

Marriage • Parenting • Spiritual Growth • Sexuality • Relationships • Mental Health  
Men • Women • Hurts and Emotions • Singles • Ministers and Mentors • Technology



*a resource for:*  
**Ministers and Mentors**

## Mentoring Handouts



APOSTOLIC CHRISTIAN

**Counseling and Family Services**

*Helping the hurting. Nurturing hope. Encouraging growth.*

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# Mentoring Handouts

## MENTORING PLAN WORKSHEET

Date of 1st meeting: \_\_\_\_\_

Mentee: \_\_\_\_\_ Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Mentor: \_\_\_\_\_ Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

- The best place to meet is: \_\_\_\_\_.
- The best time to meet is:  
**morning, noon/during day, late afternoon, evening, Saturday, or Sunday**  
(circle one)
- The mentee and mentor will meet:  
**weekly, monthly, quarterly, or at the discretion of the mentor**  
(circle one)
- The mentee will also meet periodically with the elder and/or a minister for counseling:  
**weekly, monthly, quarterly, or at the discretion of the elder/minister**  
(circle one)
- The relationship will be reviewed honestly for effectiveness by both mentee and mentor at the following checkpoints:  
**1st month, 2nd month, 3rd month, 6th month, or 12th month anniversary**  
(circle all that apply)
- Our target end date for this mentoring relationship is: \_\_\_\_\_.  
(Relationships can continue beyond this date and often will in a different form or with different goals. This target date will bring some accountability to the relationship and its current goals.)

# Mentoring Handouts

## Goal Setting – what do we want to accomplish?

Goals are necessary to bring purpose and accountability to a mentoring relationship. A goal can be general, but it needs to be followed up by specific actions to ensure it is measurable and attainable.

### Goal #1:

Specific actions to meet this goal:

How can the Mentor help you achieve this goal?

### Goal #2:

Specific actions to meet this goal:

How can the Mentor help you achieve this goal?

## Encouragement for the Mentee

Remember to:

- Pray for your meetings.
- Arrive for meetings on time.
- Be open. Share honestly and ask questions.
- Let the mentor and the elder know if the mentoring relationship is not working.

A copy of this mentoring plan should be given to the mentee, the mentor, and the mentor program coordinator (if applicable). The coordinator will contact the mentor periodically to see how the relationship is going.

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# Mentoring Handouts

## SPIRITUAL GROWTH WORKSHEET

Date\_\_\_\_\_ Mentee\_\_\_\_\_ Mentor\_\_\_\_\_

“...giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.”

2 Peter:5-8

- What is your core and honest belief in Jesus Christ and His relationship to God? *John 3:16*
- Are you increasing in your faith by hearing and reading the Word of God? *Romans 10:17*
- Are you praying for your faith to increase and for God to become real to you? *James 4:8*
- Are you decreasing in your frequency and severity of sin? *Romans 6:11-13, 12:21*
- Do you acknowledge and confess your sins to God? *1 John 1:9; Proverbs 28:13; James 5:16*
- Are you studying and practicing the fruits of the Spirit? *Galatians 5:22-23*
- Is it your goal to become more like Christ? *Galatians 2:20; Philippians 4:13*
- Do you recognize and hear the Holy Spirit in your life? *Luke 12:12*
- Who are your friends? *Psalms 119:63; Proverbs 2:20; Proverbs 13:20*
- What are your recreational activities? *Ephesians 5:11; Romans 13:12; Hebrews 13:21; Galatians 6:9*
- What are your feelings about attending church? *Hebrews 10:25*
- Do you feel if you died tonight, you would be going to Heaven? *Acts 16:31; Luke 23:43*





# Mentoring Handouts

## SPIRITUAL HEALTH ASSESSMENT

Assessments are vital for things to function properly and achieve maximum benefits. While you may be quick to assess your physical health, you may be less likely to assess your spiritual health. Use these 30 questions to assess your spiritual health in order to give your ministry maximum benefit.

Trust God to guide you in your choices. The key to growth will be His work in you as you intentionally seek His kingdom first.

*Matthew 6:33* “But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

Assess the strength of your spiritual life by choosing one of the following responses for each item below.

**1 = Never      2 = Seldom      3 = Occasionally      4 = Frequently      5 = Always**

1. I practice a regular quiet time and look forward to that time with Christ.
2. When making choices, I look for Christ’s guidance first.
3. My relationship with Christ is motivated more by love than duty or fear.
4. I experience God’s presence during church worship and recognize changes needed in my life as a result.
5. When God makes me aware of His specific will in an area of my life, I follow His leading.
6. I submit to Christ’s lordship over my life.
7. My actions demonstrate a desire to build God’s kingdom rather than my own.
8. Peace and contentment characterize my life rather than worry and anxiety.
9. I trust Christ to help me through any problem or crisis I face in life.
10. I remain confident of God’s love and provision even during difficult times.
11. I regularly read and study my Bible.
12. I believe the Bible is a reliable resource on the subject of appropriate lifestyle.
13. I evaluate cultural ideas and lifestyles to see if they are consistent with the Bible.
14. When the Bible exposes an area of my life needing change, I respond to make things right.
15. My prayers focus on discovering God’s will more than expressing my own needs.

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16. I forgive others when their actions harm me.
17. I admit my errors in relationships and humbly seek forgiveness from the one I've hurt.
18. I allow other Christians to hold me accountable for spiritual growth.
19. I live in harmony with other members of my family.
20. I place the interest of others above my self-interest.
21. I share my faith in Christ with non-believers.
22. I regularly pray for non-believers I know.
23. I make my faith known to my neighbors and others I meet on a regular basis.
24. I intentionally maintain relationships with non-believers in order to share my testimony.
25. When confronted about my faith, I remain consistent and firm in my testimony.
26. My actions demonstrate a belief in and commitment to the Great Commission.
27. I understand my spiritual gifts and use them to serve others.
28. I serve others expecting nothing in return.
29. I sacrificially contribute my resources to help others in my church and community.
30. I expect God to use me every day in His kingdom work.

After responding to all 30 statements, do the following:

- Add your total score.
- Divide your total score by 30 to arrive at a composite score.
- Highlight all scores of 2 or less, and then plan a strategy to strengthen these weak areas of your spiritual life.

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# Mentoring Handouts

## SPIRITUAL GROWTH ASSESSMENT

As you complete the assessment, avoid rushing. Listen for God's voice to encourage and challenge you. Consider this experience as one-on-one time with Him. Be intentional in your growth towards Christ-likeness. Assess the strength of these aspects of your spiritual life by choosing one of the following responses for each item below. Highlight scores of 2 or less and prayerfully consider a strategy to strengthen these weaker areas of your spiritual life.

1 = Never      2 = Seldom      3 = Occasionally      4 = Frequently      5 = Always

### Abide in Christ

1.	I practice a regular quiet time and look forward to that time with Christ.
2.	When making choices, I seek Christ's guidance first.
3.	My relationship with Christ is motivated more by love than duty or fear.
4.	I experience life change as a result of attending worship services.
5.	When God makes me aware of His specific will in an area of my life, I follow His leading.
6.	I believe Christ provides the only way for a relationship with God.
7.	My actions demonstrate a desire to build God's kingdom rather than my own.
8.	Peace, contentment, and joy characterize my life rather than worry and anxiety.
9.	I trust Christ to help me through any problem or crisis I face.
10.	I remain confident of God's love and provision during difficult times.

### Live in the Word

1.	I regularly read and study my Bible.
2.	I believe the Bible is God's Word and provides His instructions for life.
3.	I evaluate cultural ideas and lifestyles by biblical standards.
4.	I can answer questions about life and faith from a biblical perspective.
5.	I replace impure or inappropriate thoughts with God's truth.
6.	I demonstrate honesty in my actions and conversation.
7.	Generally, my public and private self are the same.
8.	I use the Bible as the guide for the way I think and act.
9.	I study the Bible for the purpose of discovering truth for daily living.

### Pray in Faith

1.	My prayers focus on discovering God's will more than expressing my needs.
2.	I trust God to answer when I pray and wait patiently on His timing.
3.	My prayers include thanksgiving, praise, confession, and requests.
4.	I expect to grow in my prayer life and intentionally seek help to improve.
5.	I spend as much time listening to God as talking to Him.
6.	I pray because I am aware of my complete dependence on God for everything in my life.
7.	I pray for those in the ministry of my church.
8.	I maintain an attitude of prayer throughout each day.
9.	I believe my prayers impact my life and the lives of others.
10.	I engage in a daily prayer life.

# Mentoring Handouts

## Build Godly Relationships

1.	I forgive others when their actions harm me.
2.	I admit my errors in relationships and humbly seek forgiveness from the one I've hurt.
3.	I allow other Christians to hold me accountable for my spiritual growth.
4.	I seek to live in harmony with other members of my family.
5.	I place the interest of others above my self-interest.
6.	I am gentle and kind in my interactions with others.
7.	I encourage and listen to feedback from others to help me find areas for relationship growth.
8.	I show patience in my relationships with family and friends.
9.	I encourage others by pointing out their strengths rather than criticizing their weaknesses.
10.	My time commitments demonstrate that I value relationships over work/career/hobbies.

## Witness to the World

1.	I share my faith in Christ with non-believers.
2.	I regularly pray for non-believers I know.
3.	I make my faith known to my neighbors and/or fellow employees.
4.	I intentionally maintain relationships with non-believers in order to share my testimony.
5.	When confronted about my faith, I remain consistent and firm in my testimony.
6.	I help others understand how to effectively share a personal testimony.
7.	I make sure the people I witness to get the follow-up and support needed to grow in Christ.
8.	I encourage my church and friends to support mission efforts.
9.	I am prepared to share my testimony at any time.
10.	My actions demonstrate a belief in and commitment to the Great Commission ( <i>Matthew 28: 19-20</i> ).

## Minister to Others

1.	I understand my spiritual gifts and use those gifts to serve others.
2.	I serve others expecting nothing in return.
3.	I sacrificially contribute my finances to help others in my church and community.
4.	I go out of my way to show love to people I meet.
5.	Meeting the needs of others provides a sense of purpose in my life.
6.	I share biblical truth with those I serve as God gives opportunity.
7.	I act as if the needs of others are as important as my own.
8.	I expect God to use me every day in His kingdom work.
9.	I regularly contribute time to an activity or outreach ministry at my church.
10.	I help others identify ministry gifts and encourage them to become involved in church activities and outreach ministries.

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# Mentoring Handouts

## NEW CONVERT/MEMBER WORKSHEET

(Mentee's copy)

Date \_\_\_\_\_

Mentee \_\_\_\_\_

Mentor \_\_\_\_\_

Are you working on and making progress in the following areas:

- Developing healthy and consistent prayer time and Scripture reading
- Studying and applying the Word for continued spiritual growth
- Attending church regularly and making close relationships there
- Living a life dedicated to the Lord
- Staying pure in heart, mind, and body
- Choosing friends and activities wisely
- Growing in the love of God
- Showing the love of God
- Sharing the Gospel
- Suffering for Christ
- Living out the fruit of the Spirit
- Being God's servant
- Giving thanks to God
- Dealing with trials and temptations
- Seeing the world through God's eyes

Other specific areas of concern, as determined by the elder and the mentee, are:

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# Mentoring Handouts

## NEWLY MARRIED WORKSHEET

Date \_\_\_\_\_ Mentees \_\_\_\_\_ Mentor \_\_\_\_\_

Are you working on and making progress in the following areas:

- Establishing a Christian home
    - o Are you spending time alone and together praying and reading God's Word?
    - o Are you attending church regularly?
    - o Are you submitting to each other in love?
    - o Are you keeping your home environment pure?
    - o Are you using your free time wisely, being aware of opportunities to serve?
    - o Are you opening your hearts and home with Christian hospitality?
  - Communication
    - o Are you each being open and honest in a gentle, loving way?
    - o Are you offering encouragement and praise to one another?
    - o Do you laugh together in the "better times" and cry together in the "worse times"?
    - o Are you developing the language of a loving touch?
    - o Do you ask for and give forgiveness?
  - Outside relationships
    - o Do you protect the image of your spouse with family and friends?
    - o Are you respectful and loving to your spouse's family?
    - o Are you building a circle of good Christian friends that you enjoy together?
    - o Are you allowing reasonable time and space for your spouse to enjoy alone or with family or friends?
  - Finances
    - o Are you "making it" financially?
    - o Are you working together to make necessary financial adjustments?
    - o Are you giving to the Lord and His work as agreed between the two of you?
    - o Are you making goals and budgeting your finances wisely for your future?
  - Sexually
    - o Are you remaining sexually faithful to one another? Where you go, what you do, what you see?
    - o Are you respectful and kind in exploring intimacy in your marriage?
    - o Are you growing together in an understanding of your sexual needs and practices in marriage?
  - Other specific areas of concern, as determined by the elder and the mentee, are:
-





# Mentoring Handouts

## RECOMMENDED ACTIONS FOR SPIRITUAL GROWTH

The following actions can help you complete your intentional plan for your spiritual growth. See these as suggestions to get you started, rather than a list of the only possibilities. Trust God to guide you in your choices. The key to growth will be His work in you as you intentionally seek His kingdom first. *Matthew 6:33* “*But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.*”

### A. Abide in Christ.

*John 15:4* “*Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.*”

1. Regularly attend worship services at your church.
2. Set aside a specific time and location for a regular quiet time.
3. Establish a practice of worship preparation through prayer and confession.
4. Learn about and practice biblical fasting.
5. Learn about your identity in Christ.
6. Regularly thank God and give Him praise in all situations.
7. Make a list of things that hinder your spiritual growth. Seek God’s help to remove those hindrances.

### B. Live in the Word.

*Hebrews 4:12* “*For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, . . . and is a discerner of the thoughts and intents of the heart.*”

1. Memorize one Scripture verse each week.
2. Take notes from sermons. Evaluate how the lessons apply to your life.
3. Establish a regular time for personal Bible study. Take notes from the studies and evaluate how the biblical truths you learn can apply to your life.
4. Use a concordance and Bible dictionary to enrich Bible study.
5. Read one chapter from the Bible each day. Discover one action required and do it.
6. Meditate on the character of God described in the chapter you read.
7. Share with someone a specific thought you learned from your Bible study or a specific way that a passage applied to your life.

### C. Pray in Faith.

*James 1:5-6* “*If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering.*”

1. Pray for your elder, ministers and Sunday school teachers regularly.
2. Enlist a prayer partner and meet regularly for prayer.
3. Journal your prayers and record how prayers are answered.
4. Study the prayers in the Bible.
5. Do a topical Bible study on prayer. Share with another person or group what you learned.
6. Pray each day.

# Mentoring Handouts

## D. Build Godly Relationships.

*Ephesians 4:1-3,25,31-32* “. . . walk worthy of the vocation wherewith ye are called, with all lowliness and meekness, with longsuffering, forbearing one another in love; endeavouring to keep the unity in the Spirit in the bond of peace. Wherefore putting away lying, speak every man truth with his neighbour. . . Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: and be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”

1. Ask family members to identify ways you can improve your relationships with each one.
2. Ask friends to identify ways you can improve your relationships with each one.
3. Make a list of people who have hurt you and ask God for help to forgive them.
4. Interview someone you respect for their godly relationship (e.g., a couple who has been married for many years).
5. Do a topical Bible study on building godly relationships in marriage and share with others.
6. Do a topical Bible study on building godly relationships as a parent and share with others.
7. Do a topical Bible study on building godly relationships with others and share with others.

## E. Witness to the World.

*Acts 22:15* “For thou shalt be his witness unto all men of what thou hast seen and heard.”

1. Write your testimony and practice sharing it with another believer.
2. Be ready to share your testimony when asked.
3. Make a list of non-believers you know and begin praying regularly for their salvation.
4. Be sure your “light” is shining all the time, so friends, co-workers, and neighbors will notice your joy of salvation and sanctified life.
5. Invite a friend to a worship service at your church.
6. Include a specific focus on missions in your prayers.
7. Participate in a World Relief activity or missions trip.
8. Do a topical Bible study on witnessing to the world. Share with another person or group what you learned.

## F. Minister to Others.

*2 Corinthians 4:1, 3* “Therefore seeing we have this ministry, as we have received mercy, we faint not. But if our gospel be hid, it is hid to them that are lost.”

1. Complete a spiritual gifts inventory.
2. Volunteer for a ministry in your church where you can use your spiritual gifts, interests, and natural abilities.
3. Send notes of encouragement to your elder, minister, and Sunday school staff.
4. Visit one homebound person each week.
5. Look for families with new babies. Send a note of congratulations and drop off a gift or meal.
6. Volunteer to babysit for single parents in your church to give them a night out.
7. Volunteer to help in places where the needy are served, such as nursing homes, hospitals, Timber Ridge, Gateway Woods, homeless shelters, orphanages, food pantries, etc.
8. Volunteer to tutor students or help in a classroom at a local school.