

The Table at CPC

## **Find a Mentor**

### ***Structured Opportunities***

**Spiritual mentoring is an intentional relationship in which one follower of Jesus walks alongside another in order to encourage, equip, and challenge.** Like a mountain climber who is a little more familiar with the trail than his partner, a spiritual mentor has the opportunity to help you navigate the trail on your spiritual journey and pay attention to the work of God as you go.

If you are interested in being matched with a mentor, please contact James Madsen at [jamesm@cpconline.org](mailto:jamesm@cpconline.org).

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# Find a Mentor

## *Organic Relationships*

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### Consider these steps:

1. Put yourself in environments where you're around people who are modeling the life of discipleship you desire.
2. **Identify 3-5 people** you admire and would like to spend time with.
  - 1.
  - 2.
  - 3.
3. **Invite** each of the people you have identified out to coffee or lunch. Tell them you would like the opportunity to **get to know them better**.
4. Before you meet with them, **think of some questions** you'd like to ask them. Consider asking them to share their faith story with you. Ask them what God has been teaching them lately. Ask if they had one thing to do differently in their life what would it be.
5. After you've met with the potential mentors you've identified, decide if you'd like to **ask one of them to enter into a mentoring relationship** with more regular contact.
6. Look at the list of different types of mentors below and **decide exactly what it is you desire from a mentoring relationship**.
7. When you meet with someone to ask them to be your mentor, **be clear what it is you want from them and why**. What are your goals? How often would you like to meet? Even if they have to say "no" for whatever reason, they will be flattered and you will have benefited from the time together. **Ask them for other suggestions** of mentor-types they think it would be good for you to get to know.
8. **Remember there are many different kinds of mentors – different delivery systems, intensity levels, and duration. Think outside the box!** Look at the list of different types of mentors.
  - **Discipling mentor** (formalized, structured mentor relationship) – walks alongside another through the study of God's Word (often using a curriculum) and helps them listen to God so that it forms how they live.
  - **Spiritual director** – listens to the stories of others and helps them be attentive and responsive to the work of God in their life. Usually licensed and charge a fee.

- **Marriage mentor** – models and helps couples process the integration of faith and marriage.
- **Occasional mentor** – walks alongside another for a season helping coach them and process around a specific area where they desire to grow, or around a specific challenge they're facing.
- **Book mentor** – people who teach and influence you through their writing
- **Divine mentors** – God's work in the lives of people in the Bible that you learn from.