

# FamilyLife® Mentor Training

## Listening Guides



## Session 1: “Praying vs. Fixing”

To find your **PLACE** as a mentor: **P** \_\_\_\_\_, **L**isten, **A**sk, **C**onsider, **E**ncourage

1. Prayer is foundational to mentoring because it forces us to acknowledge that real heart \_\_\_\_\_ comes from God only.
2. When I pray, I’m asking for God’s \_\_\_\_\_ (James 1:5). It takes the focus off what \_\_\_\_\_ can do and fixes our eyes on Him.
3. At the same time, the mentee gains \_\_\_\_\_ and encouragement by having someone come alongside them in prayer.
4. The Lord used to speak to Moses “face-to-face” just as a man speaks to his \_\_\_\_\_ (Exodus 33:11). In prayer, we’re training the mentee to have their own intimate \_\_\_\_\_ with the God of the universe.

Answers: Pray, change, wisdom, we, strength, friend, conversation

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### Make it personal:

- Are you someone who turns quickly to God in prayer, or are you more inclined to jump into “fix it” mode when confronted with a problem?
  
  
  
  
  
  
  
  
  
  
- Did you ever have a “Moses” in your life who modeled friendship with God? Describe the impact that person had on you.
  
  
  
  
  
  
  
  
  
  
- Who in your life can you have a similar influence on for Jesus Christ (e.g. a spouse, child, coworker, or friend) by opening up your inner life to them (1 Thessalonians 2:8)? What’s one step you could take in that direction?

## Session 2: "Listening vs. Blaming"

To find your **PLACE** as a mentor: **Pray, L** \_\_\_\_\_, **Ask, Consider, Encourage**

1. Proverbs 18:13 says that answering before listening is both \_\_\_\_\_ and \_\_\_\_\_.
2. As a mentor we want to be invited in as a \_\_\_\_\_ into the mentee's life.
3. The best mentors are not good talkers, they're good \_\_\_\_\_.
4. Listening doesn't require a lot of training and it also helps us to learn how to bear one another's \_\_\_\_\_ . (Galatians 6:2)

Answers: Listen, stupid, rude, guest, listeners, burdens

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### Make it personal:

- Who in your life would you say is a great listener? Describe that person. What do they do to make you feel heard?
  
  
  
  
  
  
  
  
  
  
- Conversely, what types of things do people do that let you know they are *not* listening?
  
  
  
  
  
  
  
  
  
  
- Who would say that you are a good listener? Who would say you are not a good listener? Why the difference?

## Session 3: “Asking vs. Preaching”

To find your **PLACE** as a mentor: **Pray, Listen, A\_\_\_\_\_**, Consider, Encourage

1. As a mentor, being able to ask a well-worded \_\_\_\_\_ is worth far more to a mentee than me throwing Bible verses at them.
2. The main rule of thumb is that a good question will foster more \_\_\_\_\_, whereas a bad question will actually shut down the conversation.
3. Another quality of good questions is that they make me feel like I’m part of a conversation and not an \_\_\_\_\_.
4. When I’m mentoring someone, I’m interested in understanding them. I’m genuinely curious. But if I’m just asking questions to draw judgments I’m not really mentoring, I’m \_\_\_\_\_.
5. Proverbs 20:5 says, “The purpose in a man’s heart is like \_\_\_\_\_, but a man of understanding will draw it out.”

Answers: Ask, question, conversation, interrogation, meddling, deep water

### Make it personal:

- Have you ever had a conversation where the other person was more interested in answering their own questions than in hearing and understanding your perspective? How did that feel?
- In mentoring, why is it more important to have the right questions than the right answers?
- Read the following two questions. Which is the better question and why?
  - o Have you been praying regularly about this?
  - o How has your prayer life been affected by this?
- Practice taking the following and turning them into better, more open-ended questions:
  - o You seem down today... is there something bothering you?
  - o Do you know what the Bible says about your situation?
  - o (Wife) Are you honoring your husband in his God-given role in your home?
  - o (Husband) Are you honoring your wife in her God-given role in your home?

### Examples of well-worded mentoring questions:

- Communication:** What does unclear communication with your spouse look like? Sound like? Feel like?
- Isolation:** When you face disappointment in your spouse or your marriage, how do you express that?
- Husband:** What is your understanding of the role of a husband? How would your spouse answer that?
- Wife:** What is your understanding of the role of a wife? How would your spouse answer that?
- Spiritual growth:** What can you tell me about your own personal spiritual growth during this season of life?
- Accountability:** Who in your life has permission to ask you the tough questions?
- Father:** Looking back, what did you like most (and least) about your father's parenting style?
- Mother:** Looking back, what did you like most (and least) about your mother's parenting style?
- Parenting:** What one word best describes each of your children? Why does that word fit that child?
- Prodigal child:** How has your parenting approach changed over time with this child?
- In-laws:** How is your family different from your spouse's and how has that affected your marriage?
- Stress:** If you made a list of the things causing you stress right now, what would make the list?
- Forgiveness:** Is it easier for you to forgive others or to receive forgiveness? Can you elaborate on that?
- Grief:** What has been the most difficult part of this season of grieving?

## Session 4: “Consider vs. Rescue”

To find your **PLACE** as a mentor: **Pray, Listen, Ask, C** \_\_\_\_\_, **Encourage**

1. Isaiah 1:18 says, “Come, let’s reason together.” As a mentor, I’m saying to my mentee “Come, let’s reason together. Let’s think \_\_\_\_\_ and \_\_\_\_\_ about what you’ve been saying.
2. I’m just inviting the mentee to think with me about biblical truth over time. As the mentor, I’m introducing truth slowly that me and my mentee can chew on \_\_\_\_\_.
3. According to Bob Lepine, when it comes to helping couples with marriage issues, we want to take an approach that is more gospel-centered. We want to look for the sin \_\_\_\_\_ the sin. We want to be talking about the idols or the \_\_\_\_\_ that are affecting their behavior.
4. I just cannot get in a hurry as a mentor. But what I can do is I can foster a climate where lasting \_\_\_\_\_ can happen.

Answers: Consider, slowly, biblically, together, underneath (or behind), heart, change

### Make it personal:

- What would you say is the difference between offering biblical truth to someone and inviting that person to “consider” it with you?
- In the video, Bob Lepine discusses the importance of looking for the “sin behind the sin.” How would you put that concept into your own words? (see also James 4:1)
- Take a moment to consider what might be a possible underlying issue (“sin behind the sin”) for the following situations:
  - A newlywed couple constantly fighting over money.
  - A woman spreading gossip at the office about a female coworker.
  - A man escalating into anger or even violence over petty issues.
  - A teenager caught stealing.
- Choose one of the previous examples and explain how you might graciously but deliberately help this person consider the underlying issues at play?

## Session 5: “Encourage vs. Carry”

To find your **PLACE** as a mentor: **Pray, Listen, Ask, Consider, E** \_\_\_\_\_

1. My role as the mentor is not to take \_\_\_\_\_ for you or for your behavior, but I am there to encourage you along the right path.
2. 1 Thessalonians 5:11 tells us to continually “encourage one another and build one another up.” Practically speaking this means helping others to see things in another, more \_\_\_\_\_ perspective. It’s offering hope in a situation that often seems hopeless.
3. Roles of an encouraging mentor:
  - The \_\_\_\_\_ role of a mentor - Offering a compassionate tone; drawing alongside a person and feeling what they’ve been feeling. “If one member suffers, all suffer together.” (1 Corinthians 12:26)
  - The \_\_\_\_\_ role of a mentor - Asking a person to step back from their current circumstances; translating another person’s story with fresh godly perspective. “Think on things that are true, honorable, just, pure, lovely, commendable, and excellent—all things worthy of praise.” (Philippians 4:8)
  - The \_\_\_\_\_ role of a mentor - Humbly recounting parts of my own story that the mentee can relate to and draw wisdom from; comforting others “with the comfort we ourselves have received from God.” (2 Corinthians 1:4)
  - The \_\_\_\_\_ role of a mentor - Sharing ideas and practical insights; encouraging with practical life skills and modeling the basics for them, just as “iron sharpens iron.” (Proverbs 27:17)
  - The \_\_\_\_\_ role of a mentor - Exhorting a mentee to consider the deeper heart issues rather than surface issues; working in step with the Holy Spirit to help bring the person to a place of deep, personal self-examination and hopefully a new level of repentance and surrender.

Answers: Encourage, responsibility, positive, Confidante, Translator, Experienced One, Coach, Change Agent



## Optional Review Exercises

1. **The PLACE principle:** In this training FamilyLife recommends that mentors become skilled in the “PLACE” principle — **Pray, Listen, Ask** good questions, **Consider** biblical truth, and **Encourage**. How is this simple approach helpful in creating the right atmosphere for productive mentoring? What happens when one of these five skills is ignored by the mentor?



2. **The Roles of a Mentor:** The training also emphasizes the idea that a mentor can “encourage” by taking one of several roles — **Confidante, Translator, Experienced One, Coach, and Change Agent**. Describe how you would use these roles to come alongside as an encouraging mentor in the following scenarios:

Jason

Jason and Maria have been married for eight years. They have two young kids and have generally been happy together with no major problems. However, Maria wants Jason to be more of a leader in the home, especially spiritually, and she tells him this often. Jason works hard to provide for his family, but he never had spiritual leadership modeled for him by his own father. He doesn't feel up to the task or know where to start. How would you mentor Jason?

Rachel

Rachel was thrilled when she first married three years ago. But she's starting to become restless and wonders if she picked the right man. Making things more complicated is the fact that Rachel has reconnected with an old flame on Facebook. What started as a friend request has now become a full-blown emotional affair, although Rachel would not label it as such. Rachel confides in you that she's very confused. How would you mentor Rachel?

### Steven

You've known Steven since he was a young teen. While he's never really officially acknowledged you as his mentor, Steven does turn to you when things are tough or when he has difficult life decisions to make. Recently over coffee, Steven made the courageous decision to confide in you that he has been struggling with pornography. It seems like the harder he tries, the stronger the temptations grow... and the more shame he feels. How would you mentor Steven?

### Katie

Katie is a single mom of James, a 7<sup>th</sup> grader who is starting to show signs of rebellious behavior at school and at home. Because Katie works long hours to provide for James, she can't spend as much time with him as she would like. She blames herself a lot. How would you mentor Katie?

3. **Overall training:** Looking back through your notes, what part of this overall mentor training did you find most helpful or meaningful? Explain why.

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Additional resources:

Please visit [www.familylife.com/mentoring](http://www.familylife.com/mentoring) to view the mentor training videos again or to access additional mentoring tools and materials, including:

- The FamilyLife Mentor Guide - A robust collection of key scriptures and practical helps for many of life's most common issues (e.g. communication, anger, parenting, money, in-laws).
- *You Can Be A Mentor!* - A short booklet explaining good mentoring principles and available in printed form or as a free PDF download.
- FamilyLife eMentoring™ - An anonymous, online mentoring program empowering individuals to offer one-to-one encouragement to others from the comfort of their own computers.