

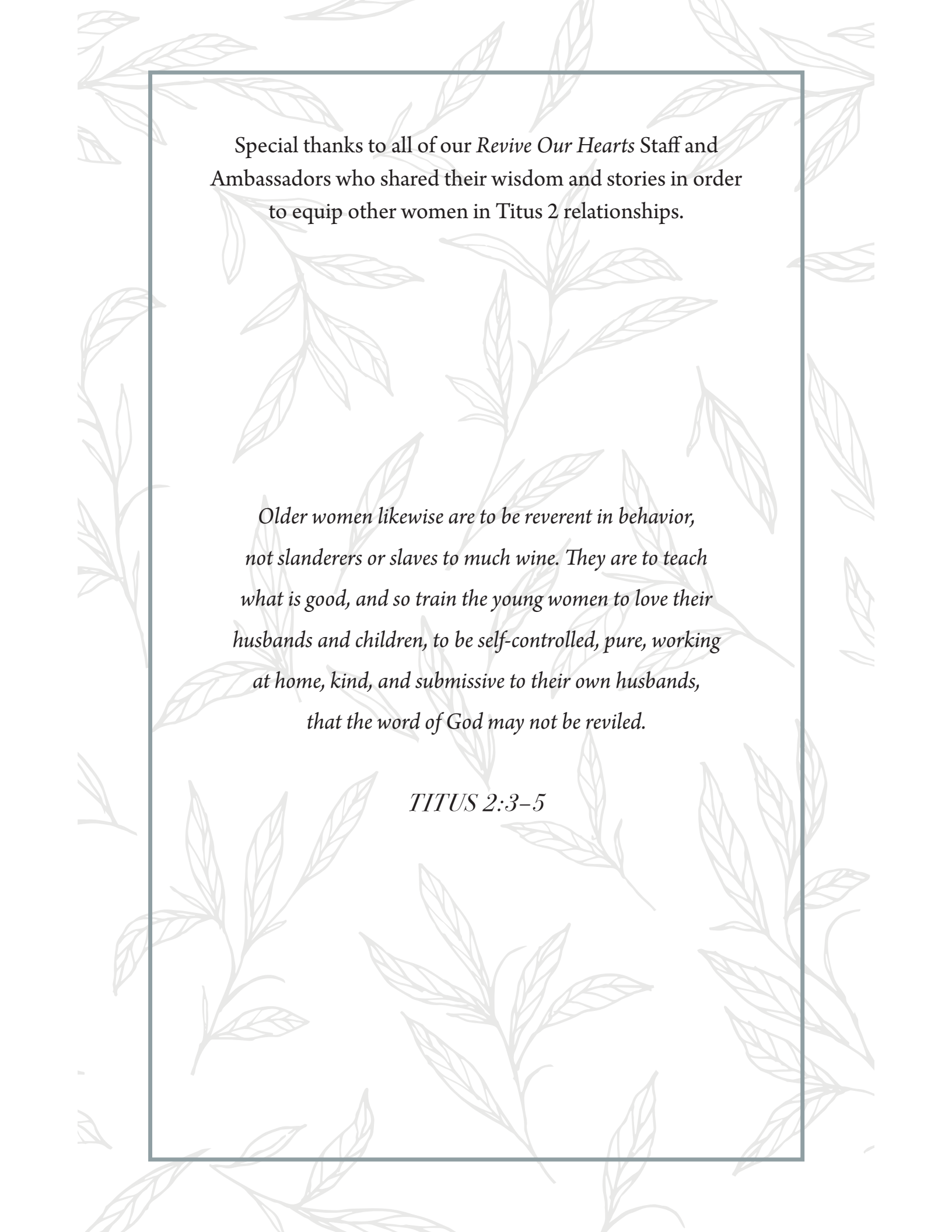
Revive Our Hearts™

Living Life together

A FOUR-WEEK JUMPSTART
GUIDE TO MENTORING



BY MINDY KROESCHE



Special thanks to all of our *Revive Our Hearts* Staff and Ambassadors who shared their wisdom and stories in order to equip other women in Titus 2 relationships.

Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good, and so train the young women to love their husbands and children, to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled.

TITUS 2:3-5


Foreword



Amanda was a young woman I admired from a distance as a devoted wife and mom. We were just getting to know each other, but there was no mistake that Amanda was hungry to grow as a godly woman.


I wasn't quite prepared for what happened next. "Will you mentor me?" Her question instantly stirred up a spectrum of emotions. *Me? Lord, I've never mentored anyone. I wouldn't know how to begin.* I'm the one who needs a mentor! Now years after we formed a mentoring friendship, I can't imagine my life without Amanda being in it.

I might have been more comfortable if I'd understood the definition of a mentor. I love the way Nancy DeMoss Wolgemuth describes it:



Mentoring is simply drawing on your life experience in the context of everyday life to provide encouragement and exhortation to those who are younger.


Can you picture it? It's a lifestyle. Older-to-younger. Life to life. Day to day.



Living out the gospel together in Titus 2 community can be exciting and daunting all at once. You don't need to be a seminary grad. You don't need to be a published author. Scripture doesn't even limit the age requirement for being an "older woman." Sister, if you love the Lord and His Word, if your life is bearing the fruit of the Spirit, if you're open to pouring into another woman's life with humility and dependence on God's grace . . . then the adventure of mentoring is for you!

Are you ready?

In this guide, we've gathered practical wisdom and ideas from over two dozen *Revive Our Hearts* Ambassadors and Staff who have experience in



life-on-life relationships. As you read their thoughts on what's worked for them (and what hasn't), we hope you'll be inspired to seek out a mentoring friendship of your own.

And as you do, I pray you'll experience true joy from investing into others' lives—because ultimately it's not about us; it's about displaying Christ's glory to the world.

Living out the gospel with you,

Leslie Bennett

Women's Ministry Initiatives, *Revive Our Hearts*





Week 1

LAYING THE GROUNDWORK



When it comes to mentoring, a lot of people feel overwhelmed. Should you be part of a formal program or just meet on your own? Should you meet on a weekly basis and dive right into an exegetical Bible study?

It doesn't have to be that hard! Mentoring is simply sharing your life experiences and perspective with younger people, learning from older women, and *living life together*.

Begin by praying about whom the Lord would have you meet with, then be open to wait and follow His timing. Draw a wide circle around women you know including acquaintances. Who are older women whose lives are worthy of emulating? Who are younger women that are receptive to a wise, more experienced woman?

Once you sense God's leading to the right woman, then take time to get to know each other by going out for coffee or lunch, walking together, or even inviting her into your home. It doesn't have to be a discipleship relationship right off the bat. Instead, think of it as forming a new friendship.

If getting together on your own is intimidating, you could get to know someone in a Bible study or other group at your church. Initiate a conversation, and as you talk, seek to show compassion and love for where that woman is right now. Come alongside someone

WEEKLY ACTION ITEMS

- ☐ Pray daily for God to lead you to a younger woman or two in your life that you can minister to this week.
- ☐ Write a card of encouragement to an older woman who has ministered to you in the past year.

who needs help and encouragement. Offer to pray for them. Most of all, begin the relationship by showing genuine care and concern for the other person.

OTHER TIPS

- Invite her to a Bible study that you're either leading or attending.
- Text her to let her know you're thinking of her, and ask if she has any prayer requests.
- Connect with other women through your kids (think playdates, sports, etc.). This can help you to form genuine relationships through everyday life.

SETTING UP PARAMETERS

Before you even start mentoring someone, consider whether you should incorporate some parameters. Not every type of relationship needs this structure, but if yours is a more formal one, it can help things go smoothly further down the road.

This week as you're praying about whom to approach, also pray about what the relationship should look like. Consider doing the following things as you develop the friendship:

- Set a time frame for how long to meet together. For example, you could meet weekly for three months or monthly for six, then re-evaluate. Some relationships work best when there's no time frame established and meetings happen as needs arise. Flexibility in an informal mentoring friendship is highly valued by women with busy lifestyles.
- Establish boundaries. Don't make yourself available 24/7. Have set times when you are not available unless it's an emergency, especially during your own family times. Encourage her to go to God in prayer first before calling or texting you.

- Make sure you include time in the Word and in prayer in all your meetings, as well as time to catch up and talk.

EXPECTATIONS AND MISTAKES TO AVOID

It's also important that once you start meeting together, you discuss your expectations of the relationship. What areas of life does your friend want help with? Where is a safe and comfortable place to meet? What is she hoping for through this relationship? Make sure you're both in agreement with the expectations. Being on the same page can lead to further and greater growth as you journey through life together.

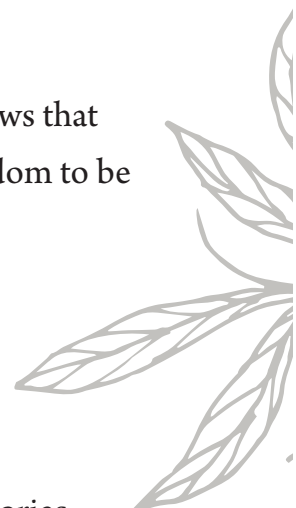
If you're taking the lead role, it's important for your friend to know that you're not there to be her mom or play the role of a professional counselor. You're there to come alongside her and encourage her in her walk with the Lord and point her to biblical truth.

No matter what other parameters you set up, make sure she knows that what she shares will be held in confidence and that she has the freedom to be real and transparent.

MISTAKES TO AVOID:

- Setting up strict roles of teacher and learner.
- Being inflexible or insisting on too much structure.
- An unwillingness to share out of your failures as well as victories.
- Talking without genuine listening or asking thought-provoking questions.
- Offering too much advice before gaining trust in the relationship.
- Trying to solve someone's problems.
- Striving to make the mentee into a version of yourself.

Living life together is an adventure that reaps rich rewards. This week, start praying and ask God to direct you to another woman whose heart and life can be linked with yours for His glory. There are many women who are thirsty for



an authentic, older-to-younger relationship to help them navigate life. Will you be the answer to someone's prayer for a mentoring friendship?

OTHER TIPS

- Be prepared not to answer every question she asks. Instead, point her back to Scripture, a podcast, or a book—then discuss it together.
- Respect each other's privacy regarding things you would rather not share or give specific details about.
- Appreciate each other's generational differences as well as the things you share in common.

WEEK 1 RECAP

- Pray about whom to meet with.
- Get to know one another one-on-one or through a group.
- Consider what parameters and boundaries you want to set.

TITUS 2 CLOSE-UP

After pouring a cup of coffee, ready for day two of our church retreat, Brooke quietly asked what I was doing. I answered, "I'm journaling for my twin granddaughters who will be born in October." Her expression beamed with understanding, having journaled herself for years through early marriage, infertility, and prayerful desires—fulfilled in three precious children!

Brooke called two days later and asked if I would enter into an intentional mentoring relationship. So we began meeting over coffee, lunches, shared Scripture, extended prayer, tears, and laughter.

We've shared dreams, spiritual goals, recipes, ministry encouragements, and navigated deep waters. God gave us both the gift of a kindred relationship that first morning that we connected over coffee, prayer, our Bibles, and journals. When God prompts to pursue a Titus 2 relationship, grab His hand, pray, and dive in!

—Maria



Week 2



BUILDING THE RELATIONSHIP

Maybe your idea of a Titus 2 relationship is sitting down together in someone's home or at a coffee shop and doing a formal Bible study together. That certainly can be part of it. But as you seek to build a new friendship with a woman, let your creativity soar! You can also ask other friends (and the Lord) for ideas.

Here are just a few ideas—some conventional, some not—to get you started:

- Have her over for dessert, a meal, or coffee.
- Go together for a fun day somewhere like the beach.
- Do a book study or a Bible study together.
- Choose a word that God puts on your hearts for that year and talk about how He is using it in your lives.
- Go kayaking down the river.
- Take the children to a playground so they can play as you talk.
- Go to a conference together.
- Teach each other a skill or hobby.
- Pray earnestly for her and with her.
- Do a challenge together (*Revive Our Hearts* has some great ones [here!](#)), and hold each other accountable.

WEEKLY ACTION ITEMS

- ☐ Reach out to the younger women God impressed on your heart the first week. Ask how you can be praying for them. If the Lord hasn't shown you anyone yet, keep praying that He'll direct you to someone.
- ☐ Identify an older woman from whom you would be interested in learning. Pray that God would provide an opportunity to talk with her more in-depth this week.

Mentoring can happen anytime, anywhere, because true mentoring is just coming alongside someone, being a good listener and a trustworthy friend, and sharing the experiences you've been through—whether you do it in a living room, a kayak, or on the beach!

OTHER TIPS

- Serve together somewhere, like a local homeless shelter, crisis pregnancy center, or in a ministry at your church.
- Invite her to your home to make a recipe together.
- Invite her into the “mundane”—go grocery shopping together, have her ride along with you as you take your kids somewhere, etc.
- Look through your families' pictures together.

WHAT TO TALK ABOUT

When you are meeting with someone in a purposeful Titus 2 friendship, you want to point them to Jesus and the Bible. But what specifically should you talk about?

A lot of that depends upon the person you're meeting with. What are her interests? What are her needs? What skills and knowledge do you have based on your life experiences that you can pass on?

A beginning place is to take turns sharing your life stories and how you've seen God prove His faithfulness, goodness, and love. Life stories are a powerful way to connect biblical truth to our current situations.

After sharing your spiritual journeys, you could move on to studying basic doctrine or exploring how to study the Word. You could talk about discerning God's will, spiritual gifts, or forgiveness. You could dive into the character and nature of God, His love for us, His grace, and how He gives us freedom from shame. You could also explore how the gospel applies to everyday life.

Besides doing a study about God and the Bible, you can spend time discussing practical, day-to-day life skills. Things like:

- Cooking
- Grocery shopping
- Organization
- Finances and budgeting
- Marriage
- Parenting
- Work situations

At your initial meeting, talk through different topics you could discuss together. Find out what things excite her and what needs she has in her life right now. Maybe you and she could each write down three things you could discuss and compare lists, and then pray about it for a few days before making a decision.

OTHER TIPS

- Memorize Scripture together.
- Discuss favorite Christian books or biographies.
- Talk about current events, movies, etc., and what Scripture has to say about them.

AN UNEXPECTED BLESSING

When younger and older women start living life together, growth isn't limited to one side. As a mentor, you can expect to grow and benefit from a young woman's fresh perspective just as she does from yours. When both women support each other in living out God's transforming love, the blessings are extended to whole families and churches.

Mentoring moments can happen naturally in the context of real life. Seize

every chance—even if it is a one-time encounter—to serve and love the women around you. See their needs and be willing to reach out.

When women of different generations are giving and receiving from each other and passing the treasure on to others down the line, the entire Body of Christ grows more beautiful. That's because it's God's wise plan.

WEEK 2 RECAP

- Think of ways you can build your relationship with the woman you choose to mentor—ideas that are both traditional and others that are out of the box!
- Come up with a list of possible topics you can discuss based on her interests and needs.
- Pray for God's guidance for what you do together and what you discuss.

TITUS 2 CLOSE-UP

Through the example of mentors, I've had the opportunity to pour into several young women over the years. The Lord has given me a beautiful young woman, Amelia, with whom I've had the blessing of doing life. We met when she was a sophomore in high school, and now she's headed off to college.

When Amelia comes over, she sees the real and raw of everyday life for a wife and mom—I'm doing laundry, cooking dinner, and parenting my children. She has enfolded into our family by attending school programs, sports activities, and birthday celebrations. We meet regularly to study God's Word and watch a favorite movie. When we choose to allow God to use us as mentors, we have the privilege of raising up the next generation.

-Amanda





Week 3

KEEPING THE BALANCE



Let's face it, life can be pretty crazy with your normal responsibilities. How are you supposed to find time to invest in one more person and balance it with your family, work, and everything else you have going on?

A good idea before starting a Titus 2 relationship is to establish your list of priorities—God first, your family second, and everything else after that. When you schedule a time to meet with a woman, make it one that honors your top priorities and won't conflict with them.

However, also be ready to be flexible if the need arises. It's not easy, but try to intentionally keep some white space on your calendar. Ministry rarely happens in scheduled blocks, right? You have to have margin so you can step in and serve, encourage, and pray when life demands it.

One way to live life together is to invite your friend to join you in your day-to-day activities. For instance, you could meet at your home while you make dinner, bring her along when you go grocery shopping, or even meet while your kids are at a church activity, sports practice, or music lessons.

If you just can't figure out when you would meet, offer your "busy" life to God and allow Him to create the space. Pray with the confidence that He will enable you to fulfill this beautiful calling in your life.

WEEKLY ACTION ITEMS

- ☐ Continue praying for the two younger women you identified in Week 1. Ask one of the women if she would pray about meeting together.
- ☐ Contact the older woman you identified in Week 2 to ask if she can get together with you.

In the end, it's really not up to you to do anything but simply be a friend in the midst of daily life.

OTHER TIPS

- Meet early on Saturday mornings before your family is up.
- Use texts, phone calls, or social media as a way to connect and communicate.
- If your church has more than one service, meet during the opposite of the one you attend. Or meet before or after your church services while your spouse can watch the children.

IT'S NOT ALL RAINBOWS AND UNICORNS

A mentoring relationship is designed to be a close one. You and your friend share your struggles, your fears, your successes . . . you share your hearts. And since you are there to provide perspective from your own life, it's normal for her to look to you for wisdom. But you're not the first place she should go when she makes decisions—her dependence needs to be foremost on God. So make sure you encourage her to go to Him first rather than running to you for advice.

Another common danger can be when your friend becomes too attached and possessive of your relationship. It's important to encourage her to be part of the larger community at her church and develop relationships with other women who can be a support network. It also helps to set up boundaries from the beginning about your availability to her.

On the other hand, sometimes women enter this type of relationship excited and gung-ho, but soon lose steam. If someone constantly stands you up for meetings, doesn't follow up on assignments on a regular basis, or gives continual excuses as to why she can't do something you agreed upon, it might be time for an honest talk. Suggest that you pause your mentoring friendship until a better time or decide to meet whenever needs arise. Don't continue



to “chase” someone who is difficult to connect with, but instead pursue a relationship with the women God puts in your path.

Sometimes you might sense that your friend is withdrawing from you. Pray through the situation, and seek God’s guidance. It’s possible you need to let go, give her the space she needs, and trust the Lord with her life.

OTHER TIPS

- Make sure you’re not looking at your friend as a project but as someone to simply love and invest in.
- If the woman you’re meeting with doesn’t feel like enough is happening, make sure she doesn’t have unrealistic expectations.
- It can be easy for both of you to get caught up in your individual lives that you stop reaching out. If that’s the case, try to reconnect through a text, phone call, or a note.

Mentoring can involve messy relationships, but it’s worth the risk! God is working in our midst and redeeming our lives for His glory. As God’s priorities become our priorities, we can fulfill our Titus 2 calling. Let’s not lose sight of this reality: To welcome, serve, and extend God’s grace to all people—especially to women of different generations—is to reflect the heart of Jesus to a world starved for beauty. What could be more lovely than that?

WEEK 3 RECAP

- Establish your priorities before you start meeting.
- Invite your friend into your daily life.
- Encourage her to go to God first and develop a support network with other women.
- Don’t force the relationship if she’s not committed to it.



TITUS 2 CLOSE-UP

I had a one-on-one mentoring experience that was very negative. I think it boiled down to not having a clear sense of structure (begin and end date) and expectations. The gal I was working with became very possessive of me and jealous of anyone I spent time with—including my husband. It was not a good situation.

Upon my husband's direction, I broke off the relationship and have worked for the last three years to remain a "friend" to assure her that I was not like all the others who had dumped her in the past. If I had set a six-to-eight-week framework of our mentoring relationship from the beginning, I think it might have gone better.

-Lorree





Week 4



SHOULD THERE BE AN END?

An intentional Titus 2 relationship is often long-term, where you and your friend develop a friendship that continues throughout different stages of life. Other times, there are natural seasons of mentoring that have a beginning and an end. How will you know the difference?

It's a good idea when you start meeting to set a date in the future where you will take time to evaluate. This gives you and your friend a chance to prayerfully consider whether you are meeting together too much, not often enough, etc. This is also a way to offer comfortable closure to the relationship, if needed.

You can also do periodic check-ups, asking questions like, "Is this relationship still meeting a need?" "Do we need to make adjustments?" Circumstances in life are continually shifting, and that can often dictate changes that need to be made.

If you're at a point when you've given your friend all you can or she is no longer interested, then you might need to make some changes. Together, celebrate the blessings God has given through your special relationship and agree when it's time to move on.

No matter if your lives connect for a short time or a long while, continue to be her friend and offer to be there if she needs you. A true Titus 2 relationship is never completely over. It just changes as your friend starts to depend more and more on Christ.

WEEKLY ACTION ITEMS

- ☐ Set up a time to meet in the near future with both the younger woman you've been praying for and the older woman you'd like to learn from.

OTHER TIPS

- Once the goals in the relationship have been met, it's a good time to evaluate.
- Whenever you sense she is ready, encourage your friend to begin pouring into others.
- Your ultimate objective is to transition the relationship to where she is depending less on you and more on God.

DON'T OVERTHINK IT

If mentoring is new to you, the idea can be overwhelming. By now we hope you feel more prepared to start living out the purpose for which you were created. We recognize that many women feel inadequate—that they don't have enough education or knowledge of Scripture to help someone else grow. But investing in another woman doesn't require an advanced degree. It's living life together and speaking into a younger life, giving that person space to ask questions.

What your friend needs most from you is to feel God's love and acceptance expressed through you. If you're willing to share your heart and life with her, then God will give you all you need as He accomplishes His purposes in and through you.

As you meet together, cover the relationship in prayer—before, during, and after. Be quick to listen and slow to speak, making sure you have cultivated the relationship before you start pouring out truth. While mentoring can be done through a book study, more often it's out of living life and pointing others to the Word.

Most of the time, a young woman simply wants someone trustworthy she can share her heart with. You don't have to necessarily have answers, but

you can listen and point her to the One who does. Share honestly out of your own life experiences, and be transparent about your failures. Let her see an imperfect person who struggles and faces challenges. Mentoring flows out of being with Jesus.

This is an adventure not to be missed—an investment that has eternal rewards. Titus 2 presents a grand vision of women of all ages growing more beautiful as the gospel of Christ adorns our lives; adorning that gospel by the way we live; and together, making the gospel believable and attractive—as we live life together in God’s good plan.

OTHER TIPS

- Even if you’ve never been mentored yourself, you can be used by God.
- Consider the legacy you will leave as a spiritual mother. Each one of us has *the privilege, and the responsibility*, for training up the next generation.

WEEK 4 RECAP

- Evaluate the relationship either periodically or after a set length of time.
- Even if the mentoring relationship ends, continue to be her friend.
- If you’re willing to share your life, God will give you what you need as a mentor.
- Be willing to take the risk to invest in the next generation.



TITUS 2 CLOSE-UP

One Sunday morning, I was standing in the room with my spiritual daughter, Amanda, and her husband, Jimmy. He had requested my presence when he made the devastating confession that he had been unfaithful. Speechless, I prayed with silent prayers that wept on the inside.

I walked alongside Amanda as she and her husband slowly began to pick up the pieces of a decimated marriage. How well I knew I wasn't equipped for this. But I knew Christ to be a strong warrior who fights for every covenant marriage—including this one.

I put my arm around Amanda and pointed her to the Lord. We prayed. We weiled. We spoke Scripture to each other and believed God would do the impossible to redeem brokenness. One year later, I was a witness when Amanda and Jimmy renewed their wedding vows. I wept that day, too, but a different kind of tears—ones of joy and thanksgiving at our great and mighty God.

-Leslie





Conclusion

Congratulations! You're well on the path to developing a meaningful Titus 2 relationship. But if you didn't finish all the action items for each week, don't worry. You didn't fail! Some relationships can begin within a month, while others take more time to form. This guide is meant to be just that—a guide, spurring you on toward forming a mentoring friendship.

Being a mentor is an extremely rewarding experience, but it's not without challenges. Sharing your life with someone else can be messy. It can be hard to be consistent. Growth in the other person's life might not always be evident. But when you stick with it, when you intentionally invest in the next generation, the rewards are immeasurable and reach far beyond individual lives.

When you pour into a younger woman, you affect not only her; you're also having an impact on her home and family, her church, her community, and workplace—and any women she goes on to encourage and guide as well.

So get out there! Take the plunge and start meeting with a younger (or older) woman and watch how God will use the relationship to grow her—and you—as you both seek to live for Him. It's our prayer that God will use you to “tell to the coming generation the glorious deeds of the Lord, and his might, and the wonders that he has done” (Ps. 78:4), as you seek to live life together with your sisters in Christ.



Additional Resources

QUESTIONS FOR YOUR FIRST MEETING

These questions are good starting points for the first time you meet with someone. For more ideas on questions to help fuel your relationship, click [here](#).

- Tell me about your relationship with the Lord.
- When and how do you read the Word of God?
- What have you been learning from the Word lately?
- What have you been praying about lately?

BOOKS:

- *Adorned: Living Out the Beauty of the Gospel Together* by Nancy DeMoss Wolgemuth
- *Apples of Gold: A Six-Week Nurturing Program for Women* by Betty Huizenga
- *Closer Than a Sister: How Union with Christ helps Friendships to Flourish* by Christina Fox
- *Finding a Mentor, Being a Mentor: Sharing Our Lives as Women of God* by Donna Otto
- *Spiritual Mothering: The Titus 2 Model for Women Mentoring Women* by Susan Hunt
- *Women Helping Women: A Biblical Guide to Major Issues Women Face* by Elyse Fitzpatrick and Carol Cornish

REVIVE OUR HEARTS RADIO PROGRAMS:

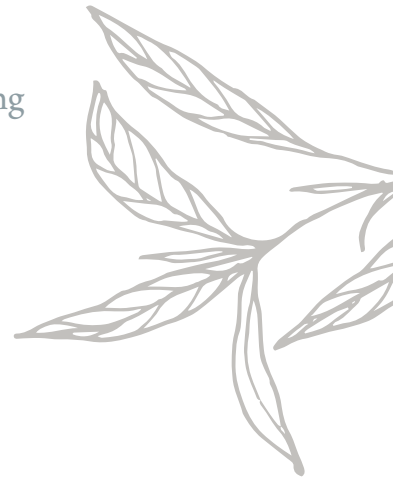
- A Conversation with Anne Ortlund: How to Multiply Your Effectiveness
- Apples of Gold: Learning to Become a Mentor, with Betty Huizenga



- Authentic Mentoring, with Donna Otto
- God's Beautiful Design for Women: Living Out Titus 2:1–5
- Spiritual Mothering, with Susan Hunt
- When Women Serve Other Women

BLOG POSTS:

- 3 Metaphors for Mentorship
- Cultivating a Life-Giving Culture Through Mentoring
- Leaders Need Mentors
- Leave Neediness Out of Mentoring
- The Gospel Goal of Mentoring
- What's a Mentor to Do?
- Will You Ever Have Margin for Mentoring?
- When Am I the Older Woman





Revive Our Hearts is an outreach of Life Action Ministries.

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