Leaders To Fulfill The Great Commission

LeaderTreks is a student leadership development ministry using curriculum, innovative training, and trips to help students identify and develop their personal leadership skills. We are calling the church to join us in making leadership development a core of youth ministry. To that end, we partner with youth workers who are passionate about developing the next generation of leaders in the church and culture. Our resources challenge and change participants. Students gain confidence and motivation, and a new vision for how they can lead and serve others.

### *Mentoring Road: Volume Two, No Regrets*

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Published by LeaderTreks

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Printed in the United States of America

ISBN: 978-1-934577-29-5

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## What is the Mentoring Road all about?

Life is a journey, a road we all travel. It's how God designed it. But He didn't intend for us to walk the road alone. Rather He tells us to surround ourselves with people who will come alongside of us, provide direction and wisdom, encourage us to stay on course, challenge us to push ourselves, and hold us accountable. That's what Jesus did with his disciples.

As a mentor, you have an amazing opportunity to be one of the people who comes alongside of your mentee on his or her journey. You get to support and encourage, urge him or her to carry on, and believe that your mentee can persevere until he or she reaches the destination. You can make a difference!

Let's be clear: Mentoring is hard. It requires commitment, time and the courage to speak truth into someone's life. Sometimes you will struggle with what to say, what questions to ask, or how to stay on track. But that's OK! The difficulty of mentoring is offset by such rich rewards – people are loved, lives are changed, and the Kingdom of God is strengthened.

We know mentoring someone can be daunting! The goal of this book is to give you a framework for your mentoring relationship that gives you the tools to start immediately and stay focused throughout the time you spend together.

*How this book is structured...* There are nine sessions in this book. The first session and the last session deal with the Life Map, which is located on the inside back cover. The other seven sessions cover topics to help your mentee move forward on his or her journey.

## **Most sessions follow this outline:**

:: **check it** – An opportunity for your mentee to share how he or she did on the goal set the week before.

:: An introduction to the topic for that session.

:: **read it** – A relevant Scripture passage to read together and questions to discuss.

:: **discuss it** – An opportunity for your mentee to discover how the topic and biblical truth intersect with his or her life. This part of the session always points you back to your mentee’s Life Map and allows him or her to make changes, if desired.

:: **apply it** – A specific application of the topic to your mentee’s life. Encourage your mentee to set a measurable goal for the next week. Measurable goals always answer the questions: What? Where? When? How? (Additional information on goal setting is in the appendix.)

:: **pray about it** – A prayer focus for the upcoming week. Since prayer is a conversation with our sovereign God – the One who has no beginning and no end – talking to Him, asking Him for guidance on your journey is the best thing you can do.

:: **meditate on it** – A Scripture to memorize or mediate on over the upcoming week. We recommend writing the verses on an index card and putting it somewhere you’ll see it every day – the mirror in your bathroom, on your refrigerator, in your car or office, etc.

## Checklist for getting started

Pick a time and place to meet with your mentee. We recommend once a week for about one hour.

Have a discussion about what you expect of each other. Some possible topics include:

- » How available are you both going to be in between meetings?
- » How interested is your mentee in changing his or her life?
- » How ready and willing is the mentee to be challenged and held accountable?

Review the instructions in Session 1 so you understand how to complete the Life Map with your mentee. (Additional information is provided in the appendix, if you'd like to go even deeper.)

Invite God into your relationship with your mentee. Pray for discernment and wisdom.

Show up at the first meeting with this book and your Bible, and get started.

If you'd like more information on the purpose of a mentoring relationship or setting measurable goals, check out the appendices in the back of the book.

## :: session 2

### :: check it

Begin this session by discussing how you did on the goal you set last time. What went well? What was difficult? How can you continue to incorporate this into your life?

:: One of the most terrifying words in the English language is “regret.” It is terrifying because we don’t get a reset button; we can’t get back time. It is even more frightening when we realize that we’re not promised much time. James 4 says: “You are a mist that appears for a little while and then vanishes.”

In light of the fact that time is irreplaceable and limited, how should we live? Should we just coast, waiting until our time is over? Or should we make the absolute most of this valuable resource? The former leads to disappointment, the latter leads to satisfaction and peace. One way to live free of disappointment is to live with excellence.

Excellence is rare because it’s not necessary. You don’t need excellence to get by or to make most people satisfied. However, excellence speaks volumes about your character. Choosing to live with excellence indicates that you are living for God and not for yourself or others.

### :: read it

Read Romans 12 and answer these questions:

In this passage, God defines living with excellence. Make a list of everything you find (for example: offer your life to God (v. 1), love sincerely (v. 9), etc.).

Review all the things you wrote down. Does excellence come easily or cheaply? What does excellence cost?

Verse 2 tells us what God’s will is. What is it, and why is it excellent?

Is it possible to live with excellence? Explain your answer.

**:: discuss it**

Discuss the following with your mentee:

Refer back to your list. In what ways are you living with excellence?

Does excellence mean perfection? Is it the same for everyone all the time?

When was a time you knew that you fell shy of excellence?

Pull out your Life Map. How does what you learned today apply to the things on your map? Would living with excellence make a difference? How?

**:: apply it**

In what ways are you not living with excellence? What action will you take this week to start living with excellence? (Good applications always include a what, when, where and how.)

**:: pray about it**

Pray through Colossians 3:23-24, and ask God to remind you to live and work for Him, which serves as a blessing to others.

**:: meditate on it**

Memorize and/or meditate on Colossians 3:23-24 this week.

*Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.*



## After you meet with your mentee...

Is there anything your mentee said that you want or need to remember, or something you need to follow-up on?

### :: ponder this

As you walk the road of life with your mentee, you may want to consider these questions:

What is your mentee struggling with right now?

What is his or her greatest need?

What are some things to pray about? This can be either specific requests he or she shared with you, or things you feel burdened to pray about.

How do you see God at work in and through your mentee?

What is one area of growth or strength that you see in your mentee?

How could you communicate that to him or her in the next week?

## Before your next meeting...

These ideas are OPTIONAL but will take only a few minutes and have a big impact.

In between meetings with your mentee, here are some FAST AND EASY things we recommend:

Memorize and/or meditate on the verse from the last session. Write it on an index card and put it somewhere you'll see it every day. If you take this seriously, so will your mentee.

Pray for your mentee.

Read through the next session (5-10 minutes). Think about the upcoming topic and identify one example in your own life you could share, if necessary, to encourage your mentee.

Make one contact with your mentee: Send an email, make a phone call, do something together, write a note. This could take as little as 5 minutes, but go a long way to demonstrating to your mentee that you genuinely care.



How are you modeling a walk with God for your mentee? Are you practicing what you preach? Are you being honest with your struggles, as well as your victories? Have you been vulnerable and shared any examples from your own life as you work through the sessions together? Are you applying what you study together to your own life? Are you meditating on the memory verses each week?

### **:: remember this**

At the beginning of each session, we've built in a follow-up on the application goal your mentee set last time. It's called "check it." Following up demonstrates that you are serious about holding your mentee accountable to moving forward.