



## Reframe your expectations - Sarah

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**Reflect** ( 20-30 min )

### **Taking Inventory**

We may all have different ideas or feelings when we bring up the idea of mentoring. Maybe your thinking has been broad, encompassing many of those different kinds of relationships mentioned. Or maybe you have had a very specific idea of what a mentor should look like.

- **What has been your idea of a mentoring relationship?**

How might your expectations of a mentor have shifted after hearing Sarah's talk?

- **Who has been in your garden in the past?**

What type of mentors have I had? Is there a specific area of my life they impacted?

- Take time to think back over the different seasons of your life and the people who have mentored you in different ways.
- Be specific and write down the people who have played mentoring roles in your life.
- Consider all the different mentoring types as you make notes about their impact or the area of your life they influenced.

- **Who is in your garden now?**

- What type of mentors do I currently have?
- Is there a specific area of my life they impact?

- **What past experiences have shaped your view of mentoring?**

Notice what emotions stir in you as you reflect and take inventory.

- Have there been any negative mentoring experiences or disappointments that have led me to be skeptical?
- Have I had really good mentoring relationships in the past? What made them good? How did they impact me?

- **How have you experienced different views of mentoring on your multi-cultural team?**



## **Reframe your expectations - Sarah (continued)**

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### **Discuss ( 15 min )**

Could be done as one large group or in small groups.

**Was there anything you noticed about your past or present experience of mentoring that surprised you?**

**How has your view of mentoring shifted or changed?**

- Share a little about a specific mentoring relationship that has been significant to you, or about a mentoring relationship that you've identified during the reflection time that you hadn't considered before because it maybe didn't fit your idea of what you thought a mentor was.

### **Mentor types:**

- Disciple-maker
- Spiritual guide/director
- Counselor
- Coach
- Peer/friend
- Teacher
- Consultant
- Sponsor
- Modern models
- Divine contact
- Challenger
- Encourager
- God's Word
- Others:



## **Renew your perspective - Katka**

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### **Reflect** ( 20-30 min )

Split into pairs or triplets to look at these suggested passages.

### **Now let's take some time to dig deeper and look into the scriptures ourselves.**

- Exodus 18
- 1 Samuel 3
- Luke 1:39-56
- 1 Timothy 6, 2 Timothy 1:2-7
- Romans 15:14, Proverbs 27:17, Hebrews 10:24-25, Ephesians 4:25, James 5:16

### **As you read these stories and verses, what speaks to you?**

- What observations can you make about the context that might impact mentoring?
- What are the different roles mentors play?
- Are there any observations you can make about why these people were in the role of mentor?
- How would you describe a mentor based on these verses?

### **Does another story or verse from scripture come to mind when you think about mentoring?**

### **Discuss** ( 30-40 min )

Return to the big group.

- What stood out to you in the verses you looked at?
- What mentoring lessons did you learn from these examples?
- Based on these verses/examples, how would you describe a mentor?
- What other observations would you like to share with the group?
- As you study different examples of mentoring in the Bible, how do they impact you moving forward to give and receive in this area?





## Reshape your plan - DU

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### Reflect ( 30 min )

- **Spend time in personal reflection**
  - What do you need?
  - What do you want?
- **Allow yourself to become aware of and acknowledge your desires** (without judgment)
  - What is underneath or behind that desire? (I want this because....) *Don't be afraid to dig deep and let the Spirit reveal what you're feeling in the deep places of your heart.*
  - In light of what the Spirit is revealing to you, do any of your expectations need to be reevaluated or adjusted?
  - Now take some time to sit with the Father.
    - What kind of mentor do you need in this season?
    - In what area of your life do you want someone to speak into?
    - Is there someone already in your garden who could be an "other" to you?
    - What might He be inviting you to **give**?
    - How has He equipped you in this season of life to come alongside another woman and spur her on?

### Discuss ( up to 1 hour )

After your solo time, come back into your small groups and share.

- What did God reveal to you? What does He want for you?
- What can you offer as you walk alongside others?
- Take some time to listen to the Father **for** each other, focusing on one woman at a time.
  - What do you hear Him saying about her?
  - What is she good at? Where is she gifted?
  - How do you see her using her gifts to bless you? others?
  - Use this time to speak into each other's lives with the gift of words and specifically encourage each other.
- Would you be willing to commit to taking a step forward in the area of seeking a mentor or being one?
  - What step do you think God might want you to take?
  - Share it with each other and commit to checking in to see how it's going.