



4 PILLARS OF MENTORING

By Nancy Lindgren

LOVE

Care about what she cares about.

Ask good questions.

Seek to understand her feelings.

Create a safe environment with no judgement.

Take action.

LISTEN

Be quick to listen, slow to speak . . . James 1:19

Therefore consider carefully how you listen. Luke 8:18a

Let the wise listen and add to their learning. Proverbs 1:5

Listen more than you talk.

Be fully present.

Listen to remember.

Don't be a fixer.

Repeat back to her.

Those mentors who are good listeners will have the greatest influence on their mentees because that mentee will leave feeling known, validated, understood, loved, affirmed, valued, and respected.

ENCOURAGE

The definition of encouragement is to give support, confidence or hope to someone.

We are putting courage within someone else.

“Everyone's number 1 need is getting and staying encouraged, when we are encouraged, we have hope and when we have hope, change happens.”

- Ray Johnston, author of *Hope Quotient*.

And Let us not give up meeting together. Some are in the habit of doing this. Instead, let us encourage one another with words of hope. Let us do this even more as you see Christ's return approaching. Hebrews 10:25

Encouraging one another with words of hope is one of the most important things we can do as mentors.

Make people feel better than how you found them. They won't remember so much of what you have to say but how you made them feel.

6 practical ways to encourage others with words of hope

Notice the good and speak it.

Stay positive.

Pray together.

Speak the truth in love.

Use God's Word.

Share your story.

PRAY

. . . the prayer of a righteous person is powerful and effective. James 5:16

4 Principles of Prayer

Praise, Confession, Thanksgiving, Asking

We are all pilgrims not professionals.

What should our goals be when it comes to prayer?

to know God

that God would hear

that God would respond

Prayer is about your heart, not about your words.

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you . . . Ephesians 1:17-18

In prayer, we use our eyes to . . .

Look up with a heart of worship and praise.

Look within with a heart of confession.

Look around with a thankful heart.

Look to Him with a heart of bold faith.

For your prayers to be powerful and effective in all four of these principles, it's important to:

Use Scripture.

Be specific.

Be real.

Be quiet.

Be in agreement with someone else.

Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them. Matthew 18:19-20