8 TIPS TO MENTORING/DISCIPLING A YOUNG PERSON!

01

PRAY, PRAY, PRAY!

Prayer is powerful. It's how we commune with God and invite Him into our lives and relationships. We encourage you to be attentive to what God might be doing in both your life and in the life of the young person you have the privilege of journeying alongside.

02

BUILDING TRUST AND SHOWING CARE

As the saying goes... "people don't care how much you know until they know how much you care". Relationships are built with trust over time. The key is being consistently present, showing that you are not going anywhere. In time vulnerability and honesty will come.

03

THE POWER OF LISTENING

Listening shows people that we care and that they matter. It also allows people to process thoughts and feelings, bringing healing, validation and clarity. Listening is one of the most powerful tools of a mentoring relationship. Listening also allows for you as a mentor to , create opportunities for deeper understanding, trust, and the ability to guide them toward meaningful growth in their faith, character, and life choices.

04

PLAY THE LONG GAME

This discipling relationship is about helping your young person build foundations and create rhythms that will shape their life and faith in Jesus. To do this well we need to prioritize their long-term growth over immediate results. Hence, why the discipleship booklet is focused on repeatable activities rather than topical lessons. We are giving frameworks for them to process life decisions.

05

EMPOWERING QUESTIONS

Did you know that Jesus asked 305 questions in Scripture? The best mentors don't teach people what to think, but rather how to think. They do this by asking good questions that empower people to think for themselves. Good questions help people own the conclusions they have come to and prepare them for life beyond their current situation.

06

CELEBRATE PROGRESS, NOT PERFECTION

Recognise the small steps of growth and maturity. Celebrate their efforts rather than expecting flawless faith. Every session, think about one personalised encouragement that you can give your young person! E.g. I've noticed...good job on...I respect the way...you handled that situation with your friend.

07

ROLE MODELLING JESUS

"Follow my example, as I follow the example of Christ." -St Paul. Young people watch what we do, looking for whether we are authentically living out our faith. We don't have to be perfect (no one is!), but they need to see our faith in action. How's your prayer life? What is Jesus teaching you? How have you been the hands or feet of Jesus?

08

HAVE FUN

Building new relationships is one of the most special things about being part of the Christian community. Have fun together, make this relational experience positive and memorable for the young person. You want them to come away from being mentored by you with joyful memories! So make an effort in laughing and having fun together.

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