

RIVER WEST MEN

Nuts and Bolts of Mentoring

Remember that as iron sharpens iron, one man sharpens another (Proverbs 27:17). You are embarking on a “sharpening” relationship in which both of you will benefit. You don’t need a counseling degree. You don’t have to be perfect and you don’t have to be a Bible scholar. You are creating a friendship with another brother who will benefit from your successes as well as your failures. Don’t be intimidated! Just be open to how the Lord might use you in the life of another man. As you meet with your mentee, please keep the following in mind:

1. Start by sharing your stories. Building a relationship takes time. Get to know each other over your first few meetings.
2. Your mentee has something on his mind and wants to talk about it. That’s why mentoring at River West is question driven and not curriculum driven. Ask good questions and listen! Let your mentee bring up the things that he wants to talk about. You are creating a conversation.
3. Mentoring requires transparency. In order to be an effective mentor you must be willing to share openly about your life—the good, the bad and the ugly.
4. For any of this to work, there must be a connection. And that takes time! You’re developing a friendship and that doesn’t happen over night. Be patient and meet consistently. Remember, this isn’t a teacher/pupil relationship.
5. This is “life on life.” That means no topic is off limits. Again, your mentee will drive this, but be open to talking about just about anything—job issues, parenting concerns, sin struggles, relationship difficulties, etc.
6. Don’t picture this simply as a “Starbucks discussion.” You might meet for coffee, but you can also be creative when and where you meet. Find a common interest on which to build your friendship.
7. Meet consistently. Agree on a schedule and stick to it as much as possible. That might mean meeting weekly, bi-weekly, or even monthly. Are you feeling too busy to mentor?

Most mentors find that two one-hour meetings per month works well, usually over lunch. What's two hours over the course of a month? You can do it!

8. Be faithful in praying for your mentee. You might even choose to keep a journal for prayer requests and use it to direct future conversations.
9. Confidentiality is key. Your conversations are just between the two of you.
10. Most importantly, point to Jesus. You're not the hero of this story. Jesus is! Look at the Scriptures together, talk about them and pray together.