

## **Book Recommendations**

**Anderon, Keith R. and Randy D. Reese. Spiritual Mentoring: A Guide for Seeking & Giving Direction**

An extensive source of information on mentoring, drawing information and techniques from classical spiritual writers. This book defines spiritual mentoring, the different ways it is done, and offers great insight into what goes into the mentoring process. It goes through the different phases of mentoring and could be used to refer to specific aspects of mentoring without reading the whole book.

**Kreider, Larry. Authentic Spiritual Mentoring: Nurturing Believers Toward Spiritual Maturity**

This book outlines the importance of mentoring and proceeds to teach about what it looks like to be a mentor to another person. It addresses the Jesus model of mentoring, job description, and pitfalls to avoid.

**Robbins, Duffy. The Ministry of Nurture (How to build real-life faith into your kids)**

A book written for those in youth ministry, designed to teach youth workers how to “build real-life faith” in students’ lives and do more than just talk or entertain. This book gives insight into adolescent faith and practical approaches for helping them to grow and develop their faith in practical ways. Would work well applied in a mentoring relationship.

**Dunn, Richard. Shaping the Spiritual Life of Students: A Guide for Youth Workers, Pastors, Teachers & Campus Ministers**

This book gives a vision for what we, as youth workers, are doing. It also gives steps to listen first, resolve conflict, speak the truth in love, and nurture the adolescent self. It gives strategies to try to teach students what it means for them to have a personal faith and develop it. Gives a lot of good information and things to remember in adolescent spiritual development..

**Mehaffie, Sam. Every Man's A Mentor**

This book is for men who are considering or already are mentoring younger guys. It is a reminder of the importance of the role they play in the lives of younger guys and goes through the development of young guys and gives some practical tips for approaching mentoring. The author has spent much of his life mentoring young guys and shares his experiences.

**Gerali, Steven. Teenage Guys: Exploring Issues Adolescent Guys Face and Strategies to Help Them**

Steve Gerali is well known for his youth ministry experience and work with adolescent guys. In this book he goes through cognitive, social, emotional, and sexual development of adolescent guys as well as the process of their faith formation. An informative book for understanding a lot of what’s going on beneath the surface.

**Olson, Ginny. Teenage Girls: Exploring Issues Adolescent Girls Face and Strategies to Help Them**

The female version of the aforementioned book on adolescent guys. This book provides an informative approach towards understanding teenage girls' identity development, physiological development, body issues, self-injury, emotional matters, dating, sex, etc. It also provides insight into how family, friends, and faith impact their lives. An informative book for understanding a lot of what's going on beneath the surface.

**Hancock, Jim and Rich Van Pelt. The Youth Worker's Guide to Helping Teenagers in Crisis.**

A book dedicated to equipping youth workers to deal with crises that arise in working with young people. Helps to understand crises, consider intervention, think about referral to other people, organizations, legal bodies, and provides legal and ethical considerations. Gives insight into dealing with specific crises such as: anger, divorce, bullying, death, accidents, cutting, cheating, substance abuse, sexual abuse, suicide, gun violence, natural disasters, the list goes on and on.

**McDowell, Josh. Handbook(and Manual) on Counseling Youth: A Comprehensive Guide For Equipping Youth Workers, Pastors, Teachers, and Parents**

A very comprehensive guide to understand the issues teens face, covering emotional issues, suicidal thoughts, relational issues, familial issues, sexual issues, abuse, eating disorders, and vocational issues. The handbook is to provide biblical insight, views, and advice on each topic, while the manual gives reproducible discussion sheets to go through with the student, and reproducible "take-home" sheets for the student to work on. A very handy resource to have to refer to whenever a situation comes up that causes you to feel unsure of how to proceed/what to do.