

# Mentorship

**Iron sharpens iron, and one person sharpens another.** *Proverbs 27:17*

Guiding teens in finding a spiritual mentor is about helping them seek someone who can offer wisdom, guidance, and support in their faith journeys. A spiritual mentor is more than just a teacher; they are role models and advisors who can help teens navigate the complexities of life from a faith-based perspective. Encourage teens to look for people who live out their faith authentically—someone they trust, respect, and feel comfortable opening up to. Remind them that a mentor's role is not to have all the answers but to guide them in finding their own answers through a deeper understanding of God's Word and will. We encourage you as parents to also know this person and maintain a good relationship with him or her as a trusted adult.

## ➤ conversation starter

Have you ever thought about finding a spiritual mentor? What qualities would you look for in someone to mentor you in your faith?

Is there someone in our church who you admire for their spiritual wisdom and maturity? What draws you to him or her?

## ➤ navigating the conversation:

- **Identify Qualities of a Good Mentor:** Discuss the qualities that make a good spiritual mentor, such as wisdom, empathy, a strong personal faith, and a willingness to invest time and energy into mentoring.
- **Look Within Your Community:** Encourage teens to consider people within your church. A good mentor often comes from one's immediate circle.
- **Consider Different Perspectives:** Mention that a mentor who is different in age, background, or life experience can offer valuable new perspectives.
- **Encourage Initiative:** Discuss the importance of taking the initiative to ask someone to be a mentor. People are often honored and willing to help.
- **Set Expectations:** Talk about setting realistic expectations for the mentoring relationship, such as how often to meet and what topics to discuss.
- **Respect Boundaries:** It's important to respect the mentor's time and boundaries. Encourage teens to be considerate of the mentor's other commitments.
- **Be Open to Learning:** Encourage teens to be open to learning and receiving guidance, even when it challenges them.
- **Encourage Mutual Respect:** A mentoring relationship should be built on mutual respect and trust. Discuss the importance of honesty and openness.
- **Pray for Guidance:** Suggest praying for guidance in finding the right mentor. This can be a significant decision in their spiritual lives.
- **Prepare for Challenges:** Remind them that being mentored can sometimes be challenging, as it can prompt personal growth and change.
- **Encourage Giving Back:** Discuss the idea that in the future, they might also mentor someone and pass on the wisdom they have gained.



**Discipleship**