

WISDOMWORKS MENTORING



MENTORING
WORKBOOK

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Commitment:

I _____, the mentor, will do whatever I am able to help _____, my mentee, succeed in improving in the 7 Marks of a wise person. I will be committed over the next 7 weeks to facilitating growth in all of those areas but especially in the areas of _____, _____, and _____.

I will be respectful of my mentee and will speak the truth (even if it hurts) in LOVE because I care for my mentee and want the best for their life.

Signed, _____ Date _____

I _____, the mentee, will do whatever I am able to mature in the 7 marks of a wise person. I will work with my mentor to develop a plan and try my best to stick to in order to mature in the areas of _____, _____, and _____.

I will respect my mentor and will accept both praise and correction from my mentor because my mentor cares for me.

Signed, _____ Date _____

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Introduction

This workbook is for adults preparing for the WisdomWorks Mentoring program. Is that you? Great! Congratulations on making a commitment to make a difference in the life of a kid and investing in the future. We have spent the last 5 years developing this program to help people just like you discover the joy and satisfaction of mentoring youth. There is joy in investing in the life of another, especially a youth. But, unlike many investments today, you will get something in return. You may be surprised by what you discover along this journey. Mentoring is a wonderful expedition with many turns and even some trials. But like any tough trek, the view from the top is magnificent and the memories are incredible. So, lace up your hiking boots and prepare for a life-changing trip.

What is Mentoring?

This program is designed to give you everything you need to become a successful mentor, regardless of your previous level of experience. Maybe you don't even really know what a mentor is yet. Don't worry; we'll take care of you!

Mentoring is a relationship between two people, a mentor and mentee, which is based on trust for the purpose of guidance, support, and encouragement that promotes growth in the spiritual maturity, character and competence of the mentee. A mentor does not work alone. He or she is a partner with the wider community of influencers in a student's life including parents, teachers, youth pastors, friends, television, and so on. Study after study has shown that the American ideal of the nuclear family does not provide a wide enough community of influence for teenagers. On average, the greatest growth occurs in a teenager's life if they have 3 adult relationships **in addition to** their relationship with their parents.

From time immemorial, teenagers have not needed formal mentors. They lived in close-knit communities with extended family relationships. They had natural mentoring relationships with other adults. In today's society, these social structures have broken down. A mentor helps fill that gap. It does not take a superhero to be a mentor. A mentor is a normal adult Christian who loves teenagers, has a couple of hours a week to devote to changing someone's life, and is willing to make

a 12 week commitment. This program is not designed for mentoring experts. It is designed for you! It is designed to develop anyone into a natural mentor, regardless of their current level of ability or knowledge. This program teaches mentors the basic skills of mentoring: relationship building, identifying strengths and weaknesses, communication, sensitivity, and creating strategies for improvement. We will also teach you Structured Spontaneity, a technique that gives a mentor the skills to utilize the virtually any situation as an opportunity for mentoring.

Why Me?

There are many reasons to become a mentor. Here are a few

- Serving the church is not really an optional part of Christianity 😊
- You want to change someone's life
- You spend too much time watching TV because you've got nothing better to do
- You will learn at least as much from your mentee as they will learn from you
- You love teenagers
- You don't like to see people give up on an entire generation
- 12 weeks is not a lifetime commitment
- If Mark Matlock can do it, anyone can do it.
- There is a reason that you have gone through all the crud in your life and it is mostly so that you can pass along the comfort Jesus has given you to others. (2 Corinthians 1:4)

These are only a few reasons why you should be a mentor. There are many, many more. In the final analysis, we need you, your program director needs you, and your future mentee needs you.

Mentoring Is Not Just A Bible Study!

Let me repeat: “Mentoring is not a just another Bible study!” Yes, each session includes a Bible verse and a biblical rationale. But this is not an excuse to lecture! It is more like a theme for the meeting or a topic of conversation. Mentoring is not a class. You are sharing life and developing a relationship. Don't think of yourself as the dried-up, taskmistress algebra professor who writes rules on the blackboard for memorization. Think of yourself as an experienced backpacker walking a trail on a familiar mountain. Your mentee is new to the whole backpacking experience, so you've got plenty of guidance to give. You know how to fold a tent, what order to put stuff in the backpack, and where to put your food so the bears don't get it. But you and your mentee are both heading for the peak of the mountain and neither of you have ever been there (unless you've already been to heaven and not told me). So, point out the pitfalls, give advice, but don't try to determine the path. We all take different paths up this mountain.

How Does The Program Work?

We have mapped out 12 sessions for you to help get to know one another as well as develop your skills as a mentor. There is a passage of Scripture, an activity and a goal that provide a broad outline of each session. At first, it is best to stick more closely to the script. Later, as you feel more comfortable with the mentoring process and as you get to know your mentee better, you can customize each lesson as you see fit. We strongly recommend that you attempt each activity, as they were specifically designed to maximize the benefits for the mentee. There may be an activity or two that push you outside of your comfort zone, but you are doing this for the teenagers, and none of the activities are physically painful (unless you are a really bad cook :)). Be flexible and have fun.

We chose to make this program 12 weeks long because it gives you and your mentee time to develop a significant relationship without asking for a frightening (and probably unrealistic) level of commitment. Twelve sessions is enough time to get to know a person, but not too long to scare off a mentee. Remember, for a 30-year-old, a 12 week commitment is nothing, but for a teenager, 12 weeks is an entire semester! We want you to be able to commit to mentoring for a certain amount of time before you decide whether or not mentoring is for you. After 12 meetings, you and your mentee

can decide if you want to continue meeting or not. If either of you can't continue (or don't want to continue), there is no damage done because the commitments were kept.

How Do The Meetings Work?

For each meeting you need to read through the meeting handout at least once to prepare yourself. We already have lists of all of the materials that you will need for each meeting. You should talk to your program supervisor about how to acquire the materials. We also provide a Summary Sheet for each meeting that contains lesson cues that will keep you on track during the meeting. Mentoring is much easier if you can memorize these short, intuitive cues, but memorization is not mandatory.

Immediately after the meeting, you will fill out Post-Meeting Evaluation form. It doesn't take very long and these forms are invaluable aids as you try to process your meeting and understand what happened. It will also help you remember what you covered in the meetings while the information is still fresh in your mind. The evaluation forms also serve as markers so that you can see the slow, steady progress in your mentee. You will also submit a copy of the Evaluation form to your youth pastor or mentoring program coordinator. He or she will be a second set of eyes to catch things you might miss and another voice to pray for you and your mentee as you walk through this process together. Remember, anytime you get stuck, go to your program director. Whether you need help coming up with ideas or you don't know how to handle a particularly sensitive issue, your program director is there to provide support for you and pray for you. Alright, on to the good stuff!

Structured Spontaneity

You've seen the words Structured Spontaneity several times, but we haven't really explained what it is. Structured Spontaneity is a term that we invented to talk about our methodology of mentoring. Basically, Structured Spontaneity is planning a normal activity (a "structure") and taking advantage of whatever teachable moments that occur during that activity ("spontaneity"). Still not clear? Let me use a musical example to clarify.

Think of normal church ministry (bible study, sermon, etc.) as an orchestra playing a symphony. In a symphony, everyone has their music in front of them, and everyone knows exactly what notes to play

and exactly when to play them. Very relational ministry (think of the hangout time before church) is kind of like a middle school band warming up before their first concert. Everybody is playing something different and it does not really go together, even though everyone is getting *something* from it. Structured spontaneity is like a bunch of old blues musicians getting together on a Saturday night to play. There is a definite form to blues music (called the 12-bar blues scale), but everyone has the freedom to improvise within that structure. The sound of the music is only limited by the talent level of the players and their ability to work as a team.

Many of us have heard stories about the stereotypical leader that is so structured that any disruption to his lesson plan causes his head to spin. A high schooler might come to his group with tears in her eyes from the recent death of a friend, but this stereotypical would stick to his lesson plan. And in doing so he misses the best opportunity for teachable moment. The other stereotype is the super cool youth pastor who is great at connecting with teenagers and having fun, but has no structure. If you were to question a kid about his experience after the meeting, he would tell you all about how great the youth pastor is and how much fun he had. But he might not be able to tell you anything about the spiritual lesson.

Structured spontaneity is not a bible study curriculum, but it's not just people hanging out either. There is both structure and spontaneity, and the combination is much more than the sum of its parts. It requires a unique, but trainable skill, the skill of doing two things at once. Essentially, structured spontaneity requires the ability to perform a task (be it a service project or making brownies) while looking for places and moments to guide the conversation towards something deeper. Some people have this skill as an innate gift. Many of these people are very skilled evangelists, those people who seem to be able to naturally turn any conversation towards Jesus. But the same skill is teachable, and can be learned to guide conversation towards spiritual development instead of evangelism. The best mentors are people who can use spontaneous circumstances to address specific issues with their mentee.

Let's go back to our musical illustration. None of the musicians have total control of the situation. They have to react to one another. A group in which one person uses is soloing all the time is unlikely to be

very much fun for anyone. In the same way, during mentoring sessions both the mentor and the mentee need to have their own time to discuss what they want. Mentoring is a team effort where you play off another and react to one another as the meeting progresses. If the mentor needs to talk to her mentee about the way she talks to her parents, then she can. But, she should find a way to guide the conversation without striking a jarring chord. If her mentee has had a bad day, blasting them with a lecture about respecting her parents at the beginning of the meeting is probably not a good idea. A good mentor would listen to her mentee talk about her day. Let's say her mentee is upset because she found out that her friends said some mean things about her. Now, the good mentor can both express empathy and turn the discussion towards the way that her mentee talks to her parents. That is structured spontaneity.

Structured spontaneity isn't rocket science. Like any other skill, it takes some practice and some preparation to do well. The mentor has to prepare themselves beforehand for the things that he or she wishes to talk about. Maybe they can even design an activity that will make it easier to bring a specific topic up. In reality, the mentor just has to be aware of what is going on. The good mentor will probably not address every issue in a single meeting, but by preparing you will be ready when your opportunity addresses itself. Some issues may be difficult to bring up in casual conversation, especially if the student is avoiding the issue. In this case, it is acceptable to address the issue directly. With practice and time, the use of Structured Spontaneity will transform the average mentor into a great mentor. And that is what we want for you!

1 Telling Stories About Your Past

1.1 Introduction

2 Timothy 3:10-11, 14 You, however, know all about my teaching, my way of life, my purpose, faith, patience, love, endurance, ¹¹persecutions, sufferings—what kinds of things happened to me in Antioch, Iconium and Lystra, the persecutions I endured. Yet the Lord rescued me from all of them ... ¹⁴continue in what you have learned and have become convinced of, because you know those from whom you learned it. (NIV)

Before GPS was invented, it was possible to have a map and still be lost. If you don't know where you are, a map is not very helpful. You can find where you want to go on the map, and you can find where you started. But if you don't know where you are right now, you're going nowhere fast. In this meeting, you are going to try to lay out the road map of your life, so that your mentee can understand where you are coming from. And your mentee is going to lay out the road map of his life, so that you can see where he is coming from. Why? Let's look at Paul's relationship with Timothy as shown in 2 Timothy 3:11. Paul's relationship with Timothy is the best documented example of a mentoring relationship in the New Testament. Timothy knows all about Paul's teaching, his way of life, his purpose, his faith. How? Because Paul has intentionally shared those things with him. And in verse 14, we see that Timothy is supposed to trust the gospel because he knows the kind of man Paul is! Your goal today is to share your life with a young person, your successes and your failures, so that they can know you. You want them to see where God has worked in your life, how God rescued you from your sin.

But that is only half the story. Do you think the Paul who "became all things to all people" (1 Corinthians 9:22) spent more time sharing his own story than he did listening to the stories of others? Of course not. It is impossible to understand another person if you are the only one doing the talking. In this meeting, you have the opportunity to learn how God has worked in the life of your mentee. You will try to understand your mentee. You'll be looking for patterns in your mentee's perception of his life. You'll be asking yourself the question "What is missing from my mentee's

picture of the world?” Perhaps most importantly, you will begin the process of showing your mentee how to look for the hand of God in their lives.

1.2 Meeting Preparation

Materials Checklist

- 2 Copies of Handout “My Life”
- 2 Copies of Handout “This Year”
- 2 Sets of Pens or Pencils (1 Red, 1 Black, and 1 Blue)

Other Preparation

- Pray for wisdom and empathy in this meeting
- Mentally rehearse your life story

1.3 Instructions

We all remember timelines from our 9th grade American history class. Timelines allow us to quickly point out the most important events in a period of time. In this meeting, you and your mentee are going to fill out two timelines together. There will be one twist on the timeline idea: you will label the major events of your life as positive or negative by placing them above (positive) or below (negative) the timeline. This activity will help you and your mentee to tell your life stories. Begin this session, as you always should, by spending a few minutes catching up and praying together. Then take out the timeline labeled “My Life”. This is the first of the two timelines that you will fill in this meeting. Both timelines follow the same pattern; they just cover different time periods. Here are the rules.

1. Place the major events in your life in approximately chronological order.
2. Place positive, happy events above the line, and negative, sad events below the timeline. The more positive (or negative) the event, the farther it should be away from the line.
3. There is a color key on each of the timelines. Use black to represent events that concern friends or family, use blue to represent personal events, and use red to represent faith events.

Refer to the example timelines if the above instructions are not clear. It should not take any longer than 20 minutes to fill out the first timeline. When you are finished, spend some time sharing your stories. This will allow you both to get an idea of the big picture of each other's lives. If time permits, complete the next timeline titled "This Year" and discuss it. This timeline allows you to get a more detailed picture of what is going on in your mentee's life right now. If there isn't enough time, you can both complete the "This Year" timelines at home, and talk about them at the beginning of the next meeting.

1.4 Stuff To Remember

1.4.1 Look For Patterns

Look for patterns of all types. The two most obvious patterns on the timeline are color and placement. What color shows up the most? What color shows up the least? Are there many more positive events than negatives? Are there a lot of really extreme event placements (very far from the midline)? All of these questions show you how your mentee thinks about life. This tells you a lot about where your mentee's attention is focused. There are other patterns that aren't much more difficult to detect. Look for recurring classes of events. Are there a lot of sporting events listed on their timeline? A lot of travel? Are there things that should be included that are not? Is a traumatic event missing? Are family events missing? All of these patterns can give you some interesting (and valuable) insights into your mentee's perception of the world.

1.4.2 You Have To Share

Share the time. In every meeting, share the time. You have great stuff to say, but so does your mentee! A good rule to live by at first is "speak and listen in equal parts", especially in the first two meetings. Following this rule will keep you from being overly active or overly passive during your time together.

1.4.3 Be Honest And Empathetic

The first rule of telling your story is: *Be honest and open*. The second rule is: *Be age-appropriate*. If you got drunk and slept with a prostitute, don't feel like you need to hide that part of your life, but *please* don't share the gory details! If you are honest and open about your past, your mentee will probably follow your example. The first rule of listening to another person's story is: *Be empathetic*. That means that you shouldn't be judgmental. If you were in their shoes, you probably would have done the same thing. The goal is not to make your mentee feel bad about past mistakes; it is to keep them from making the same mistakes in the future. Secondly, *don't downplay the importance of an event*. If flunking algebra class is the lowest point on their timeline, even lower than when grandma died, do not dismiss that. They are talking about their life and their feelings. But that kind of mis-categorization should be noted in your post-meeting evaluation because it gives you some powerful insights into the value system of your mentee.

1.4.4 Encourage A Biblical Perspective

If you can, try to get mentee to see some of the events in their life from a biblical perspective. Model this with your own life. Is there something in your life that seems bad from the world's perspective but God used for the good? Great! Share that with your mentee. Ask your mentee questions about how they think God has been involved in their lives up to this point.

1.5 Evaluation

1.5.1 Standard Questions

1. How did the meeting go? What worked? What didn't work? Why?
2. What did you learn today about your mentee that you need to remember?
3. Do you feel like your relationship is growing deeper? Why or why not?
4. Is your mentee dealing with any issues the youth staff needs to be aware of?
5. What do you need to pray about this week?

1.5.2 Meeting Specific Questions

6. What color patterns did you see on your mentee's timelines?
7. Did your mentee have more positive or negative events?
8. What kinds of event showed up most often? Do you think there is a reason?
9. Were you and your mentee able to share openly? Why or why not?
10. Do you think you reacted properly to the events of your mentee's life?

11. Do you think your mentee reacted properly to the events of your life?

Summary Sheet – Lessons From Our Past

Scripture

2 Timothy 3:10-11, 14 You, however, know all about my teaching, my way of life, my purpose, faith, patience, love, endurance, ¹¹persecutions, sufferings—what kinds of things happened to me in Antioch, Iconium and Lystra, the persecutions I endured. Yet the Lord rescued me from all of them ... ¹⁴continue in what you have learned and have become convinced of, because you know those from whom you learned it. (NIV)

Materials checklist

- 2 Copies of Handout “My Life”
- 2 Copies of Handout “This Year”
- 2 Sets of Pens or Pencils (1 Red, 1 Black, and 1 Blue)

Overview

Begin this session, as you always should, by spending a few minutes catching up and praying together. Then take out the timeline labeled “My Life”. This is the first of the two timelines that you will fill in this meeting. Both timelines follow the same pattern; they just cover different time periods. Here are the rules.

1. Place the major events in your life in approximately chronological order.
2. Place positive, happy events above the line, and negative, sad events below the timeline. The more positive (or negative) the event, the farther it should be away from the line.
3. There is a color key on each of the timelines. Use black to represent events that concern friends or family, use blue to represent personal events, and use red to represent faith events.

Refer to the example timelines if the above instructions are not clear. It should not take any longer than 20 minutes to fill out the first timeline. When you are finished, spend some time sharing your stories. This will allow you both to get an idea of the big picture of each other’s lives. If time permits,

complete the next timeline titled “This Year” and discuss it. This timeline allows you to get a more detailed picture of what is going on in your mentee's life right now. If there isn't enough time, you can both complete the “This Year” timelines at home, and talk about them at the beginning of the next meeting.

Cues

- Look For Patterns
- You Have To Share
- Be Honest And Empathetic
- Encourage A Biblical Perspective

2 Envisioning Your Future

2.1 Introduction

James 4:13-15 Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." ¹⁴Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. ¹⁵Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." (NIV)

A big part of being wise is putting your life in proper perspective. James encourages believers to take God's perspective on the future. Instead of saying "I'm going to do this after high school", we are supposed to say "If God wills it; I will do this after high school". That seems like a pretty subtle distinction to make, and yet that distinction makes all the difference in the world. We all know how easy it is to forget that we are always God's servants. Even in the most ordinary tasks, when we are making our bed, or planning for college, we are still God's servants. So James encourages us to see the world as it really is. We are always serving God and we are capable of nothing without His permission.

Some people think that James is discouraging planning for the future, as if he thinks that business and money are not important. But that is not the case. We see in Proverbs over and over again that planning is an essential part of a wise person's life. It is not the planning that is the problem, it is planning as if God did not exist that is the problem! James is discouraging a wrong perspective: we have to plan, but we must allow God to work in and change our plans for the future. Remember Proverbs 16:9 "In his heart a man plans his course, but the LORD determines his steps." (NIV)

In meeting two, you and your mentee will plot a timeline of the future. You'll get a chance to see how your mentee sees his role in the kingdom of God as an adult. Or maybe God isn't that integrated into the way they see the world yet. This exercise will get your mentee (and you) thinking seriously about the future. There is also a little game where you will give your mentee unexpected

future events (called Wild Cards), and he will have to talk about how those events would change his plans. This will give you the opportunity to share some of the unexpected events in your life and how God used those to change your plans. You are teaching flexibility, planning, and, most importantly, becoming aware of God as an actor in this world.

[**IMPORTANT NOTE:** If you struggle with the idea of God's will, PLEASE read one of the following books (listed in order of increasing difficulty): *Wisdom on Making Good Decisions* by Mark Matlock, *Finding the Will of God: A Pagan Notion?* by Bruce Waltke, or *Decision Making and the Will of God: A Biblical Alternative to the Traditional View* by Garry Friesen and J. Robin Maxson]

2.2 Meeting Preparation

Materials Checklist

- 2 Copies of Handout “My Future”
- 1 Copy of Handout “Meeting 2 - Wild Cards”
- 2 Sets of Pens or Pencils (1 Red, 1 Black, and 1 Blue)

Other preparation

- Think about your plans for the future and how your faith is a factor in those plans
- Pray over any prayer requests from last week
- Optional - Read one of the suggested books on the will of God

2.3 Instructions

In this meeting, you and your mentee are going to fill out a timeline of your futures together. This activity will help you to look at your futures through a spiritual lens. Begin this session, as you always should, by spending a few minutes catching up and praying together. If you need to spend some time talking about the timeline “This Year” from meeting 1, spend 5-10 minutes doing so. Afterwards, take out the timeline labeled “My Future”. This is the last of the three timelines that you will fill out.

This timeline follows the same pattern as the other two. Here are the rules, in case you don't remember.

1. Place the major events of your future life in approximately chronological order.
2. Place positive, happy events above the line, and negative, sad events below the timeline. The more positive (or negative) the event, the farther it should be away from the line.
3. There is a color key on each of the timelines. Use black to represent events that concern friends or family, use blue to represent personal events, and use red to represent faith events.

You should spend about 10-15 minutes filling out this timeline. After you have both filled out your timelines, use these timelines to talk about your life goals and dreams. We have deliberately made this timeline long enough so that your mentee will die before the end of it, as will their parents and friends. Make sure those events make the list, and talk about them. If the conversation dries up, read one of the wild cards from the handout “Meeting 2 - Wild Cards” to your mentee and make him or her include that event in their future plans. There is no need to revise the written timeline, just do this activity orally. These wild cards will give your mentee a chance to practice adapting their goals to fit the unknowns of the future. You don't have to use them in order and don't be afraid to have a little fun with it.

2.4 Stuff To Remember

2.4.1 Look For Patterns

Look for patterns of all types. The two most obvious patterns on the timeline are color and placement. What color shows up the most? What color shows up the least? Are there many more positive events than negatives? Are there a lot of really extreme event placements (very far from the midline)? All of these questions show you how your mentee thinks about life. This tells you a lot about where your mentee's attention is focused. What colors do you see, or not see indicates how your mentee sees, or anticipates, the future. Look for events on both sides of the line because bad and good things will happen in their future. Look for other patterns as well. Does your mentee's future timeline revolve around a job, family, or something else? Is a traumatic event missing? Did they include their death on the timeline or are they

planning to live forever? All of these patterns can give you some interesting (and invaluable) insights into your mentee's perception of the world. Ask yourself, “What do these patterns tell me about my mentee?”

2.4.2 You Have To Share

Whenever you have a meeting be sure to share the time. You have great stuff to say, but so does your mentee! A good rule to live by at first is “speak and listen in equal parts”, especially in the first two meetings. Following this rule will keep you from being overly active or overly passive during your time together.

2.4.3 Encourage A Biblical Perspective

If you can, try to get mentee to see some of the events in their plans from a biblical perspective. Model this with your own plans. Ask your mentee questions about how they think God has been involved in their lives up to this point and what this says about their future. Finally, try to get your mentee to think about what God could be trying to accomplish in their lives through the wild card events.

2.4.4 Use Wildcards

These questions are designed to get them to think about altering what they believe will happen. Help the mentee to see that plans do change and sometimes we don't have any control over the situation.

2.5 Evaluation

2.5.1 Standard Questions

1. How did the meeting go? What worked? What didn't work? Why?
2. What did you learn today about your mentee that you need to remember?
3. Do you feel like your relationship is growing deeper? Why or why not?
4. Is your mentee dealing with any issues the youth staff needs to be aware of?
5. What do you need to pray about this week?

2.5.2 Meeting Specific Questions

6. What color patterns did you see on your mentee's timeline?
7. Did your mentee have more positive or negative events?
8. Was your mentee able to view his events from a Biblical perspective? Why?
9. How did your mentee react to the wild cards?
10. How did your mentee react to the idea of future tragedy?

Summary Sheet – Envisioning Your Future

Scripture

James 4:13-15 Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." ¹⁴Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. ¹⁵Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." (NIV)

Materials checklist

- 2 Copies of Handout "My Future"
- 1 Copy of Handout "Meeting 2 - Wild Cards"
- 2 Sets of Pens or Pencils (1 Red, 1 Black, and 1 Blue)

Overview

In this meeting you and your mentee are going to fill out a timeline of your future. This activity will help you to look at your future through a spiritual lens. Begin this session, as you always should, by spending a few minutes catching up and praying together. If you need to spend some time talking about the timeline "This Year" from meeting 1, spend 5-10 minutes doing so. Afterwards, take out the timeline labeled "My Future". Here are the rules, in case you don't remember.

1. Place the major events of your future life in approximately chronological order.
2. Place positive, happy events above the line, and negative, sad events below the timeline. The more positive (or negative) the event, the farther it should be away from the line.
3. There is a color key on each of the timelines. Use black to represent events that concern friends or family, use blue to represent personal events, and use red to represent faith events.

You should spend about 10-15 minutes filling out this timeline. After you have both filled out your timelines, use these timelines to talk about your life goals and dreams.

Cues

- Look For Patterns
- You Have To Share
- Encourage A Biblical Perspective
- Use Wildcards

3 Seven Marks of a Wise Person

3.1 Introduction

Luke 2:52 And Jesus grew in wisdom and stature and in favor with God and men. (NIV)

Jesus Christ is the God-Man. He is the Word become flesh. He is the wisdom of God, the Logos, and he is a perfect example of the dual nature of wisdom. Wisdom is both physical and spiritual. When Jesus grew in wisdom, he grew in favor with both God and men. Christ was a carpenter (physical) before he was a prophet (spiritual). Jesus conducted his earthly affairs with the same wisdom that he practiced in his spiritual life. However things might appear on the surface, there is no separation between the natural and the supernatural. We are called to the same kind of wisdom. Just like Christ, we are an inseparable mixture of physical and spiritual. We are indwelt by the Holy Spirit, but we still have to work, eat, and sleep. To grow in wisdom is to grow both in natural and supernatural wisdom. Wisdom is holistic; to have one “kind” of wisdom without the other is useless. The incredible mechanic, the savvy investor, and the insightful doctor are great examples of people with natural, worldly wisdom. But if they don't know Jesus, they are not wise. However, the saintly old lady who knows the Bible like the back of her hands and has an incredible prayer life, but doesn't know how to manage her relationships well is not wise either. When it comes to wisdom, we can't ignore either the natural or the supernatural. This means that we all have room to grow.

Wisdom, both the spiritual and the natural, can be learned (that is why Solomon wrote the book of Proverbs), but it is no easy task. Wisdom begins with the fear of the Lord (Proverbs 1:7). Much of the book of Proverbs is about mundane things: getting along with neighbors, choosing friends, managing money. But the mundane is grounded in and supported by the spiritual. That's why Solomon starts the book of Proverbs with the emphatic statement: “The fear of the Lord is the beginning of wisdom.” So our normal, daily activities (like making friends and managing our money) are signposts of our spiritual health.

In this meeting, you will help your mentee begin the lifelong journey of pursuing Christ, the wisdom of God. We have worked hard to categorize the wisdom sayings of Proverbs to facilitate this journey. Your mentee will rate themselves against these categories, against the perfection of Christ. This self-examination will set a foundation and provide clearer focus to your subsequent meetings.

3.2 Meeting Preparation

Materials Checklist

- 2 Copies of the Handout “The Seven Marks of a Wise Person”
- 2 Copies of the Handout “The Wisdom Wheel”
- Pens or Pencils

Other preparation

- Read through the handout “The Seven Marks of a Wise Person”
- Review your notes/evaluation forms from the last two meetings and pray for your mentee

3.3 Instructions

In the previous two meetings you and your mentee have talked about where you have been and what you want to do in the future. You have shared a lot together. In this meeting, you are going to start with a teacher/student style of interaction that will later switch back to discussion. Meeting three begins with a discussion of the handout “The Seven Marks of a Wise Person”. This isn't meant to be a lecture, but it is a fairly structured discussion. All you have to do is follow the handout. This handout will explain what wisdom looks like and breaks wisdom down into seven manageable categories or “marks”. These marks are not the only way to categorize wisdom, but they have helped a lot of people break down the high level concept of wisdom and they are the result of many years of work in the Proverbs. Discuss each mark and try to provide personal examples if you can. After you have finished discussing one of the seven marks of a wise person, you and your mentee will fill out the spoke on the Wisdom Wheel that corresponds to that mark. Make sure to do this as you go instead of waiting until the end. The Wisdom Wheel allows you to give yourselves a “wisdom score”

in each of these areas of wisdom. Obviously, since this is a self-test, it is not exact! As a mentor, the Wisdom Wheel gives you two major opportunities: it shows you what your mentee thinks about himself, and it points out major discrepancies between what their self-analysis and reality. For example, a student who ranks himself very highly in “Managing Resources”, but can't pass a store without buying something may have an oversight issue.

NOTE: Don't try to go too deep with this stuff. There is a lot of material, so keep it simple and keep moving.

When you finish filling out the Wisdom Wheel, spend some time talking together about your highest and lowest marks. Why did you choose them? Can you give examples of failures or successes in these areas? How would your life be different if these areas changed? If you have time, ask your mentee to share some stories that demonstrate his or her score on each Mark of a Wise Person. This activity makes you really think about what the seven marks are and gives you the opportunity to share some more stories.

3.4 Stuff To Remember

3.4.1 Keep Moving

This is especially important for those of you who are new to teaching: Keep moving! Don't spend too long on any one point. Don't make things complicated. These categories are quite simple and easy to understand, don't try to make them hard.

3.4.2 Look For Strengths And Weaknesses

This is pretty self-explanatory.

3.4.3 Identify Blind Spots

If your mentee has “oversight” issues, otherwise known as blind spots, bring it up. This may feel slightly confrontational, but it is worth it to have the conversation. Remember to be calm, humble, and empathetic. Avoid attacking language at all costs!

3.4.4 Give Examples

Give real, specific examples of successes and failures from your life wherever you can. Ask for the same from your mentee.

3.4.5 Follow The Handout!

3.5 Evaluation

3.5.1 Standard Questions

1. How did the meeting go? What worked? What didn't work? Why?
2. What did you learn today about your mentee that you need to remember?
3. Do you feel like your relationship is growing deeper? Why or why not?
4. Is your mentee dealing with any issues the youth staff needs to be aware of?
5. What do you need to pray about this week?

3.5.2 Meeting Specific Questions

6. Were you able to cover everything? Were there any marks that your mentee didn't understand?
7. List what your mentee thought were their strengths and weaknesses. Do you agree?
8. Were there any blind spots? What were they? Did you confront them successfully?
9. Were you able to give clear examples from your life? Why or why not?
10. Did you find the Wisdom Wheel helpful? Why or why not?

Summary Sheet – Seven Marks of a Wise Person

Scripture

Luke 2:52 And Jesus grew in wisdom and stature, and in favor with God and men.

Materials checklist

- 2 Copies of the Handout “The Seven Marks of a Wise Person”
- 2 Copies of the Handout “The Wisdom Wheel”
- Pens or Pencils

Overview

Start with a teacher/student style of interaction that will later switch back to discussion. Meeting three begins with a discussion of the handout “The Seven Marks of a Wise Person”. All you have to do is follow the handout. Discuss each of marks of wisdom and try to provide personal examples if you can. After you have finished discussing one of the seven marks of a wise person, you and your mentee will fill out the spoke on the Wisdom Wheel that corresponds to that mark. Make sure to do this as you go instead of waiting until the end. The Wisdom Wheel allows you to give yourselves a “wisdom score” in each of these areas of wisdom. Obviously, since this is a self-test, it is not exact! As a mentor, the Wisdom Wheel gives you two major opportunities: it shows you what your mentee thinks about himself, and it points out major discrepancies between what their self-analysis and reality. For example, a student who ranks himself very highly in “Managing Resources”, but can't pass a store without buying something may have an oversight issue.

NOTE: Don't try to go too deep with this stuff. There is a lot of material, so keep it simple and keep moving.

When you finish filling out the Wisdom Wheel, spend some time talking together about your highest and lowest marks. Why did you choose them? Can you give examples of failures or successes in these areas? How would your life be different if these areas changed? If you have time after that, you can try to do something artistic or creative to represent each of the seven marks of wisdom. This activity

makes you really think about what the seven marks are and gives you the opportunity to share some more stories.

Cues

- Keep Moving
- Look For Strengths And Weaknesses
- Identify Blind Spots
- Give Examples
- Use The Handout

4 Four Marks of a Fool

4.1 Introduction

James 1:5 If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. (NIV)

If wisdom is following God perfectly, foolishness is its opposite. But as long as we live on this earth, we will all struggle with foolishness. The ideal “wise man” of the Old Testament, King Solomon, still lived a life that ended in folly. The Bible says that

God gave Solomon wisdom and very great insight, and a breadth of understanding as measureless as the sand on the seashore. 30 Solomon's wisdom was greater than the wisdom of all the men of the East, and greater than all the wisdom of Egypt. - 1 Kings 4:29-30 (NIV)

Under King Solomon, Israel grew to be as rich and as powerful as it would ever be. People came from all over the world to hear his wisdom. He wrote the majority of the book of Proverbs. But, this wise man forgot that avoiding folly was as important as chasing wisdom. This is what the Bible says about the end of Solomon's life

As Solomon grew old, his wives turned his heart after other gods, and his heart was not fully devoted to the LORD his God, as the heart of David his father had been. He followed Ashtoreth the goddess of the Sidonians, and Molech the detestable god of the Ammonites. - 1 Kings 11:4-5 (NIV)

The wisest man of his day and a man that personally spoke with God ... *twice* fell into the worst of all possible follies: worshiping another god. The fact that mighty King Solomon could fall so far should give us all a pause. Solomon's fall is also what spurs us on today to study folly. What is it that we should be avoiding in our lives? What does folly look like? Christians are commanded to be wise, not foolish. (Ephesians 5:17) In the last session, you and your mentee looked at the seven marks of a wise person. Hopefully, you both were able to recognize some areas of strength and some areas of weakness that you can work on. This week, you will pursue wisdom from the opposite direction: you

are going to study folly so that you can see what you need to avoid. Remember, that at its root, foolishness is sin.

After much study, we have identified four major areas or marks of foolishness. You'll study these four areas using the same methodology as last week. In this meeting, you will help your mentee continue their journey towards Christ, the wisdom of God. You and your mentee will rate yourselves against the four marks of the fool, although it will be less structured than last time. This self-examination will build on the foundation that you set in your last meeting and provide more focus to your subsequent meetings.

4.2 Meeting Preparation

Materials Checklist

- 2 copies of the Handout “The Four Marks of the Fool”
- Pens or pencils
- Bibles

Other preparation

- Read through the handout “The Four Marks of the Fool”
- Review your notes/evaluation forms from the last two meetings and pray for your mentee

4.3 Instructions

In meeting 4 you will observe and discuss the four characteristics of a foolish person in much the same way that you discussed the seven marks of a wise person in your last meeting. You'll see a stark contrast between the two types of people. Start off by reviewing the Seven Marks of a Wise Person and then explain each of the Four Marks of a Fool. Remember that this isn't a lecture, just a structured discussion. As you go along, have your mentee look up the verses listed on the worksheet. Afterwards, discuss some personal examples of these marks of a foolish person. This may be a humbling experience for both of you, but it is a great chance to continue to deepen your relationship.

Before you leave, have the mentee put a star by the mark(s) that are the most problematic. Now, you have something to pray about together as you finish the discussion and you have a concrete way to pray for your mentee during the week. If you have time, write out a prayer for wisdom together using James 1 as an example.

4.4 Stuff To Remember

4.4.1 Review, Review, Review

By this session, review has become a critical part of your lesson. Go through the seven marks of a wise person, as that will make the contrast even more clear with the four marks of a fool. Let the student explain what happened last week to you. Feel free to bring the wheel to remind them.

4.4.2 Look For Patterns

Look for correlation between timelines, the Seven Marks of a Wise Person, the 4 Marks of a Fool. Note any strong connections for the next meeting.

4.4.3 Teach Them To Fish

Don't give your mentee the answers; let him or her try to find them. Be a guide.

4.4.4 Talk About Consequences

It is important to share some of the consequences of foolish actions in your own life, and to gently probe for recognition of consequences as a result of foolish actions in your mentees life. You may also want to look at a proverb or a bible story that deals with suffering the consequences for foolish actions.

4.4.5 Keep Moving

Do not spend too much time on any one point. Also don't get caught up in information transfer. It is not about how much they can learn/memorize, but how they can apply it to their own life.

4.5 Evaluation

4.5.1 Standard Questions

1. How did the meeting go? What worked? What didn't work? Why?
2. What did you learn today about your mentee that you need to remember?
3. Do you feel like your relationship is growing deeper? Why or why not?
4. Is your mentee dealing with any issues the youth staff needs to be aware of?
5. What do you need to pray about this week?

4.5.2 Meeting Specific Questions

6. Were you able to cover everything? Were there any marks that your mentee didn't understand?
7. List what your mentee thought were their strengths and weaknesses. Do you agree?
8. Were there any blind spots? What were they? Did you confront them successfully?
9. Were you able to give clear examples from your life? Why or why not?
10. Was your mentee able to describe the consequences of foolishness?

Summary Sheet – Four Marks of a Fool

Scripture

James 1:5 If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. (NIV)

Materials checklist

- 2 copies of the Handout “The Four Marks of the Fool”
- Pens or pencils
- Bibles

Overview

In meeting 4 you will observe and discuss the four characteristics of a foolish person in much the same way that you discussed the seven marks of a wise person in your last meeting. You'll see a stark contrast between the two types of people. Start off by reviewing the Seven Marks of a Wise Person and then explain each of the Four Marks of a Fool. Remember that this isn't a lecture, just a structured discussion. As you go along, have your mentee look up the verses listed on the worksheet. Afterwards discuss some personal examples of these marks of a foolish person. This may be a humbling experience for both of you, but it is a great chance to continue to deepen your relationship. Before you leave, have the mentee put a star by the mark(s) that are the most problematic. Now, you have something to pray about together as you finish the discussion and you have a concrete way to pray for your mentee during the week. If you have time, write out a prayer for wisdom together using James 1 as an example.

Cues

- Review, review, review
- Look for patterns
- Teach them to fish

- Talk about consequences
- Keep moving

5 Planning Your Spiritual Growth

5.1 Introduction

2 Corinthians 1:17 When I planned this, did I do it lightly? Or do I make my plans in a worldly manner

Christians do not make plans like non-Christians. At least that is what Paul seems to think. "Do I make my plans in a worldly manner?" he asks the Corinthian church. The difference between Christians and non-Christians is NOT that we pray and ask for guidance about our decisions and they don't. Bruce Waltke, an influential scholar and one of translators of the NIV, says that the majority of the people in our world make their decisions based on signs! They make decisions based on their horoscope or a palm reader or by testing God ("let her answer on the third ring if you want me to ask her out") or daily coincidences.

As Christians, we should approach our decisions from a completely different perspective. We approach our decisions based on God's framework as given in the Bible. His truths, His wisdom give us the ability to make decisions. Yes, we are most definitely open to the intervention of God in our life through a sign or an audible voice, but we KNOW that God's voice cannot be mistaken or ignored. His signs are indisputably supernatural. God's method is not something possible like "If you want me to ask her out, let her answer on the third ring." God uses miracles like "If you want me to believe in Jesus, make him rise from the dead on the third day." Get the idea? Even when God spoke in a "still, small voice" ... there were *no other people* on that mountain and there was still a voice!

Normally, we should make our plans in accordance with God's priorities and desires as expressed in His word. We make our decisions based on our experience, the counsel of other believers, our abilities and spiritual gifts, and the needs that we see in God's kingdom. In other words, we plan our future using the wisdom that God gives us in His Word. Then we live out our plans through the power of the Holy Spirit living inside of us.

In this meeting, you and your mentee will decide on what areas you wish to concentrate for the remaining sessions. You are making a plan for the future. You will need to remember where you

have come from (Sessions 1 and 2). You will need to focus on where you want to go (Sessions 3 and 4). This session will help the both of you decide how your mentee is going to get there. In what areas is your mentee the least Christ-like? What strengths can you build on? Don't lose hope! "in all these things we are more than conquerors through Him who loved us." (Romans 8:37)

5.2 Meeting Preparation

Materials Checklist

- 2 Copies of the Handout "I Wish Statements"
- 2 Copies of the Handout "Mentor Mentee Covenant"
- Pens or pencils
- Bibles

Other preparation

- Review your notes from the first four meetings thoroughly
- Make brief notes on your summary sheet about what you are going to say to your mentee
- Pray about this meeting

5.3 Instructions

In meeting 5, you and your mentee will apply what you have learned. You will evaluate where your mentee is now and what areas of his or her life have the greatest opportunity for growth. You need to spend some time reflecting back on your previous sessions and summarizing what you have done together. What have you seen? What have you seen and learned? Write down some of these things now. This meeting is a milestone. Take time to work through your experiences, and affirm your mentee. Make notes on your summary sheet about the things that you have enjoyed about your mentee and your time together up to now.

AFTER you have talked about the good things, then you and your mentee can begin to evaluate your mentee's deficiencies (or "areas for growth"). Don't ignore the easy answers. We developed the

Wisdom Wheel and the Four Marks of a Fool to make this process easier by suggesting problem areas. At the same time, don't feel constrained by these tools. You and your mentee can talk about any problem areas in your mentee's life. However, this is not the time to suggest improvements; you are just trying to come up with a short list of the most important problems.

REMEMBER: People are *sensitive* about their weaknesses and failures. So be gentle and humble **and gentle**.

After you have discussed the issues, get out the “I Wish” handout. Follow the instructions and fill out the handouts. The most important thing to remember is that “I Wish” statements are opinions, not accusations or judgments. When you are finished, go over your “I Wish” statements together. Finish today's meeting with a prayer of thanksgiving, trust in God, and hope for the future.

5.4 Stuff To Remember

5.4.1 Review, Review, Review

Review what you have done up to now. Have them explain briefly what you covered in the last session. Feel free to bring the timelines and the wheel to remind them.

5.4.2 Talk About Patterns

Make connections from patterns you have seen in the first four meetings. Show them using materials from all four lessons to illustrate your point.

5.4.3 Be Flexible

Don't try to live vicariously through your mentee. You can't fix your mistakes through them. Like it or not, their life is just that, *their life*. You have to trust them. Your mentee will have the final say because if they don't want to change, they are not going to change. Try to guide your mentee to wise decisions instead of pushing them.

5.4.4 Be Gentle And Hopeful

Encouragement goes a long way here. Your mentee may feel overwhelmed or worthless because you are looking at areas to improve. You are going to be focused on the negative. Do so gently and humbly. Begin with strong words of encouragement and end with words of hope and trust.

5.5 Evaluation

5.5.1 Standard Questions

1. How did the meeting go? What worked? What didn't work? Why?
2. What did you learn today about your mentee that you need to remember?
3. Do you feel like your relationship is growing deeper? Why or why not?
4. Is your mentee dealing with any issues the youth staff needs to be aware of?
5. What do you need to pray about this week?

5.5.2 Meeting Specific Questions

6. Did you show your mentee the patterns you have observed in his life? How did (s)he react?
7. Do you think that your mentee really wants to change? Why or why not?
8. What can you do to increase his motivation?
9. Did your mentee feel discouraged? Were your encouraging words received or rejected?
10. How will this meeting affect the way you pray for your mentee?

Summary Sheet – Planning Your Spiritual Growth

Scripture

2 Corinthians 1:17 When I planned this, did I do it lightly? Or do I make my plans in a worldly manner

Materials checklist

- 2 Copies of the Handout "I Wish Statements"
- 2 Copies of the Handout "Mentor Mentee Covenant"
- Pens or pencils
- Bibles

Overview

Spend some time reflecting back on your previous sessions and summarizing what you have done together. This meeting is a milestone. Take time to work through your experiences, and affirm your mentee. Use the notes that you have made on your summary sheet to talk about the things that you have enjoyed about your mentee and your time together until now.

After you have talked about the good things, then you and your mentee can begin to evaluate your mentee's deficiencies (or "areas for growth"). Refer to the Wisdom Wheel and the Four Marks of a Fool to get this process started, but don't feel constrained by these tools. You and your mentee can talk about any problem areas in your mentee's life. However, this is not the time to suggest improvements; you are just trying to come up with a short list of the most important problems.

After you have discussed the issues, get out the "I Wish" handout. Follow the instructions and fill out the handouts. The most important thing to remember is that "I Wish" statements are opinions, not accusations or judgments. When you are finished, go over your "I Wish" statements together. Finish today's meeting with a prayer of thanksgiving, trust in God, and hope for the future.

Cues

- Review, Review, Review
- Look For Patterns
- Be Flexible
- Be Gentle And Hopeful

6 Create a Strategy for Growth

6.1 Introduction

Hebrews 10:24 And let us consider how we may spur one another on toward love and good deeds.

If you have lived in this world very long, you will have already realized that helping other people become more Christ-like is not easy. We rate it somewhere between “Hard” and “Impossible” on the WisdomWorks Scale of Difficulty. It rates almost exactly the same as growing more Christ-like in your own life. But we cling to the promise of Philippians 1:6 “He who began a good work in you will carry it on to completion until the day of Christ Jesus.” Jesus is constantly at work in our lives to make us more like Himself. Christ uses His ambassadors in this world (that’s us) to help him accomplish this work.

The writer of Hebrews asks us to do something quite novel in our approach to growing in Christ. He asks us to think about it. Now, this is widely been considered a bad idea by the “Just Pray About It” crowd, the “Just Try Harder” crowd, the “Leave It At The Altar” aka (the “As Long As I Feel Miserable About It I Don’t Have To Change) crowd, the “I Can’t Be Perfect So I’m Not Going To Try” crowd, and just about every other crowd there is in Christianity. As of right now, you can turn in your resignation to any of these crowds that you or your mentee might have been involved in. In this meeting, you are going to THINK. You are going to thoughtfully consider how you can guide your mentee in his walk towards Christ. We are giving you the tools, but we don't know your mentee. We can't analyze them for you. So it is up to you to take what we have given you and apply it. But don’t worry! Remember God’s promise in Philippians 1:6! We have walked through this program with many people, some with experience, some without, and they all got it. Christ honors our faith-filled efforts. So get to it!

6.2 Meeting Preparation

Materials Checklist

- ☑ 2 Copies of the Handout "Create a Strategy for Growth"
- ☑ Copy of the handout "Advice on Planning for Growth"
- ☑ Handout "I Wish Statements" from Meeting 5
- ☑ Pens or pencils
- ☑ Bibles

Other preparation

- ☑ Review your notes from last week thoroughly
- ☑ Read through the handout "Advice on Planning for Growth" at least once
- ☑ Pray for wisdom as you prepare to make decisions that will determine your course for the next six weeks

6.3 Instructions

In meeting 6, you will discuss strategies for overcoming the problems that were revealed in your last discussion. This is a very important meeting, and there is a large amount of preparation required. The first thing that you need to do is to review the "I Wish Statements" handout from meeting 5. Next, *thoroughly* review the handout titled "Advice on Planning for Growth" **before you meet with your mentee.** Finally, read through the worksheet that the two of you will complete together entitled "Create A Strategy for Growth". When you complete these three steps, and spend some time in prayer, you are ready for your meeting.

Start the meeting by spending a few minutes in casual conversation and then pray together. Spend a few minutes reviewing the problems you uncovered last week and the goals of today's meeting. Walk through the "Create A Strategy For Growth" handout. Follow the instructions as closely as possible, and refer to your handout "Advice on Planning for Growth" when you need to. When you finish with the worksheet, spend some time praying about the strategies that you have made together. Encourage your mentee to pray through this list every morning and night, and you should commit to doing the same.

6.4 Stuff To Remember

6.4.1 Review, Review, Review

Review what you have done up to now. Have them explain briefly what you covered in the last session. Feel free to bring the timelines and the wheel to remind them.

6.4.2 Know The Material

Do your homework and understand what the worksheet says. Review the three problem areas and come up with some possible scenarios so you can help your mentee through this process. You might want to work through some of your own issues using this worksheet before you meet with the mentee to give yourself more familiarity with the tool.

6.4.3 Be Sensitive

Realize you are talking about areas that are (or have been) sensitive subjects. Use polite language and understand that your speech can help or hurt in this situation.

6.4.4 USE THE WORKSHEET

This worksheet is designed to help them come up with a plan. Use it so you have a record of what your mentee has done and you can refer back to it.

6.5 Evaluation

6.5.1 Standard Questions

11. How did the meeting go? What worked? What didn't work? Why?
12. What did you learn today about your mentee that you need to remember?
13. Do you feel like your relationship is growing deeper? Why or why not?
14. Is your mentee dealing with any issues the youth staff needs to be aware of?
15. What do you need to pray about this week?

6.5.2 Meeting Specific Questions

16. How much time did you spend reviewing? Do you think it was too much? Too little?
17. Did you spend enough time with the material before your meeting? If you could do it again, what would you do differently?
18. Do you feel like your mentee has come up with a good plan? Why or why not?
19. How will this meeting affect the way you pray for your mentee?

Summary Sheet – Create a Strategy for Growth

Scripture

Hebrews 10:24 And let us consider how we may spur one another on toward love and good deeds.

Materials checklist

- 2 Copies of the Handout "Create a Strategy for Growth"
- Copy of the handout "Advice on Planning for Growth"
- Handout "I Wish Statements" from Meeting 5
- Pens or pencils
- Bibles

Overview

In meeting 6, you will discuss strategies for overcoming the problems that were revealed in your last discussion. This is a very important meeting, and there is a large amount of preparation required. The first thing that you need to do is to review the "I Wish Statements" handout from meeting 5. Next, *thoroughly* review the handout titled "Advice on Planning for Growth" **before you meet with your mentee.** Finally, read through the worksheet that the two of you will complete together entitled "Create A Strategy for Growth". When you complete these three steps, and spend some time in prayer, you are ready for your meeting.

Start the meeting by spending a few minutes in casual conversation and then pray together. Spend a few minutes reviewing the problems you uncovered last week and the goals of today's meeting. Walk through the "Create A Strategy For Growth" handout. Follow the instructions as closely as possible, and refer to your handout "Advice on Planning for Growth" when you need to. When you finish with the worksheet, spend some time praying about the strategies that you have made together.

Encourage your mentee to pray through this list every morning and night, and you should commit to doing the same.

Cues

- Review, Review, Review
- Know the Material
- Be Sensitive
- USE THE WORKSHEET

7 Serving Together

7.1 Introduction

Mark 9:35 Sitting down, Jesus called the Twelve and said, "If anyone wants to be first, he must be the very last, and the servant of all."

One of the greatest marks of their true follower of Christ is their attitude towards service. We are told by our Lord and Savior Jesus Christ that service is at the very heart of Christianity. It is the embodiment of loving our neighbor as ourselves. In this meeting, you are going to follow in the footsteps of Jesus. Jesus did not just talk about the kingdom of God, he embodied it. When he saw the hungry, he fed them. When he saw the sick, he healed them. Jesus' actions were the basis of his teaching. In this meeting, you will serve others in the name of Christ, and you will use this time to talk with your mentee. Your example will lead at least as much as your words, and truly the world will "will see your good deeds and glorify God" (1 Peter 2:12)

7.2 Meeting Preparation

Materials Checklist

- Any supplies you will need to complete the service project
- A map of how to get to the service project location (if needed)

Other Preparation

- Review your notes
- Find a service project that you and your mentee are capable of doing
- Prepare a few different ways to guide the conversation
- Pray for wisdom to guide the discussion well

7.3 Instructions

In meeting 7 you and your mentee will complete a service project of your choice. You should have talked with your mentee about what kind of project you would like to do together before you make a decision. The service project is a great opportunity to team up with a few other mentoring pairs.

A service project is a great way to show the love of Jesus Christ to other people, and to share a positive experience with your mentee. A service project also provides ample time for discussion. Some people really open up when they are engaged in some kind of task.

You have two objectives for this service project. The first objective is obvious: do the service project. You will need to take the lead in the project and set the example for your mentee. You are going to set the tone for the whole service project, so a good attitude is *essential*.

The second objective is to “mentor” (verb) your mentee. This is how structured spontaneity works. You get together and engage in some sort of activity, but you use that activity to talk with your mentee about what is going on in their life. You'll talk about what happened in their life this week and how their strategy for dealing with their weak points is going. You'll ask them what is working and what isn't. Let your mentee direct the conversation, but gently guide it in the direction of reflecting on the previous meeting and how it is affecting their life. If your mentee is uncomfortable talking about what is going on, drop it for a little bit and come back to it later.

7.4 Stuff To Remember

7.4.1 Review, Review, Review

Review what you have done up to now. Have them explain briefly what you covered in the last session.

7.4.2 Be An Example

Your attitude and work ethic WILL be reflected in your mentee. Be a good example in whatever you do, even if you do not like it.

7.4.3 Guide The Conversation

It is easy to focus on your project to the exclusion of all else, but remember that the service project is almost of secondary importance. You are trying to help your mentee grow spiritually. Keep your eyes on that goal. Remember to ask them about their success and failures this week. Ask them if they feel like they are making progress or not. Be a guide!

7.4.4 Be Appropriate With Your Conversation

If your mentee wants to talk, talk. If they don't want to talk, don't try to force a conversation. It's OK to work in silence for a while. If your mentee wants to talk about their plan, talk about it. If they don't, let them talk about what is on their mind. But remember why you are here, and always be looking for ways to guide the conversation.

7.5 Evaluation

7.5.1 Standard Questions

1. How did the meeting go? What worked? What didn't work? Why?
2. What did you learn today about your mentee that you need to remember?
3. Do you feel like your relationship is growing deeper? Why or why not?
4. Is your mentee dealing with any issues the youth staff needs to be aware of?
5. What do you need to pray about this week?

7.5.2 Meeting Specific Questions

6. What did you do for your service project? How did it go?
7. How was your attitude? How was your mentee's attitude?
8. Were you able to guide the conversation well? Explain.
9. What will you do differently to improve for your next meeting?

Summary Sheet – Serving Together

Scripture

Mark 9:35 Sitting down, Jesus called the Twelve and said, "If anyone wants to be first, he must be the very last, and the servant of all."

Materials checklist

- Any supplies you will need to complete the service project
- A map of how to get to the service project location (if needed)

Overview

In meeting 7 you and your mentee will complete a service project of your choice. You should have talked with your mentee about what kind of project you would like to do together before you make a decision. The service project is a great opportunity to team up with a few other mentoring pairs.

A service project is a great way to show the love of Jesus Christ to other people, and to share a positive experience with your mentee. A service project also provides ample time for discussion. Some people really open up when they are engaged in some kind of task.

You have two objectives for this service project. The first objective is obvious: do the service project. You will need to take the lead in the project and set the example for your mentee. You are going to set the tone for the whole service project, so a good attitude is *essential*.

The second objective is to “mentor” (verb) your mentee. This is how structured spontaneity works. You get together and engage in some sort of activity, but you use that activity to talk with your mentee about what is going on in their life. You'll talk about what happened in their life this week and how their strategy for dealing with their weak points is going. You'll ask them what is working and what isn't. Let your mentee direct the conversation, but gently guide it in the direction of reflecting on the previous meeting and how it is affecting their life. If your mentee is uncomfortable talking about what is going on, drop it for a little bit and come back to it later.

Cues

- Review, Review, Review
- Be An Example
- Be A Guide
- Be Appropriate With Your Conversation

8 Experiencing God's Creation

8.1 Introduction

Psalm 19:1 The heavens are telling of the glory of God; And their expanse is declaring the work of His hands. (NIV)

God's creation is pretty incredible. The psalmist reminds us that the heaven demonstrate God's glory. The sheer size of our universe gives us some insight into God's strength. Yet the intricate complexity of our DNA shows His impeccable attention to detail. Many religions find creation so magnificent that they worship it instead of the God who created it. But Christians know that the beauty of creation gives us insight into our Creator, but is not itself divine.

This meeting is about enjoying God's good creation and letting it fuel your worship and adoration of Jesus Christ. We all live busy lives, but building a relationship takes time. In this meeting, you are going to slow down and enjoy the outdoors. You are going to spend time with God and with your mentee. In truth, the activity is not nearly as important as the way the activity is done. Take your time, observe the little details, be amazed, and talk about the glorious God to whom the creation points. Allow yourself to be overwhelmed, look at things creatively, and experience it together. This experience should help you put a lot of things into the right perspective.

8.2 Meeting Preparation

Materials Checklist

- ☑ Any supplies you will need for your outdoor activity
- ☑ A Bible

Other Preparation

- ☑ Talk with your mentee (and his/her parents) about this activity.
- ☑ Find an outdoor activity that both you and your mentee will enjoy.
- ☑ Pray for wisdom to guide the discussion well.

8.3 Instructions

In meeting 8 you and your mentee will experience God's creation (i.e. the outdoors) together. This needs to be a lower energy activity so that you can talk. A nature walk is more appropriate than extreme mountain biking. Hiking, bird watching, rock collecting, boating, fishing, and star gazing are all examples of good outdoor activities. If you are unable to do something outside for whatever reason, you can go to a museum or take a scenic drive. Take a Bible with you and read through Psalm 19. Spend some time meditating on that truth as you enjoy God's creation. Then talk about it with your mentee.

Remember to keep your two objectives in mind. The first objective is to worship God through His creation. God has given us his creation so we can see how glorious he is. It leads us to praise. But your second objective is to guide the conversation to talk about your mentee's spiritual growth. Spend some time discussing how things are going, both in his daily life and his spiritual life. It might be helpful to use this experience to put your mentee's (and your own!) problems into perspective, given the absolute power of God and his absolute love for us.

8.4 Stuff To Remember

8.4.1 Review, Review, Review

Review what you have done. In this meeting, you don't necessarily have to review it with your mentee, but you need to review in order to do your best as a mentor. And it is always helpful to bring up, and praise, the progress your mentee has made.

8.4.2 Be An Example

Your attitude will either be a help or a hindrance for the worship experience of your mentee. Humility and wonder are great attitudes to exemplify when considering the majesty of God's creation.

8.4.3 Guide The Conversation

It is easy to focus on your worship to the exclusion of all else, but remember that worship is not the only reason that you're here. You are trying to help your mentee grow spiritually. Keep your eyes on that goal. Remember to ask them about their success and failures this week. Ask them if they feel like they are making progress or not. Be a guide!

8.4.4 Be Appropriate With Your Conversation

If your mentee wants to talk, great, talk. If not, do not force them to talk, be OK with silence. Also, if your mentee wants to talk about their plan, talk about it. If not, let them talk about what is on their mind.

8.5 Evaluation

8.5.1 Standard Questions

1. How did the meeting go? What worked? What didn't work? Why?
2. What did you learn today about your mentee that you need to remember?
3. Do you feel like your relationship is growing deeper? Why or why not?
4. Is your mentee dealing with any issues the youth staff needs to be aware of?
5. What do you need to pray about this week?

8.5.2 Meeting Specific Questions

6. What did you decide to do? How did it go?
7. Did your mentee have a significant worship experience?
8. Were you able to talk about your mentee's plan? If so, how is it going? If not, why not?

Summary Sheet – Experiencing God's Creation

Scripture

Psalm 19:1 The heavens are telling of the glory of God; And their expanse is declaring the work of His hands. (NIV)

Materials checklist

- Any supplies you will need for your outdoor activity
- A Bible

Overview

In meeting 8 you and your mentee will experience God's creation (i.e. the outdoors) together. This needs to be a lower energy activity so that you can talk. A nature walk is more appropriate than extreme mountain biking. Hiking, bird watching, rock collecting, boating, fishing, and star gazing are all examples of good outdoor activities. If you are unable to do something outside for whatever reason, you can go to a museum or take a scenic drive. Take a Bible with you and read through Psalm 19. Spend some time meditating on that truth as you enjoy God's creation. Then talk about it with your mentee.

Remember to keep your two objectives in mind. The first objective is to worship God through His creation. God has given us his creation so we can see how glorious he is. It leads us to praise. But your second objective is to guide the conversation to talk about your mentee's spiritual growth. Spend some time discussing how things are going, both in his daily life and his spiritual life. It might be helpful to use this experience to put your mentee's (and your own!) problems into perspective, given the absolute power of God and his absolute love for us.

Cues

- Review, Review, Review
- Be An Example

➤ Be A Guide

➤ Be Appropriate With Your Conversation

9 Encouraging Someone

9.1 Introduction

1 Thessalonians 5:11 Therefore encourage one another and build each other up, just as in fact you are doing.

Some people are naturally good at encouraging people, but most of us are not. Encouraging someone requires us to step outside ourselves and take a long look at someone else's situation. We have to find out where they are struggling or hurting in order to build them up in that area. Paul's exhortation to the Thessalonian church shows how important encouragement is to the church. He uses the metaphor "building someone up". What a picture! When we encourage someone biblically, we are making them more, bigger, or stronger than they were before.

Unfortunately, Christians are more often judgmental than encouraging. People say that the Lord's Army is the only army that shoots its wounded. In this meeting, you and your mentee are going to follow the teachings of Paul and refute the charges against Christianity by finding a fellow Christian (or several) and thoughtfully encouraging them. In this meeting, you have the opportunity to demonstrate to your mentee (and to the world), that Christians build our brothers and sisters up, we don't tear them down!

9.2 Meeting Preparation

Materials Checklist

- Any supplies you will need for your encouragement activity
- A Bible

Other Preparation

- Talk with your mentee (and his/her parents) about this activity.
- Find someone (or a group of someones) that need encouragement

- ☑ Pray for wisdom to guide the discussion well.

9.3 Instructions

In meeting 9, you and your mentee are going to be encouragers. During this meeting you will find a way to encourage someone who needs it. You should have talked with your mentee (and their parents if appropriate) about who you would like to encourage and how sometime during the week. Be creative! Try to do something tangible rather than sending a text message or writing on their Facebook wall. You might want to make a card or draw a picture or collect photos of that person involved in ministry and make a little scrapbook. There are hundreds of ways to encourage someone. Don't be afraid to search for encouraging passages in the Scriptures! Also, if you are struggling with finding someone who needs encouragement, talk to your pastoral staff. They are generally more aware of the needs of their congregation than the average member. If you would like to make a trip to encourage someone, be sure to talk it over with your mentee's parents first.

Don't forget to use this time to your mentee on the second level. Ask them about your mentee's spiritual growth process and their successes and failures during the week. Encourage your mentee!

9.4 Stuff To Remember

9.4.1 Review, Review, Review

Review what you have done. In this meeting, you don't necessarily have to review with your mentee, but you need to review in order to do your best as a mentor. In this meeting, it is especially appropriate to bring up, and praise, the progress your mentee has made.

9.4.2 Be An Example

Your attitude will either be a help or a hindrance for your mentee. Even if your personality doesn't naturally lean towards encouragement, try to be a Barnabas (literally, “Son of Encouragement”) today.

9.4.3 Guide The Conversation

It is easy to focus on your task to the exclusion of all else, but remember that worship is not the only reason that you are here. You are trying to help your mentee grow spiritually. Keep your eyes on that goal. Remember to ask them about their success and failures this week. Ask them if they feel like they are making progress or not. Be a guide!

9.4.4 Be Appropriate With Your Conversation

If your mentee wants to talk, great, talk. If not, do not force them to talk, be OK with silence. Also, if your mentee wants to talk about their plan, talk about it. If not, let them talk about what is on their mind.

9.5 Evaluation

9.5.1 Standard Questions

1. How did the meeting go? What worked? What didn't work? Why?
2. What did you learn today about your mentee that you need to remember?
3. Do you feel like your relationship is growing deeper? Why or why not?
4. Is your mentee dealing with any issues the youth staff needs to be aware of?
5. What do you need to pray about this week?

9.5.2 Meeting Specific Questions

6. Who did you encourage and how?
7. What were the results of your encouragement?
8. What did you and your mentee think about this meeting?
9. How is your mentee progressing spiritually? Can you see differences? Were you able to offer encouragement to your mentee today?

Summary Sheet – Encouraging Someone

Scripture

1 Thessalonians 5:11 Therefore encourage one another and build each other up, just as in fact you are doing.

Materials checklist

- Any supplies you will need for your encouragement activity
- A Bible

Overview

In meeting 9, you and your mentee are going to be encouragers. During this meeting you will find a way to encourage someone who needs it. You should have talked with your mentee (and their parents if appropriate) about who you would like to encourage and how sometime during the week. Be creative! Try to do something tangible rather than sending a text message or writing on their Facebook wall. You might want to make a card or draw a picture or collect photos of that person involved in ministry and make a little scrapbook. There are hundreds of ways to encourage someone. Don't be afraid to search for encouraging passages in the Scriptures! Also, if you are struggling with finding someone who needs encouragement, talk to your pastoral staff. They are generally more aware of the needs of their congregation than the average member. If you would like to make a trip to encourage someone, be sure to talk it over with your mentee's parents first.

Don't forget to use this time to your mentee on the second level. Ask them about your mentee's spiritual growth process and their successes and failures during the week. Encourage your mentee!

Cues

- Review, Review, Review
- Be An Example
- Be A Guide

➤ Be Appropriate With Your Conversation

10 Sharing Music Lyrics

10.1 Introduction

Ephesians 5:2 Let love be your guide... (CEV)

1 Corinthians 6:12 "Everything is permissible for me"-- but not everything is beneficial. "Everything is permissible for me"-- but I will not be mastered by anything.

Longfellow said, "Music is the universal language of mankind." Music has been a part of Christian worship from the beginning, in part because music opens up parts of us that are not normally so receptive. Music works on the emotions, not the intellect. Music affects us in a way few other things can.

For these reasons, sharing music is a great way to get to know another person. The type of music a person listens to says a lot about him. The messages of our favorite songs become a part of who we are. Our taste in music, precisely because it is so intertwined with our emotions, is an area in which many people are particularly sensitive! This is an area to tread with caution, "letting love be your guide"!

In this meeting, you and your mentee will share several of your favorite songs with each other. Each of you will bring two kinds of song: your favorite secular song(s) and your favorite worship song(s). You will also bring a copy of the lyrics to these songs. This exercise should be almost as revelatory as the timeline exercise. The point of this exercise is for each person to examine how the songs they listen to affect them. You will analyze the lyrics together and determine if the message of the song(s) is wise or foolish. You will look for contradictions in the messages of the secular music and the religious. Remember to be sensitive!

10.2 Meeting Preparation

Materials Checklist

- Three or four songs per person and some way to play them
- Printed lyrics to these songs
- Artist/band biographies (optional)
- Wisdom Deck (optional)
- Seven Marks of a Wise Person worksheet (optional)
- A Bible

Other Preparation

- Review your notes very thoroughly for this meeting!
- Pray for wisdom and sensitivity to guide the discussion well.
- Let your mentee know that you want to hear his *real* favorite music, not his “acceptable” favorite music
- Spend some time reflecting on what your parents and grandparents thought of your favorite music when you were a teen and how their attitude made you feel
- Find a location in which you can be reasonably undisturbed

10.3Instructions

In meeting 10, you and your mentee will share your favorite music with one another. This meeting is among the simplest in terms of execution, but it may require a great deal of sensitivity and empathy on the part of the mentor. Hopefully, your time spent reflecting on your parents' attitude towards your music has prepared you to be accepting of the music style that your mentee listens to.

In this meeting, all you have to do is take turns listening to each other's music while reading the lyrics. Then spend a few minutes talking about each song: what it means, how it makes you feel, how it connects with your experience, how does it line up with the message of the Bible, etc.

This is a particularly rich exercise in terms of pattern recognition. Look for correlations between areas in which your mentee is struggling and the messages of their favorite songs. Then talk about what you see! Be sensitive. Remember musical style is a matter of taste, musical content is not.

10.4 Stuff To Remember

10.4.1 Review, Review, Review

Review what you have done. In this meeting, review is especially important. You'll be looking for patterns, so you need to be well-versed on your mentee! In this meeting, it is especially appropriate to bring up, and praise, the progress your mentee has made.

10.4.2 Be An Example

Your attitude will either be a help or a hindrance for your mentee. The younger generation is characterized by acceptance of other people's music, you need to be "characterized by love" in this meeting.

10.4.3 Look For Patterns

Look for patterns, connections, and correlations of any type between the type of music your mentee listens to and to his spiritual strengths and weaknesses. For example, does he listen to angry music and report trouble with controlling his temper? Then, share these observations with your mentee. Most importantly, encourage him to do the same for you! That will teach him how to look for connections in the lives of others, which will help him understand the connections in his own life.

10.4.4 Be Appropriate With Your Conversation

In this situation, it is **very** important to use statements like "This music makes me feel ..." which focus on your reaction to the music, rather than statements like "This music is ..." which is an unconditional statement judging the music.

10.5 Evaluation

10.5.1 Standard Questions

1. How did the meeting go? What worked? What didn't work? Why?
2. What did you learn today about your mentee that you need to remember?
3. Do you feel like your relationship is growing deeper? Why or why not?
4. Is your mentee dealing with any issues the youth staff needs to be aware of?
5. What do you need to pray about this week?

10.5.2 Meeting Specific Questions

6. What songs did you share with your mentee?
7. How did he respond?
8. What songs did your mentee share?
9. How did you respond?
10. What did you learn about your mentee from this exercise?

Summary Sheet – Sharing Music Lyrics

Scripture

Ephesians 5:2 Let love be your guide... (CEV)

1 Corinthians 6:12 "Everything is permissible for me"-- but not everything is beneficial. "Everything is permissible for me"-- but I will not be mastered by anything.

Materials checklist

- Three or four songs per person and some way to play them
- Printed lyrics to these songs
- Artist/band biographies (optional)
- Wisdom Deck (optional)
- Seven Marks of a Wise Person worksheet (optional)
- A Bible

Overview

In meeting 10, you and your mentee will share your favorite music with one another. This meeting is among the simplest in terms of execution, but it may require a great deal of sensitivity and empathy on the part of the mentor. Hopefully, your time spent reflecting on your parents' attitude towards your music has prepared you to be accepting of the music style that your mentee listens to.

In this meeting, all you have to do is take turns listening to each other's music while reading the lyrics. Then spend a few minutes talking about each song: what it means, how it makes you feel, how it connects with your experience, how does it line up with the message of the Bible, etc.

This is a particularly rich exercise in terms of pattern recognition. Look for correlations between areas in which your mentee is struggling and the messages of their favorite songs. Then talk about what you see! Be sensitive. Remember musical style is a matter of taste, musical content is not.

Cues

- Review, Review, Review
- Be An Example
- Look For Patterns
- Be Appropriate With Your Conversation

11 Make Something Together

11.1 Introduction

Genesis 1:31 God saw all that he had made, and it was very good.

Mankind is made in the image of God, and our God is a creator God. Our God was perfectly happy alone, yet something in Him loves to create, so He made the heavens and the earth. He filled the heavens with angels, He filled the night sky with stars, and He filled the earth with living creatures. Then He created us in His own likeness. Whenever we make something, we are imitating our Father. There is a certain satisfaction that comes from making something. But more than just satisfaction, there is also a lot of *quality* time together when we make things. I remember spending hours upon hours working with my dad on my first car. I mostly did the grunt work, but I learned a lot about cars and I learned a lot about life. We talked about just about everything that summer. That is the kind of experience you are going to try to replicate with your mentee in this meeting. You and your mentee are going to create something together and along the way, you'll be sharing stories, learning about your mentee, and teaching her something about life. Have fun!

11.2 Meeting Preparation

Materials Checklist

- Any supplies you will need for your project
- A Bible

Other Preparation

- Talk with your mentee (and his/her parents) about this activity.
- Find a project that you and your mentee are both interested in
- Pray for wisdom to guide the discussion well.

11.3 Instructions

In meeting 11, you and your mentee are going to make something together. Pick something that interests both of you. Perhaps you have a skill (knitting, building, cooking, painting, and songwriting) that your mentee wants to learn. Or maybe you both want to try something new. In the end, what you choose to make is not that important. The important thing is that you make something *together*. You both should take an active role in whatever it is that you are making. Remember that the object is not to create something perfect, but to create something together. Let your mentee learn, and create an environment where beginner's mistakes are not shameful. Help your mentee succeed. Guide her, demonstrate for her, and set her up for success. This will help build her self-esteem and cement your position as a friend and an advocate.

Most importantly, talk with your mentee while you make it. Most young people will open up more if they are engaged in an activity. Use that to your advantage and spend time talking about what you have been through in the last 10 sessions. Talk about how you are both doing in your journey towards wisdom and talk about your mentee's plan.

11.4 Stuff To Remember

11.4.1 Review, Review, Review

Review what you have done. In this meeting, review is especially important. You'll be looking for patterns, so you need to be well-versed on your mentee! In this meeting, it is especially appropriate to bring up, and praise, the progress your mentee has made.

11.4.2 Be An Example

Your attitude will either be a help or a hindrance for your mentee.

11.4.3 Share The Work

Remember that the goal of this project is to work together, not create the perfect thing. So share the work, get your mentee involved and excited.

11.4.4 Set Your Mentee Up For Success

Do whatever you can to help your mentee be successful in this project, without doing it yourself. If they struggle, be encouraging and relate stories of your early difficulties with this kind of project.

11.5 Evaluation

11.5.1 Standard Questions

1. How did the meeting go? What worked? What didn't work? Why?
2. What did you learn today about your mentee that you need to remember?
3. Do you feel like your relationship is growing deeper? Why or why not?
4. Is your mentee dealing with any issues the youth staff needs to be aware of?
5. What do you need to pray about this week?

11.5.2 Meeting Specific Questions

6. What did you make? Why?
7. How did your mentee do?
8. How did your conversation go?
9. How does your mentee feel about his or her progress so far? Does that agree with your own feeling?

Summary Sheet – Make Something Together

Scripture

Genesis 1:31 God saw all that he had made, and it was very good.

Materials checklist

- Any supplies you will need for your project
- A Bible

Overview

In meeting 11, you and your mentee are going to make something together. Pick something that interests both of you. Perhaps you have a skill (knitting, building, cooking, painting, and songwriting) that your mentee wants to learn. Or maybe you both want to try something new. In the end, what you choose to make is not that important. The important thing is that you make something *together*. You both should take an active role in whatever it is that you are making. Remember that the object is not to create something perfect, but to create something together. Let your mentee learn, and create an environment where beginner's mistakes are not shameful. Help your mentee succeed. Guide them, demonstrate, and set him up for success. This will help build self-value and cement you as a friend and advocate.

Most importantly, talk with your mentee while you make it. Most young people will open up more if they are engaged in an activity. Use that to your advantage and spend time talking about what you have been through in the last 10 sessions. Talk about how you are both doing in your journey towards wisdom and talk about your mentee's plan.

Cues

- Review, Review, Review
- Be An Example
- Share The Work

➤ Set Your Mentee Up For Success

12 Evaluation and Review

12.1 Introduction

Romans 12:3 For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you.

Every once in a while, everyone needs to take a step back and take a good long look in the mirror. There aren't many stopping points in life that encourage us to take that step of reflection. This is one of them. Twelve weeks ago, you and your mentee set out on a journey together. This meeting marks the end. Hopefully it is not the end of your relationship together, but at least the end of this first stage. How are you doing as a mentor? How have you improved? How is your mentee doing as a Christian? In what ways have they grown? Has your mentee been making the kind of progress that you expected? Where can you go from here?

12.2 Meeting Preparation

Materials Checklist

- Old Handout "Create a Strategy for Spiritual Growth"
- 2 Copies of the Handout "Looking Back"
- 2 Copies of the Handout "Program Evaluation"
- Pens or pencils
- A Bible

Other Preparation

- Go through the entire review process yourself before this meeting

- Decide if you would like to continue meeting with this person. If not, have a specific reason.
- Pray for wisdom to guide the discussion well.

12.3 Instructions

You have made it! You are finally at week 12 and this is your last official meeting together. This is a great time to talk about what's happened in the last 12 weeks. Begin the meeting by looking at the handout from meeting 6: "Create a Strategy for Spiritual Growth". All you need to do is look over this handout together. Then look at your copies of the handout "Looking Back". That handout will give you a guided discussion of the last 12 weeks. Some things that come up might be amazing, but some things might not be entirely pleasant. Be prepared for both! It is imperative that you work through this worksheet mentally *before* your meeting. Be encouraging. Be supportive. Be honest. Talk about whether you want to continue this mentoring relationship together for another 12 weeks. Then end with prayer, and fill out the paperwork for your program director. Thanks so much for being a part of WisdomWorks Mentoring Program.

12.4 Stuff To Remember

12.4.1 Look Over The Plan

Examine how your mentee has done with the plan you made together

12.4.2 Be Honest And Encouraging

When talking to your mentee be honest. Openly discuss failures, consequences, etc... But focus more successes and victories in the life of your mentee. Honest encouragement is the key to growth.

12.4.3 Work Through The Handout

This will provide some amusing and insightful truths about your time together. It will also allow this process to improve over time.

12.4.4 The BIG QUESTION?

You need to discuss with your mentee whether you should continue meeting. Answer this question meeting and if you do not wish to continue the mentoring relationship, have a specific reason ready. However, if your mentee does not want to continue the relationship, realize that you have given what was needed for this season of your mentee's life. Don't agonize or fret over their decision. If you do continue the relationship, make another 12 week commitment.

12.5 Evaluation

12.5.1 Standard Questions

1. How did the meeting go? What worked? What didn't work? Why?
2. What did you learn today about your mentee that you need to remember?
3. Do you feel like your relationship is growing deeper? Why or why not?
4. Is your mentee dealing with any issues the youth staff needs to be aware of?
5. What do you need to pray about this week?

12.5.2 Meeting Specific Questions

6. How do you feel right now?
7. What surprised you about this meeting? What disappointed you? Why?
8. Will you continue meeting? Why or why not?
9. Would you do this again? Why or why not?

Summary Sheet – Evaluation and Review

Scripture

Romans 12:3 For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you.

Materials checklist

- Old Handout “Create a Strategy for Spiritual Growth”
- 2 Copies of the Handout “Looking Back”
- 2 Copies of the Handout “Program Evaluation”
- Pens or pencils
- A Bible

Overview

You have made it! You are finally at week 12 and this is your last official meeting together. This is a great time to talk about what's happened in the last 12 weeks. Begin the meeting by looking at the handout from meeting 6: “Create a Strategy for Spiritual Growth”. All you need to do is look over this handout together. Then look at your copies of the handout “Looking Back”. That handout will give you a guided discussion of the last 12 weeks. Some things that come up might be amazing, but some things might not be entirely pleasant. Be prepared for both! It is imperative that you work through this worksheet mentally *before* your meeting. Be encouraging. Be supportive. Be honest. Talk about whether you want to continue this mentoring relationship together for another 12 weeks. Then end with prayer, and fill out the paperwork for your program director. Thanks so much for being a part of WisdomWorks Mentoring Program.

Cues

- Look Over The Plan
- Be Honest And Encouraging
- Work Through The Handout
- Answer The BIG QUESTION?

Appendix

Resources for Mentors

Relationship

Chapter 12 – Friendship Case Studies and Questions from Mark Matlock’s *Wisdom on ... Friends, Dating, And Relationships*.

Resources

The scenarios at the end of each chapter in Mark Matlock’s *Wisdom on ... Time and Money*

Chapter 7 – Projection: Putting It Into Practice in Mark Matlock’s *Wisdom on ... Making Good Decisions*

Structured Spontaneity

You've seen the words Structured Spontaneity several times, but we haven't really explained what it is. Structured Spontaneity is a term that we invented to talk about our methodology of mentoring. Basically, Structured Spontaneity is planning a normal activity (a "structure") and taking advantage of whatever teachable moments that occur during that activity ("spontaneity"). Still not clear? Let me use a musical example to clarify.

Think of normal church ministry (bible study, sermon, etc.) as an orchestra playing a symphony. In a symphony, everyone has their music in front of them, and everyone knows exactly what notes to play and exactly when to play them. Very relational ministry (think of the hangout time before church) is kind of like a middle school band warming up before their first concert. Everybody is playing something different and it does not really go together, even though everyone is getting *something* from it. Structured spontaneity is like a bunch of old blues musicians getting together on a Saturday night to play. There is a definite form to blues music (called the 12-bar blues scale), but everyone has the freedom to improvise within that structure. The sound of the music is only limited by the talent level of the players and their ability to work as a team.

Many of us have heard stories about the stereotypical leader that is so structured that any disruption to his lesson plan causes his head to spin. A high schooler might come to his group with tears in her eyes from the recent death of a friend, but this stereotypical would stick to his lesson plan. And in doing so he misses the best opportunity for teachable moment. The other stereotype is the super cool youth pastor who is great at connecting with teenagers and having fun, but has no structure. If you were to question a kid about his experience after the meeting, he would tell you all about how great the youth pastor is and how much fun he had. But he might not be able to tell you anything about the spiritual lesson.

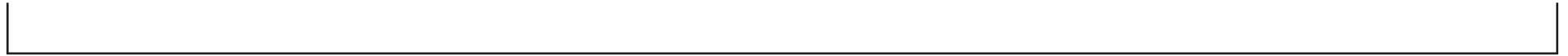
Structured spontaneity is not a bible study curriculum, but it's not just people hanging out either. There is both structure and spontaneity, and the combination is much more than the sum of its parts. It requires a unique, but trainable skill, the skill of doing two things at once. Essentially, structured spontaneity requires the ability to perform a task (be it a service project or making brownies) while looking for places and moments to guide the conversation towards something deeper. Some people have this skill as an innate gift. Many of these people are very skilled evangelists, those people who seem to be able to naturally turn any conversation towards Jesus. But the same skill is teachable, and can be learned to guide conversation towards spiritual development instead of evangelism. The best mentors are people who can use spontaneous circumstances to address specific issues with their mentee.

Let's go back to our musical illustration. None of the musicians have total control of the situation. They have to react to one another. A group in which one person uses soloing all the time is unlikely to be very much fun for anyone. In the same way, during mentoring sessions both the mentor and the mentee need to have their own time to discuss what they want. Mentoring is a team effort where you play off another and react to one another as the meeting progresses. If the mentor needs to talk to her mentee about the way she talks to her

parents, then she can. But, she should find a way to guide the conversation without striking a jarring chord. If her mentee has had a bad day, blasting them with a lecture about respecting her parents at the beginning of the meeting is probably not a good idea. A good mentor would listen to her mentee talk about her day. Let's say her mentee is upset because she found out that her friends said some mean things about her. Now, the good mentor can both express empathy and turn the discussion toward the way that her mentee talks to her parents. That is structured spontaneity.

Structured spontaneity isn't rocket science. Like any other skill, it takes some practice and some preparation to do well. The mentor has to prepare themselves beforehand for the things that he or she wishes to talk about. Maybe they can even design an activity that will make it easier to bring a specific topic up. In reality, the mentor just has to be aware of what is going on. The good mentor will probably not address every issue in a single meeting, but by preparing you will be ready when your opportunity addresses itself. Some issues may be difficult to bring up in casual conversation, especially if the student is avoiding the issue. In this case, it is acceptable to address the issue directly. With practice and time, the use of Structured Spontaneity will transform the average mentor into a great mentor. And that is what we want for you!

My life



Color Key-Types of Event

Black-Friends & Family

Blue-Personal

Red-Faith

This Year



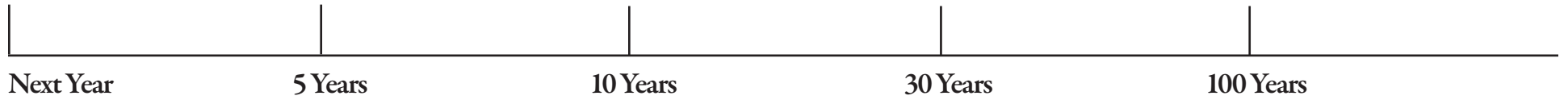
Color Key-Types of Event

Black-Friends & Family

Blue-Personal

Red-Faith

My Future



Color Key-Types of Event

Black-Friends & Family

Blue-Personal

Red-Faith

This Year



Color Key-Types of Event

Black-Friends & Family

Blue-Personal

Red-Faith

Meeting 2 – Envisioning Your Future

Wild Cards Handout

- 1.) You don't get married until you are 43.
- 2.) You inherit \$50,000,000 when you turn 20.
- 3.) You get married at 18 because of pregnancy.
- 4.) You are diagnosed with terminal cancer at age 34.
- 5.) Your oldest daughter rejects Christianity while she is in college and starts living a very promiscuous lifestyle.
- 6.) You start your own business at age 28 and it is hugely successful.
- 7.) Your father has a major stroke at age 62 and is unable to care for himself any more.

Add Your Own Wild Cards

- 1.)
- 2.)
- 3.)
- 4.)
- 5.)

The Seven Marks of a Wise Person

Wisdom can be roughly translated from the Hebrew word *hokmah* as “skillful living”. Wisdom is holistic and it manifests itself in all aspects of life. Skillful living includes having a right relationship with God as well as understanding how to make good financial decisions. Since wisdom is such a broad topic, it is difficult to teach and difficult to measure. So we have broken wisdom down for you by taking the ancient Hebrew book of Wisdom and categorizing the proverbs contained inside. After years of work, we have come up with seven marks of wisdom. These seven areas make it easier to evaluate and teach wisdom because they are smaller, more concrete markers of what a wise person looks like. The first two marks of a wise person deal with loving God, the next four deal with loving others, and the last one deals with wholeness or *shalom* (deep peace).

Instructions: This is a very simple worksheet. Take one mark at a time. First, read the text. Second, spend some time talking about the characteristics of a person who excels in this area, then try to come up with the characteristics of a person who is poor in this area on your own. Third, answer the questions at the end of the section. Finally, give yourself a rating from 1-10 on the corresponding spoke of the Wisdom Wheel and move on to the next section. Remember to keep moving, no section should take more than 6-8 minutes.

A Wise Person ... Trusts In God

The Bible tells us over and over again that true wisdom comes from God.

The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding. - Proverbs 9:10 (NIV)

To know God is to find true understanding. If we know God's character, then we can trust in Him. An African friend of mine told me that he had heard of a tribe that used a phrase in their language for faith in God that meant, "lean on a tree and do not fall." I think that is a wonderful picture. When we lean on a tree, we cannot see the underground root system, but we know we can lean on it and it will not fall over.

Wise people seek God's word that he has revealed to us before they consider their own ideas. Consider what is taught in Proverbs:

*Trust in the LORD with all your heart
and lean not on your own understanding;
in all your ways acknowledge him,
and he will make your paths straight. - Proverbs 3:5-6 (NIV)*

Here are some daily activities that point to a trust in God.

A wise person:

- ✘ Searches the Bible for answers when faced with a problem.
- ✘ Pursues the other six marks of a wise person.
- ✘ Prays before making decisions.
- ✘ Tries to understand God's perspective before trying their own ideas.
- ✘ Asks for help from mature Christians when struggling
- ✘ Is at peace about things that are not in his/her control

- × Acts on what God has revealed instead of waiting for a new revelation (For more information on this topic, see *Wisdom On Making Good Decisions* by Mark Matlock)

Questions:

Do you trust God? If so, how much?

How would your life be different if you trusted God more?

Is there one particular characteristic of a person who trusts God that you would like to have?

A Wise Person ... Walks In Healthy Relationships

God emphasizes the importance of relationships throughout his Word. Wise people have healthy, vibrant, meaningful relationships with God and others. Wise people have redemptive relationships with unbelievers, but they are not dragged down by them. The Scriptures say

Better a meal of vegetables where there is love than a fattened calf with hatred. - Proverbs 15:17 (NIV)

Here are some characteristics of a person who walks in healthy relationships.

A wise person:

- × Has close friends who are believers and a positive spiritual influence
- × Interacts with people freely
- × Respects their parents
- × Is comfortable being alone
- × Has a good balance of shallow and deep relationships

Questions:

How healthy are your relationships?

Is there one relationship in particular that needs to change?

How would growing in Christ affect your attitude toward relationships?

What steps can you take to improve your relationships?

A Wise Person ... Seeks Good Counsel

One aspect of wisdom is knowing that you do not possess all knowledge. Unlike many teenagers, wise people do not think they know everything, so they go to other people for advice. Solomon, the wisest man of his day, put it this way:

Plans fail for lack of counsel, but with many advisers they succeed. - Proverbs 15:22 (NIV)

Here are some characteristics of a person who seeks good counsel.

A wise person:

- × Knows that they need advice

- × Cultivates relationships with people who can give good advice
- × Is humble enough to follow good advice, even if they disagree with it at first
- × Submits to authority
- × Actively seeks advice when they need it

Questions:

When you have a problem, who do you turn to for help?

Have you surrounded yourself with wise counselors?

How would growing in Christ affect your attitude toward counsel?

What are some ways you can use your counselors more wisely?

A Wise Person ... Speaks Carefully

The words that come out of our mouths are more important – and more revealing – than most people realize. Actions may speak louder than words, but you can still tell a lot about a person by their manner of speaking. When Jesus was rebuking the Pharisees, he put it like this:

For out of the overflow of the heart the mouth speaks - Matthew 12:34 (NIV)

Here are some characteristics of a person that speaks carefully.

A wise person:

- × Knows when it is time to listen and knows when it is time to talk
- × Builds others up with words
- × Tells the truth
- × Is able to open up and share with others when it is appropriate
- × Discusses in order to convince, instead of arguing in order to win
- × Avoids using foul or suggestive language
- × Thinks before speaking.

Questions:

Do you think before you speak?

Do you often hurt other people's feelings with your words?

When was the last time you complimented someone?

When was the last time you gossiped about someone?

Are you honest? When was the last time you lied?

How would growing in Christ affect your speech?

A Wise Person ... Exercises Self Control

We all have certain impulses. We have an impulse to defend ourselves and an impulse to feed ourselves. We have sexual impulses and various other cravings. Some people need fame, some fortune, some people need to be popular and some want revenge. These desires are part of what it means to live in a fallen, imperfect world. They are inescapable. But our ability to control those impulses instead of being controlled by them sets Christians apart in today's "Me first!" culture. Paul describes our lifestyle like this

"Everything is permissible for me"—but not everything is beneficial. "Everything is permissible for me"—but I will not be mastered by anything. - 1 Corinthians 6:12 (NIV)

A wise person is his own master because he has chosen to be a slave to Christ instead of to his own desires. Here are some characteristics of a person who has self-control

A wise person:

- ✗ Stays calm when other people are angry
- ✗ Waits till they are married to have sex
- ✗ Respects others
- ✗ Avoids illegal and unhealthy substances

Questions:

Do you struggle with your temper or with sexual activities?

Are there other areas where you feel like you struggle with self-control?

How would growing in Christ change those areas of your life?

What are some steps that you can take right now to improve this situation?

A Wise Person ... Manages Resources Well

We all possess at least two incredibly valuable resources: our life and the Holy Spirit. We also have money, stuff, talents, relationships, etc. These are all *resources* and we are responsible to God for using them well.

One man gives freely, yet gains even more; another withholds unduly, but comes to poverty. - Proverbs 11:24

The wise person knows how to maximize his resources for God's purposes.

A wise person:

- ✗ Is generous with their resources
- ✗ Thinks about big decisions before making them.
- ✗ Manages their money, however little, well.
- ✗ Spends their time profitably
- ✗ Examines their own life on a regular basis to see how they are doing.

- × Does their best.

Questions:

Do you find yourself doing things at the last minute?

How do you spend your money?

How do you spend your time?

How would growing in Christ change those areas of your life?

What are some steps that you can take right now to improve this situation?

A Wise Person ... Keeps Balanced.

Wise people have learned to be content with themselves and their circumstances in life. They still have goals and dream, they still desire to grow as a Christian, spiritually and physically. But wise people recognize that God has made them who they are and placed them where they are for a reason. They also recognize that God loves them, no matter what happens. Paul said it like this:

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. - Philippians 4:11-12 (NIV)

Here are some characteristics of a wise person who can keep their balance.

A wise person:

- × Is passionate without being out-of-control.
- × Knows that God loves him.
- × Takes responsibility for problems.
- × Does not need others' approval.
- × Does not panic.

Questions:

Do you find yourself doing things just so that other people will respect you?

Do you think that God's love for you depends on what mistakes you make and what good things you do?

Do you take responsibility for your own mistakes or do you pass the blame to someone else?

Do you wish that you were someone else or could do something that you can't?

How would growing in Christ change those areas of your life?

What are some steps that you can take right now to improve this situation?

REVIEW – Seven Marks of A Wise Person

Fill in the blank. The answers are at the bottom.

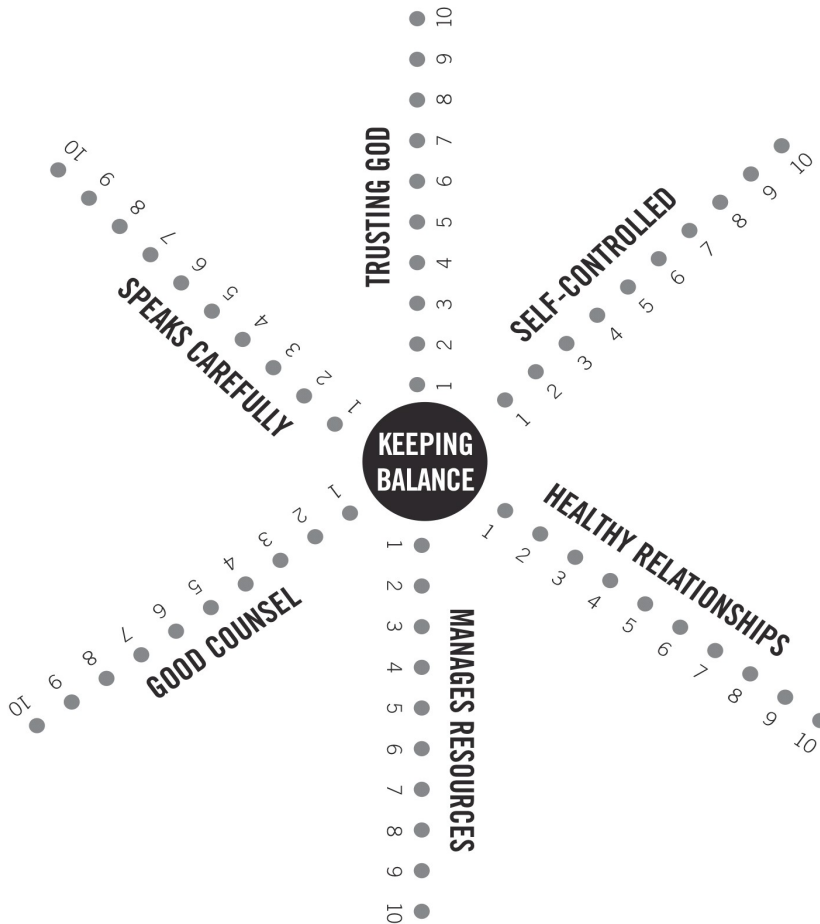
1. _____ God. "The name of the Lord is a strong tower; the righteous run to it and are safe." – Proverbs 18:10
2. Walks in Healthy _____. "He who walks with the wise grows wise, but a companion of fools suffers harm." – Proverbs 13:20
3. Seeks Good _____. "Listen to advice and accept instruction, and in the end you will be wise." – Proverbs 19:20
4. _____ Carefully. "The lips of the righteous know what is fitting, but the mouth of the wicked only what is perverse." – Proverbs 10:32
5. Exercises _____. "A fool gives full vent to his anger, but a wise man keeps himself under control." – Proverbs 29:11
6. Manages _____ Well. "One man gives freely, yet gains even more; another withholds unduly, but comes to poverty." - Proverbs 11:24
7. Keeps _____. "Hope deferred makes the heart sick, but a longing fulfilled is a tree of life." Proverbs 13: 12

1. Trusts 2. Relationships 3. Counsel 4. Speaks 5. Self-Control 6. Resources 7. Balanced

Wisdom Wheel

The Wisdom Wheel is a simple tool for creating a picture of the balance you have in your life. The main purpose of the wheel is self discovery and personal growth, be as honest as you can as you do this activity.

Step #1 Evaluate. On A Scale of 1-10 ("1" being needs improvement "10" being little improvement needed) evaluate yourself in each of the six categories as you go along.



Step #2 Connect the dots between your scores in categories trying to make the shape as oval/circular as possible.

Step #3 Evaluation: Keeping Balance means having as round of an image as possible (size of the circle is less important). Discuss the lower scores that set your wheel off-balance. Have you experienced moments in your life when those weaker areas have made life challenging for you?

Step #4 Explore ways you could strengthen those lower scores on your wheel.

The Four Marks of a Fool

Now you know that wisdom means something like “skillful living”. It is holistic and it manifest itself in all aspects of life. Wisdom includes having a right relationship with God as well as understanding how to live on this earth. There are seven marks of a person who is wise, and innumerable benefits of wisdom. Foolishness is the opposite of wisdom, and it has innumerable consequences. In meeting three, we looked at the benefits of wisdom; in meeting four, we will look at the consequences of foolishness. Unfortunately, even though wisdom was a broad concept, there are *many* more ways to be foolish than to be wise. But we have examined the Scriptures and congealed all of the talk about fools inside of them into four marks. These four marks make it easier to evaluate and talk about foolishness. Just as a fool is often proven as such when he opens his mouth, the four marks of the fool are four quotations that a foolish person would say.

Instructions: This is a very simple worksheet. Take one mark at a time. First, read the text. Second, spend some time talking about the characteristics of a person who struggles in this area, then try to come up with characteristics of a person who does not suffer from in this area. Third, answer the questions at the end of the section. Finally, give yourself a rating from 1-10 in the margin of this workbook and move on to the next section. Remember to keep moving, no section should take more than 10-12 minutes.

“I'm King Of The World!”

Youthful exuberance has led some to make this statement in jest and joy, celebrating the wonder of life in God's creation. But when the fool says, “I'm king of the world”, he means “I am the most important thing in my world.” Some people call it “center of the world-itis.” But King Solomon reminds us in Proverbs 9 that

*There is no wisdom, no insight, no plan that can succeed against the Lord.. -
Proverbs 21:30 (NIV)*

Anyone who does not acknowledge God as the source of all things is a fool. The fool will seek his own good above the good of others because he thinks that he is more important than others. The fool grows angry or upset when others don't value him as he thinks they should. But true wisdom is knowing that God is the source of all good things. True wisdom is understanding our place in this world: that of loving servants and ambassadors of Jesus Christ.

Here are some daily activities that point to an “I'm the King of the World” attitude.

A fool:

- ✗ Spends a lot of time thinking about how to get what he wants
- ✗ Never considers the needs of others
- ✗ Has a hard time really worshiping God
- ✗ Has a hard time empathizing with or understanding the feelings of others
- ✗ Gets mad when his plans are thwarted, especially by his parents
- ✗ Is rebellious

Questions:

Do you struggle with center-of-the-world-itis? In what ways?

How would your life be different if you changed?

What would it cost you to change? Is it worth it?

“Of Course I Already Knew That!”

Sometimes we really did already know something. But many times we are just too afraid, or too mad, to admit that we really didn't know that. The fool is often a know-it-all. We've all met people who think they know more than they really do. These people can be very intelligent people. But God looks on the heart, and there is no place in His kingdom for the proud.

The wise in heart accept commands, but a chattering fool comes to ruin. - Proverbs 10:8 (NIV)

Knowledge is good. But a know-it-all is not just full of knowledge, she is proud of her knowledge and unwilling to accept correction. God says that the wise person *accepts commands*. How humble must you be to be wise and yet let God, and other people, tell you what to do? That is the kind of humble attitude that God honors.

A know-it-all:

- × Argues with parents, and everybody else
- × Always thinks she is right
- × Grows very embarrassed when she is proven wrong
- × Doesn't go to others for advice
- × Never backs down in an argument

Questions:

When was the last time you asked someone for advice?

Would your friends characterize you as a humble person?

Do you have trouble changing your mind or asking others for help?

Is this an area in which you need to change? Can you give examples?

“I Can Do It By Myself!”

This statement can be cute when it comes from a toddler trying to tie his shoes on his own. However, it is the utmost folly to think that we can pass through this life on our own. And even though, it contradicts one of our most cherished values as Americans, that of independence, the wise person realized his dependence. The wise person is dependent on God for all things. She depends on others for advice. The fool does not rely on God. The fool thinks it is just him against the world.

14 Now the body is not made up of one part but of many. 15 If the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason cease to be part of the body. 16 And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason cease to be part of the body.

17 If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? 18 But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be. 19 If they were all one part, where would the body be? 20 As it is, there are many parts, but one body.

21 If the eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!" - 1 Corinthians 12:14-21

The fool forgets that all Christians are part of the same body, that we are all interconnected, and dependent on one another.

An overly independent person:

- × Rejects others' help, even if he needs it
- × Is proud of his self-sufficiency
- × May be a generous giver, but dislikes receiving gifts from others
- × Rejects others' authority over him
- × Disregards advice
- × Feels like he needs to earn or deserve everything he gets

Questions:

When was the last time you asked for help?

Does it make you uncomfortable to ask for advice?

How is your relationship with your parents?

Is this an area in which you need to change? Can you give examples?

“I'm Invincible!”

Superman is invincible (well, almost). We are not. The fool has not figured that out yet. In this particular category, most young people have a lot of room to grow. Life teaches us (often quite painfully) that we are not invincible, but it takes time. Maybe it is a serious injury or illness. Maybe it is the death of a close friend or family member. Maybe a colossal failure reminds of our humanity.

Man born of woman is of few days and full of trouble. 2 He springs up like a flower and withers away; like a fleeting shadow, he does not endure. - Job 14:1-2 (NIV)

The fool ignores these clues, and the words of Scripture, and continues on in his blind assertion that he is invincible.

A would be superman:

- × Takes foolish risks
- × Thinks she'll never get caught
- × Doesn't think drugs or alcohol can hurt her
- × Can handle pre-marital sex

Questions:

Do people try to talk you out of things very often?

What is the stupidest thing you've done in the last year?

Have you ever felt vulnerable or afraid?

Is this an area in which you need to change? Can you give examples?

FOUR MARKS OF A FOOL - Peter

1. "I'm _____ of the World" "It's all about me, me, me...."

Peter answered him, "We have left everything to follow you! What then will there be for us?" – Matthew 19:27

2. "I Already _____ That" - "You don't know what you're talking about..."

Peter took (Jesus) aside and began to rebuke him. "Never, Lord!" he said. "This shall never happen to you!" – Matthew 16:22

3. "I Can _____ Myself" "I don't need anyone's help..."

Then Peter, who had a sword, drew it and struck the high priest's servant, cutting off his right ear. - John 18:10

4. "I'm _____" "Nothing can stop me!"

Peter declared, "Even if all fall away, I will not." – Matthew 14:29

Respond: Put a star next to the mark you struggle with the most.

WRITE A PRAYER...

GOD, HELP ME STOP BEING SUCH A FOOL!

Growth Commitment

Mentor: _____

Mentee: _____

Areas of Growth

I desire to grow in maturity in _____

because/so that _____.

I desire to grow in maturity in _____

because/so that _____.

I desire to grow in maturity in _____

because/so that _____.

“I Wish” Statements

Directions: Fill out the following three “I wish” statements. The statements are made in the format “I wish <student’s name> would grow in maturity in <some area of life> because <reason that you wish for this change>.” Discuss your results when you are finished.

I wish _____ would grow in maturity in _____
because _____

_____.

I wish _____ would grow in maturity in _____
because _____

_____.

I wish _____ would grow in maturity in _____
because _____

_____.

Advice on Planning For Growth

As we discussed in the introduction to meeting 6, growth and development is a spiritual process that is completed by Christ Himself. However, as a Christian, you are Christ's ambassador, and you will be one of the tools he uses to promote growth in the life of your mentee. There are a few things that you need to understand before you tackle the "Create a Strategy for Growth" worksheet with your mentee. Your mentee may need a summary of this information, but you don't need to go through this handout with them.

We are taking a problem-oriented approach to growth in this program. You and your mentee together have decided on the three problem areas that you would like to focus on for the remainder of this program. We have divided the problem solving process into four easy steps in the "Create a Strategy for Growth" handout.

Step 1 – Identify the Whole Problem

One of the biggest problems with being a teenager is that you rarely see the whole problem. This is what makes solving the problem so difficult. As a mentor, your job is to expand your mentee's conception of the problem until they can see the whole thing, or if that is not possible (and it may not be) at least give them a better grasp of the problem. There are three things that you should be looking for when you talk to your mentee about a problem: a lack of reference, a distortion, or a generalization. Let's dig into these ideas a little bit deeper.

Lack of Reference

"Boys make me so mad." "I am just depressed." "I have a problem with lust." These are all examples of a lack of reference. A lack of reference is when your mentee tells you a problem without acknowledging the ultimate source of that problem (a what or a who). Think about our first example, "Boys make me so mad." Do you think it is really all boys that make this young lady angry? Your job as a mentor is to (gently) probe for more specifics. What boy makes you angry? What is he doing to make you angry? You want to draw out a statement that is more like this "Stephen makes me angry because when he is with his guy friends, he ignores me." Now your mentee has a more complete picture of the problem.

Distortion

"Stephen makes me angry because when he is with his guy friends, he ignores me." "I have to look good." "My parents and I would get along much better if they weren't so unreasonable." These are all examples of a distortion of reality. A distortion is when a person has a twisted understanding of reality that limits their choice of action in some way. Distortions are trickier to deal with than lack of reference problems. You'll want to ask three specific questions:

1. How did the source of the problem do whatever it is that he or she did?
2. What has to be true for that to have happened?
3. Is this an ongoing process or a completed event?

Let's think about our first example again. Now, this statement is surely better than the original, however it still contains a distortion of reality. As far as I know, no one on earth is capable of controlling another person's emotions. As an adult, you know that, but your mentee may not yet. So let's work through the questions. It might look something like this

Mentor: "How did Stephen make you angry?"

Mentee: "I already told you, he ignores me when his friends are around."

Mentor (smilingly): "Stephen controls your emotions? That's awesome. Where did he learn how to do that?"

Mentee (slightly upset): "No, he doesn't literally control my emotions. But his actions definitely affect the way I feel."

Mentor: "So the problem is really the way you react to Stephen, right? And this is a continuing relationship right? So, if we don't work on this, you are just going to keep having the same problem?"

And soon and so forth. By challenging the distortion, the mentor was able to change the problem from something uncontrollable and unchangeable (Stephen's actions) to something both controllable and changeable (the mentee's reaction to Stephen's actions). That's a pretty big improvement, don't you think?

Generalization

"Everyone else gets to stay out late." "Nobody pays attention to me." "There is nothing to do." A generalization is when your mentee represents their problem in a very general manner. There are many options when you encounter a generalization. The best option is to try to help your mentee recognize their own generalization. Try repeating the statement back with a slight emphasis on the generality. "*Everyone* else gets to stay out late?" You can ask if they have ever had an experience that contradicts the generalization. "Has anyone ever paid attention to you?" Hopefully, they will realize that you are, in fact, paying attention to them right now! If they can't think of an experience that contradicts the generalization, ask them if they can imagine an experience that contradicts it. If your student cannot think of anything by themselves, your second option is to try suggesting a possibility yourself. The third option is a last resort. It should only be used if your mentee is unable to complete any other steps. It involves discovering what in your mentee's life makes them think that the generalization is true. For example:

Mentee: "It is impossible to trust anyone."

Mentor: "Why is it impossible to trust anyone?"

Probing the cause of the generalization may yield very significant insight into the life of your mentee, but few students have that level of dysfunction.

Step 2 – Search for Elements

In step 1, you and your mentee expanded your view of the problem. By the end of the process, the problem should have become something that your mentee can deal with. Now, you need to discover together what elements of wisdom are needed to develop a good strategy for growth. Once again, there are three elements in a wise strategy: insight, values, and practices. The goal here is to discover what elements are missing in your mentee's life. When you discover that, then it is easy enough to try and add those elements (gradually) into their life.

Insight

Insight is the ability to understand the way the world works. Insight involves understanding human behavior. It involves understanding that every action has a consequence. The question to ask yourself here is: "Does my mentee understand why this is a problem?"

Values

Values are much like insight, but into the spiritual realm. Your mentee has right values when he or she values the same things that God values. He or she has wrong values when she does not value what God values. The question to ask yourself here is: "Does my mentee really have the right value system to deal with this problem?"

Practices

Practices are the things that we do in daily life that intentionally put our values and insight into practice. Practices include spiritual matters like prayer and Bible study, but include more mundane matters such as the way we interact with people and the way we manage our money. The question to ask yourself here is: "Does my mentee do the right things on a daily basis to combat this problem?"

Step 3 – What Can I Do About It?

Now that you have defined the problem, and found what is missing in your mentee's life, it is time to figure out what you can do about it. With any problem, there are always only three things that we can do to fix it. These are obvious to an adult, and probably to your mentee as well, but sometimes it helps just to walk through them to get an idea of your options. The three elements of your mentee's problem are: your mentee, the situation, and the other people involved. So let's pose the three options as three questions.

1. Is it possible to change/avoid the situation?

2. Is it possible to change/avoid the other people involved/
3. Is it possible to change myself?

Let's work through these three simple steps with a hypothetical mentee named Michael who is struggling with a pornography problem.

Mentor: "Ok. Let's look at your options. Is it possible for you to change the situation or avoid it?"

Mentee: "Well, I guess. I could put my computer in the living room. But I would still have internet on my phone, and I can't really get rid of that."

Mentor: "Alright, that makes sense. Can you change the other people involved? In other words, can you convince people to stop making porn?"

Mentee: "Of course not."

Mentor: "Well, your last option is to change yourself?"

Mentee: "Isn't that impossible? Guys are wired to like that kind of stuff."

Mentor: "Those are your only three options. If none of them change, you will still be in the same rut, feeling the same guilt in 20 years as you are right now. Let's look at your options again."

One of the best things that step three accomplishes is that it eliminates the idea of a quick fix for real problems. Real problems are not fixed that easily. This step makes your mentee face the problem head on, in all its reality, possibly for the first time.

Step 4 – Create a Strategy for Growth

Now that you know what the problem is, what is missing from your mentee's life, and you have outlined who and what needs to change. You can dig into the meat of the worksheet: How are we going to do this? A wise strategy will involve the Holy Spirit changing lives based on prayer and Bible study. But it is not solely based on those things. Your job is to help your mentee weigh the long and short term costs and benefits. They also need to factor in the impact their decision will have on other people's lives. Don't worry too much about the specifics of your strategy. Whatever it is, if it is made in faith in the saving power of Jesus Christ, and includes a plan for that faith becoming active, it will result in an improvement.

Note: We have developed a tool that is helpful, but not necessary, called the Wisdom Deck. It is a printout of 50 proverbs categorized according to the 7 Marks of a wise Person, and the 3 elements of wisdom. This tool can be very useful in working through this section.

Create a Strategy for Growth

PROBLEM #1 _____

Step 1: Identify the Whole Problem

A. What's missing?

What (or who) is the source of this problem?

Are there any misunderstandings that make this problem more confusing?

What are they and how are they affecting the problem ?

Are there inappropriate generalizations in the problem?

B. Which of the 7 Marks of a Wise Person and/or 4 Marks of a Fool match this problem?

Step 2: Search for the Elements

Look for insights, values, and practices that are missing from your mentee's life and would help him or her solve this problem. Spend some time searching through the Wisdom Deck, or scanning the book of Proverbs and write down helpful references here.

Step 3: What Can I Do About It?

There are only three options when confronted with a problem:
change/avoid the situation, change/avoid the other people, and/or change myself.

Is it possible to change/avoid the situation? If so, how?

Is it possible to change/avoid the other people? If so, how?

Is it possible to change myself? If so, how?

Step 4: Create a Strategy

Write out your strategy here.

PROBLEM #2 _____

Step 1: Identify the Whole Problem

A. What's missing?

What (or who) is the source of this problem?

Are there any misunderstandings that make this problem more confusing?

What are they and how are they affecting the problem ?

Are there inappropriate generalizations in the problem?

B. Which of the 7 Marks of a Wise Person and/or 4 Marks of a Fool match this problem?

Step 2: Search for the Elements

Look for insights, values, and practices that are missing from your mentee's life and would help him or her solve this problem. Spend some time searching through the Wisdom Deck, or scanning the book of Proverbs and write down helpful references here.

Step 3: What Can I Do About It?

There are only three options when confronted with a problem:
change/avoid the situation, change/avoid the other people, and/or change myself.

Is it possible to change/avoid the situation? If so, how?

Is it possible to change/avoid the other people? If so, how?

Is it possible to change myself? If so, how?

Step 4: Create a Strategy

Write out your strategy here.

PROBLEM #3 _____

Step 1: Identify the Whole Problem

A. What's missing?

What (or who) is the source of this problem?

Are there any misunderstandings that make this problem more confusing?

What are they and how are they affecting the problem ?

Are there inappropriate generalizations in the problem?

B. Which of the 7 Marks of a Wise Person and/or 4 Marks of a Fool match this problem?

Step 2: Search for the Elements

Look for insights, values, and practices that are missing from your mentee's life and would help him or her solve this problem. Spend some time searching through the Wisdom Deck, or scanning the book of Proverbs and write down helpful references here.

Step 3: What Can I Do About It?

There are only three options when confronted with a problem: change/avoid the situation, change/avoid the other people, and/or change myself.

Is it possible to change/avoid the situation? If so, how?

Is it possible to change/avoid the other people? If so, how?

Is it possible to change myself? If so, how?

Step 4: Create a Strategy

Write out your strategy here.

Looking Back

Instructions: Answer the following questions together. This handout is meant to help you place this mentoring experience into context, and to help you decide if you want to continue this mentoring relationships together.

Answer these questions out loud. Take turns going first.

- 1.) My favorite memory of the last 12 weeks was...
- 2.) The funniest thing that happened during the meetings was...
- 3.) Before I started this program this is what I thought about mentoring...
- 4.) Now, my thought/view of mentoring is...
- 5.) My favorite session was...
- 6.) My favorite activity was... for this reason...
- 7.) I have grown the most in this area of life...
- 8.) The area where I have the most room for growth is...
- 9.) To me my mentor/mentee is...
- 10.) The best thing about my mentor/mentee is...
- 11.) The most interesting thing I've learned about my mentor/mentee is...
- 12.) This is what I plan to do after this program is over...
- 13.) This is how my life story/course has been changed my mentoring...

Write the answers to the following questions:

What are 3 things you would like for your mentor/mentee

1.)

2.)

3.)

Give your mentor/mentee 2 recommendations

1.)

2.)

What has your mentor/mentee done that made an impact in your life ?

Discuss

Is this type of relationship worth continuing?

Why or why not? If so, are you willing to make another 12 week commitment?

Program Evaluation

Instructions: Answer the following questions and turn them into your program director.

What was the best aspect of the mentoring program?

Why?

What was the worst?

Why?

What activity did you like the most?

What activity did you like the least?

Knowing what you know now, would you do this program again?

What could we do to make this process better?

Did mentoring help you?

Why or why not?

Overall, what was your impression of the program?

Mentee: Do you feel like you grew in maturity and wisdom?

Mentor: Do you feel like you are a better mentor now?

Where have you improved? Where are you still struggling?

Thank you being involved in this mentoring program. Please turn in this form to your program director.