



SPIRITUAL FORMATION

SF5110 Mentor Requirements

What is a Spiritual Formation (SF) Mentor?

A Spiritual mentor is someone who cares about and helps in the Spiritual growth of another by the enabling power of the Holy Spirit. As one further down the road in their Spiritual journey, mentors help others pursue Christlikeness. A Spiritual mentor can help you pay attention to the presence of Christ in your life and respond in a life of abiding faith, hope and love. A Spiritual mentor also helps you foster and nurture a deeper knowing of yourself and the triune God. In contrast to other areas of Christian soul care which deal with problems, behavior or mental health Spiritual mentoring focuses on growth, renewing of the mind and the experience of God. A relationship such as this doesn't just happen, but must be cultivated by prayer and intentionality.

How to Select a SF Mentor

Ideally, start with someone in your local church who you already know and with whom you already have a Spiritual friendship. (In addition, your mentor will need to be of the same gender.) Ask yourself, who has taken an interest in talking with you about your Spiritual life and relationship with God? Who has encouraged you in this area? Narrow the list to those who are further along in their journey with Christ. Typically, these persons will be older than you, but this is not always the case. Of the people you have in mind, can you think of a time when each one has shown a genuine love for others, perhaps through sacrifice of time or other resources? In addition, you will be sharing your story and struggles with this individual, so you want to make sure that he or she is trustworthy. When you are ready to approach the person about mentoring, ask him or her to share how they have experienced God's grace. Ask him or her to share a lesson that God has taught them through their journey. As you listen, recognize that authenticity, vulnerability, and a willingness to share out of weakness are foundational for Spiritual growth in community. Finally, you will want to share with them the SF5110 Mentor Expectations to see if they are willing to make the commitment to your Spiritual formation.

General Requirements

- Same gender
- Elder in the faith
- Experienced in ministry

If Possible . . .

- Theologically trained
- Formal leadership role in your local church