re:generation

The Participant/Mentor Relationship

A mentor is a valuable person on your recovery journey. Your mentor's role is to point you to Christ, pray for you, encourage you with Scripture, help you process through the steps, listen to your inventory, provide prayer and input as you create repentance plans and amends plans, and provide Biblical guidance when needed.

What to look for in a mentor:

- Same gender

- Mature believer in Christ and will turn to God's word for counsel

- Will be in your life during and after regen

- Lives locally

- If you are in a community group, someone from your community group is ideal, as they will be walking with you already.

How to choose a mentor if one does not easily come to mind:

- Pray and address any fears of being known or thinking you are a burden. It will be a privilege to walk alongside you, bear burdens and encourage you.

- Create a list of names who meet the above criteria: who do I know in each area of my life? (church, Bible study, friends, family, work, school, other organizations).

- Talk to your leaders if you are having trouble finding a mentor. They are there to help you think it through.

Initial communication with your mentor:

As soon as someone agrees to be your mentor, have a conversation with him/her about expectations.

- How often will you communicate?

- Method of communication? Email, text, phone call, in person

- What days/times is your mentor available to talk or meet?

- Talk through what each of your roles/responsibilities are in the relationship

- Give them the Mentor letter and invite them to a Mentor Training.

Expectations for ongoing communication:

- It is your responsibility as the participant to contact your mentor to let them know how you are doing, ask for prayer or guidance, and to talk through the lessons. Do not wait for them to call you!

- Keep in touch with them step by step, sharing what God is teaching you and areas you are struggling. Ask for prayer. Utilize your mentor! As a brother/sister in Christ, they are there to help you in this process!