

## Mentoring Resource Guide - Your Toolbox

This is your resource guide for Men's Mentoring at Northwest Bible Church. The unique aspect of our Mentoring Program is the creation of triads, three different generations of men, coming together to sharpen one another. Mutual discipleship is allowing the Holy Spirit to work in and through everyone in the moments you come together.

I am who I am today because other people poured their lives into mine. One such man was Pete. He was a pastor of a local church. He had a family, he had Godly children, he was a pastor and was teaching others about Christ. In a healthy way, I wanted to become what he was. I began meeting with him weekly. He began to point out things in my life that were inconsistent with Scripture, and it hurt, but the wounds of a friend can be trusted. As I recognized the truth and love in his comments, I began to work on those areas, and he held me accountable to changing. Twenty-five years later, I cannot honestly remember one specific thing we discussed, but I remember the relationship. I remember that he was for me; that he wanted to help me become a better man. At that time, he was investing in me to help my future marriage, my future fatherhood, and my future career. I am eternally grateful that he followed Paul's command: *Therefore encourage one another and build each other up, just as in fact you are doing* (1 Thes. 5:11 NIV).

### Before your first meeting:

Have you picked a point person? Their name: \_\_\_\_\_

Have you decided how often you will meet? We recommend twice a month but no less than once a month. We are asking for a one-year commitment.

Are you prepared to tell your story? (If not, this guide will help.)

### Possible Meeting Topics:

If you imagine meeting 24 times, below is a suggestion on how the first six meetings should go.

Meeting 1 - Introductions, get to know each other, logistics, pick a direction.

Meeting 2 - Boomer Tells His Story - see Story Resources, other two listen and ask questions.

Meeting 3 - GenX Tells His Story - see Story Resources, other two listen and ask questions.

Meeting 4 - Millennial Tells His Story - see Story Resources, other two listen and ask questions.

Meeting 5 - Follow up on any questions or outstanding issues from telling your stories. Maybe something came up (a struggle, concern, question) that you want to spend time on. If not, move to the direction you picked and practice the direction.

Meeting 6 - It's time for DTR (defining the relationship). You may want to have the whole conversation here, or you may want to practice the direction you decided, reserving time at the end for a heart to heart. Either way, it's now time to commit to one another for a year and make sure all your expectations have been affirmed. If someone wants to exit gracefully, have that person contact [Dfuquay@northwestbible.org](mailto:Dfuquay@northwestbible.org) or [Rwoodruff@northwestbible.org](mailto:Rwoodruff@northwestbible.org).

## Resources

### Tell Your Story Methods:

#### A) 4 H Idea

- 1) Looking at your life, who have been (and are) your Heroes?
- 2) What are some of the Hard Times you have been through and what did you learn?
- 3) What are some of the High Points in your life?
- 4) What are the Holy Moments where you had powerful encounters with the Lord?

#### B) Life Map - Plotting what God has done in you and through you

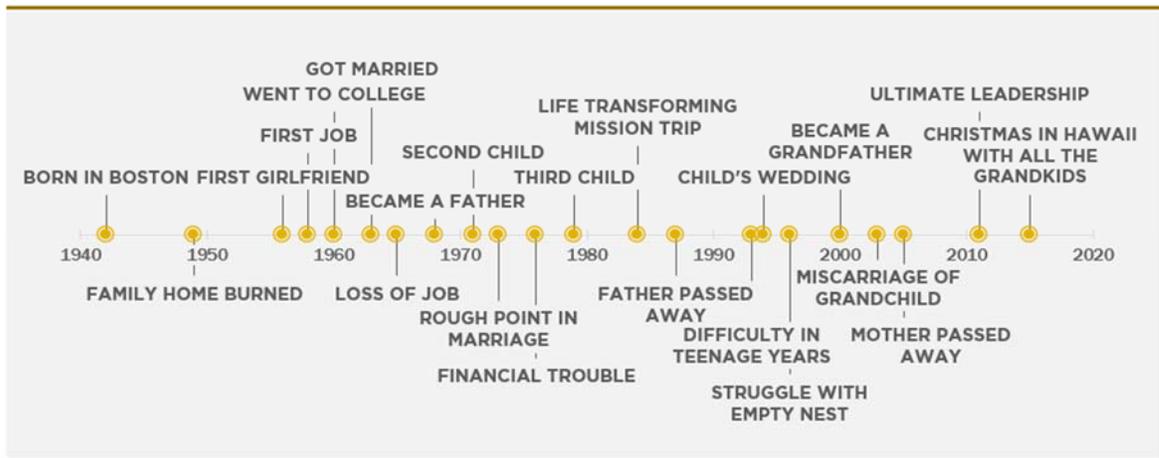
- 1) Consider plotting out major moments, highs and lows of your life from birth until now. Think of it as a timeline; pick natural breaks (decades or life stages) with highs above a central line and lows below it. You should cover major moments like:
  - (a) Family - what family dynamics were you born into? What new family were added? Family lost along the way?
  - (b) Friends - who were the key friendships at different times in your life?
  - (c) Experiences/Events - if you had to break your life up into segments, what would you choose? Would they be about a location, an age, schooling? Choose major events and experiences that helped you transition from one stage of life to another

(example, you might decide elementary is a section, then middle school, then high school, then college).

- (d) Learning - think about your formal and informal education; what life lessons did you learn? What formal education did you receive?
  - (e) Beliefs - what was the spiritual influence in your life? Who helped the journey? Who hindered it? What holy moments are found?
  - (f) Work - what jobs have you had? How did they mold and shape your view of the world?
  - (g) Service - what have you done for others, volunteer or otherwise? What did it teach you? This might be mission trips, a routine of helping someone, anything.
  - (h) Playing - did you play sports? Join a team? Have a hobby?
  - (i) Places (cities) - did you move around or did you stay in one place? What did these moves teach you?
  - (j) Transitions - make sure major transitions are covered. Talk about your present life situation, your roles and responsibilities.
- 2) Internal moments
- (a) Emotional highs/lows - through the above categories, how did you feel?
  - (b) Strengths - what are your strengths? Can you see how they were formed?
  - (c) Weaknesses - what are your weaknesses? Can you see their source?
  - (d) Role models - did you speak about significant figures in your life?
- 3) Summarize what you learned about yourself for others
- (a) Name themes or chapters - looking over what you wrote, how would you describe that period of your life to another person?
  - (b) Look for patterns - do you see a constant hangup, or being drawn to something over and over again?
  - (c) Life lessons - what has been built into you over time? What do others need to know about you?
  - (d) What are your future goals, dreams, hopes?
- C) Telling Your Faith Story - Radical Mentoring (Regi Campbell) Life Story Model
- 1) Regi Campbell has a simple question: "When I think about myself ... who I am as a person ... what words would I use to describe the real

me?” Then he suggests jotting down those words in a column; keep it to less than 10 words.

- 2) Then, begin to share your *whole* story, including the positives, the negatives ... the good, the bad and the ugly; you need a different way to approach telling your story.
- 3) Divide into decades - Draw a line on a piece of paper and divide that line into sections, creating one section for each decade of your life. We'll call it your 'lifeline.' Assigning numbers, it goes 0-10, 11-20, 21-30, etc.
- 4) Now ask God to remind you of critical events, turning points, moments of truth, disasters, failures, victories ... the *really important life-shaping events that happened in each of these decades*. Put a number on the scale to mark your age when it happened. Put it above the line if it was a positive event ... put it below the line if it was a negative one. Your graph and notes might start looking like this:



- 5) Now take a few minutes and complete your 'highs' and 'lows' on your lifeline with a brief note on each about what happened to make it a significant event. If you end up with more than 12-15 points, strike through any that are not *absolutely essential* to your faith journey.
- 6) Beside each of your notes, jot down where God was in each of these moments. Be dead-level honest. On the positive ones, did you see His hand at the time? When did you begin to see how He was loving you, blessing you, protecting you in these positive events? If you still have trouble seeing God in one (or more) of them, say so.
- 7) On the negative ones, those below the line, what did God teach you? How did He redeem the situation for His glory? Make notes on these;

your guys will pay more attention to how you got through the down times than they will to your victories.

- 8) You're telling the guys where you were, the role God played (or didn't play) in your life, and what happened next, and you're allowing them to see the journey you've been on.
- 9) Our goal as we tell our stories is to bring God the glory, seeing His hand and giving Him glory for the 'above the line' moments. But maybe even more importantly, **telling how He showed up in the bad stuff and worked it for good.** Redeemed it. That's why you trust Him and that's why you're mentoring guys - to show them God's love for them and that He can be trusted!

D) Questions that reveal yourself. Here are some questions that you might want to consider as you reveal who you really are:

- 1) Have you noticed a pattern of God's movement in your life?
- 2) Who are the people who have had the greatest positive impact on you?
- 3) What characteristics do you most admire in people?
- 4) What have been the happiest moments of your life?
- 5) What day of your life would you most like to relive? Why?
- 6) Answer "I am most like my mom in that I ... I am most like my dad in that I...".
- 7) What is the nicest thing that anyone has ever said about you?
- 8) What do you feel are your greatest strengths?
- 9) How do you want to be remembered?
- 10) Describe your most pleasant memories, and your most painful.
- 11) Describe your three most enjoyable memories.
- 12) What does your name mean? Why were you given that name?
- 13) What was the best gift you received as a child?
- 14) What do you hope to contribute to the world?
- 15) What do you hope to be doing in ten years? Twenty?
- 16) What do you want to be remembered for?
- 17) Describe a recent special experience that you enjoyed.

### **Pathway #1 Start with Scripture or A Curriculum and Reveal Your Life**

This path is coming together around a topic or passage or resource. This is more of a traditional, text-based approach. I found a lot of growth by going through a book that covers a variety of topics which allow us to dig into each other's lives.

- A) Have a group discussion over a passage of Scripture. Pick a passage and ask yourself these five questions, then discuss your answers in your time together:
- 1) What does this have to do with God?
  - 2) What does this reveal about God's character?
  - 3) What does this have to do with me?
  - 4) What does this reveal about my character?
  - 5) How can I apply this to my life?
- B) Bible Study Methods - for group interaction:
- 1) Bombard the triad with questions. Ask questions (who, what, where, when, how) for different words in the verse, then back up and look at the verse as a whole.  
What does this verse have to do with the context?
  - 2) What is the most important term in this verse?
  - 3) Define all key terms and list what you know about them.
  - 4) Who are the people involved? Find on a map where these cities are and observe facts.
  - 5) Look at the construction of the verse. What is the main verb? What is its tense? Are there any cause-effect relationships?
  - 6) What does this sentence say?
  - 7) Relate the verse to the book as a whole.
  - 8) Specifically, you want to look for six things. Things that are:
    - (a) Emphasized
    - (b) Repeated
    - (c) Related
    - (d) Alike
    - (e) Unlike
    - (f) True to life
- C) Consider also using an application tool like SPECK. Is this verse
- 1) Sin to avoid
  - 2) Promise from God
  - 3) Example to follow
  - 4) Command to obey
  - 5) Knowledge about God
- D) Another effective way of taking a risk together is to consider what may need to be removed from your life, and what character quality you can replace it with. The method of removing something and adding something will involve spiritual disciplines.

- 1) Read Galatians 5:16-21. What does NOT living by the Spirit look like in your life? In other words, how are you living that is contrary to allowing the Spirit to make you more like Christ? Identify one area for each of you.
- 2) Then, read Galatians 5:22-5. What one fruit of the spirit would you like to see in increasing measures in your life? How can you keep in step with the spirit in this specific area?
- 3) You have now identified one area in your life where you would like to add and subtract. Try to fully understand this character quality, in order to truly grasp what it means, what it looks like, and how to live it out. Study the Scriptures pertaining to that quality; view it in context. Consider examples of people who displayed this quality in the Bible. Who would be a good example of that quality? Is there a specific narrative story that could be studied to help grasp this idea? How did Jesus specifically portray this quality? How can I imitate this in my life?
- 4) Here is one example:

QUALITY	3 VERSES	NARRATIVE	EXAMPLE
Kindness	Genesis 24:6-60 Luke 7:36-50 Mark 12:41-44	Good Samaritan - Luke 10:25-37	Rebekah

- 5) Based on your study of the passages, on a 3x5 card write a short description or definition of your character quality. After reviewing your specific Scriptures, you want to ask these questions: What can I do to experience more of this in my life? What would this character quality look like in my life if I had it in abundance? How would it change me as a person? How would it change my decisions? How do I become an example of it? Is there anything holding me back from experiencing it?
- 6) Finally, consider how the following spiritual disciplines might help you subtract something from your life while adding this character quality. Some of the spiritual disciplines include:
  - Silence
  - Solitude
  - Scripture reading/study
  - Simplicity
  - Fasting
  - Memorization
  - Meditation
  - Celebration/ worship
  - Prayer
  - Submission
  - Confession/ forgiveness
  - Service/ sacrifice
  - Guidance
  - Journaling

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(a) Which of these disciplines will train me to be able to reach my goal of \_\_\_\_\_?

## **Pathway #2 Start with Your Life and Weave Scripture into Your Experience**

Another path is to have a set of questions or have a conversation that allows each man to reveal something that is concealed, and to challenge one another in blind spots.

- 1) Our Vision Frame is an excellent source for accountability. It is based on our mission statement: Inviting people into the unexpected joy of desperate dependence on Jesus. Accountability comes in our measurement questions. Spend time asking:
  - a. Who are you inviting into conversation about Jesus?
  - b. How are you experiencing unexpected joy from Jesus?
  - c. Where are you desperately dependent on Jesus?
  - d. Where are you taking a risk for Jesus?
- 2) Accountability Questions
  - a. Know - What do we need to know (i.e. what has happened since we last met)?
  - b. Hear - How have you heard God this week?
  - c. See - Where do you need to see God work? (requests)
  - d. Speak - What do you not want me to ask?
  - e. Smell - Did you just lie to us?
- 3) GOSPEL CROSS
  - a. Where do you need Jesus to show up? How do you need to see Jesus (king, friend, shepherd, healer, etc.)?
  - b. Is there a sin blocking you from Jesus? Is there something you need to confess? Is this sin hated for what it is or cherished for what it provides?
  - c. How are you going in your own way? Where are you trying to meet your own needs?
  - d. What Scripture applies here? What specifically do you need to submit to?
- 4) TREE - This method is particularly useful when dealing with a specific issue or sin.
  - a. Who is God in your life (example: healer, prophet, priest, king)?
  - b. What has God done?
  - c. Who are you in light of God's work?
  - d. How should you live in light of who you are?
  - e. What are you experiencing?

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- f. What are you doing or trying to do?
  - g. In light of what you are experiencing, what are you believing about yourself right now?
  - h. How do you perceive who you are in this situation?
  - i. What do you believe God is doing or has done – not just what you feel, but what you believe?
  - j. What do those beliefs tell you about what God is like?
- 5) Heart Questions:
- a. Is there something in your past that was continually recalled this past week?
  - b. Is there something in the future you spent time daydreaming about this week?
  - c. What did you do this week that was a total waste of time, energy or focus? (NOTE: Resting is not a waste.)
  - d. Are you spending your time, talents and treasures in the right areas this past week? Did you invest well? Did you throw any of them away?
  - e. Describe your prayer life and experience.
  - f. Describe your personal devotional or study time with the Lord.
  - g. Are there any areas of your life that you want to hide from God?
  - h. What is changing in you as you listen to God?
  - i. What about your life makes you feel trapped?
  - j. Where do you go or what do you do when life gets too heavy for you? Why?
  - k. What are you passionate about?
  - l. What do you fear about the future?
  - m. Are you presently facing a difficulty? How is this difficulty, and the way you are handling it, shaping your life?
  - n. Is success in some areas of your life costing you too much in other areas? Explain.
  - o. What habit(s) would you like to break?
  - p. What habit(s) would you like to make?
  - q. What question(s) would you like to ask God?
  - r. How is God using you presently?
  - s. What is the greatest ongoing challenge in your life?
  - t. How well do you manage the ups and downs of life? What do you do to manage them?
  - u. What area of your life does God seem to be dealing with, or want to deal with, right now?
  - v. Are you missing anything in life that is important to you?
  - w. Who and what commands your attention?
  - x. How many long-term friendships have you maintained? What have you done to maintain them?

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- y. What makes you thankful to be alive?
  - z. How do you know that God loves you?

6) The Gospel Grid – by Jeff Meders

a. The grid covers four M's:

- a. Message
- b. Motivation
- c. Model
- d. Means

b. **Gospel Message – What needs to be heard?**

- i. The gospel is a message, a proclamation of truth. Here we ask ourselves the question, “What do they need to hear?” Volumes could be said, but what will be particularly helpful to *this* situation and to their hearts?
- ii. **Gospel Identity** – In *Message*, we are appealing to the earth-shattering, veil-tearing truths of our gospel identity. Remind people that they are:
  - 1. New creations (2 Corinthians 5:17)
  - 2. Freed from sin (Galatians 5:1)
  - 3. Adopted (Romans 8:15)
  - 4. Forgiven (1 John 2:12)
  - 5. Loved (Romans 5:8)

iii. **Jesus' Identity**

- 1. Remind people of Jesus' identity. It is vital to think rightly of Jesus. Without him, we can't think rightly of ourselves.
- 2. Jesus is our friend and our Lord. He is the Cosmic King, and he's closer than our skin. We ought to fear him, but should never be afraid of him. The gospel is meant to humble us, and part of the gospel is the glory due to Jesus. The glory of Christ needs to take hearts and minds hostage. Jesus is to be exalted over all things in our lives. We have not been given names at which every knee will bow (Philippians 2:9-11).
- 3. Gospel-centered discipleship should always resound with the person and work of Jesus. No one can hear too often that Jesus is our great God and Savior, he has made us his people, and he is purifying us for his glory and our good (Titus 2:13-14).

c. **Gospel Motivation – What needs to be done and why?**

- i. *Message* focuses on right thinking. *Motivation* homes in on right doing for the right reasons. Here we are asking the question, “What needs to be done?” in accordance with a gospel-driven motive.

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- ii. **Kill Sin** - Do they need to go ask someone for forgiveness? Do they need to forgive? The gospel compels us to seek and grant forgiveness with one another *as God in Christ* forgave us (Ephesians 4:32). Confession and repentance are essential in all discipleship, but especially if we want to be gospel-centered.
    - 1. What sin(s) need to be brought to the chopping block of mortification? The gospel reveals to us that we are no longer our own, but we belong to Jesus. And now we make it our aim to honor and please him (1 Corinthians 6:20; 2 Corinthians 5:9). Encourage them to flee sin, not simply to avoid getting in trouble, but to enjoy God and glorify Jesus.
    - 2. **Cultivate Good Works** - In discipleship, it is common to focus on the things we *shouldn't* do, but gospel-soaked discipleship also explains what we *should* do. Encourage disciples to flee sin - yes and amen! - and invite them to the good works that Jesus has prepared (Ephesians 2:10). Ask the disciple if there is someone to serve as they have been served. Is there someone to go and encourage? Are they living on mission with a passion to see others worship Jesus (2 Corinthians 5:20-21)?
  - iii. Gospel motivation seeks to mortify sin and cultivate good works with a constant gaze on the person and work of Jesus, "to let your manner of life be worthy of the gospel of Christ" (Philippians 1:27).
- d. **Gospel Model — How should it be done?**
- i. Here we focus on attitudes, tones, postures and the heart. The gospel gives the reason (motivation) and the rhythm (model).
  - ii. How should a husband and wife relate? In accordance with the model God provides in the gospel - Jesus and his Church (Ephesians 5:22-33).
  - iii. Is the disciple pursuing community with the people that God obtained with his blood (Acts 20:28)? Jesus didn't only buy people; he bought a people, a body, The Church.
  - iv. Are they practicing humility in all corners of life? Jesus is the definition of humility. Philippians 2:1-11 extols the striking humility of Jesus, and that Christians should "have this mind among yourselves *which is yours in Christ Jesus* [emphasis added] (v.5)."
- e. **Gospel Means — How will it be done?**
- i. Up to this point everything sounds all fine and dandy, but a question looms. The disciple will wonder it - you've thought it too: "How am I going to change and do all this? I fail often. I

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struggle. I want to change and grow, but my goodness – this seems beyond me.”

- ii. Assure them, “You are right. This is beyond you – way beyond you. But not beyond Jesus.”
- iii. We cannot forget our gospel means. Without this truth, our discipleship will be nothing more than mega-ton yokes. Gospel-centered discipleship clutches to the words, “It is no longer I who live but Christ who lives in me” (Galatians 2:20). Remind the disciple that Jesus is alive in them. The same power that raised Jesus from the dead – a.k.a. God – has set up shop in their body. He is tinkering, sanctifying, and empowering them to live anew. Whatever God demands he also supplies.
- iv. The means, muscle, capacity, and know-how of the Christian life are not in *us*; but in Jesus. And if we are in Christ and Christ in us, the power for the Christian life is now *in us*. The Holy Spirit of God is rumbling through our lives – and he will bear fruit. Christians work in concert with the Spirit of Christ (Philippians 2:12-13).
- v. In gospel means we are moving the disciples eyes away from *sola bootstrapa* and towards *solus christus* – Christ alone. Do they believe that apart from him they can’t do a single thing (John 15:5)? Gospel-centered disciples admit total reliance upon Jesus. And it leads to a plea, a prayer for help.

**Pathway #3 Start with Activity and Weave Life and Scripture into it** – this is inviting each other into your lives. Have dinner together; have a project day at someone’s house. Go golfing or build a table or serve together. Just do life on life, and during that time ask questions, bring up topics, be intentional about using your time shoulder to shoulder in order to be mentored. This is mentoring AS YOU GO.

- 1) For instance, let’s assume you are serving a refugee family. Invite the other two men to help with ESL, or apartment setup, or just visiting the refugees in their home. Then after your service, debrief your experience.
- 2) If you are not regularly involved in a service activity, consider creating different opportunities for you and your triad to serve together, like serving at Our Calling, or in the children’s ministry or even working at Goodwill. The key is processing life with another person.
- 3) Some great resources to help you do this are called “primers.” Barefoot Church, The Tangible Kingdom and The Gospel are three excellent primers that are risk-based resources.

