

# **Biblical Mentoring, *Life On Life***

*An Introduction to Sharing a Word of Hope in  
One-Another Ministry for Women*



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Biblical Counseling and Mentor Training

[www.wordofhopeministries.com](http://www.wordofhopeministries.com)

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*Biblical Mentoring, Life On Life*, is an overview of mentoring concepts taught in the Biblical Mentor training course called “Life On Life, Applying the One-Anothers of Scripture,” taught by Ellen Castillo. It is available in person in her local area, as well as online.

It is our desire that this book overview will be of benefit to those who take the training course as well as to those who do not. This book is a helpful review and reinforcement for trained mentors, but it also stands alone as a discipleship ministry resource regardless what training or equipping you have received.

**To learn more in-depth about Biblical Mentoring, as well as gain additional tools and equipping for your ministry, please consider taking the “Life On Life, Applying the One-Anothers of Scripture” course.**

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**To put the Biblical tools we teach in our training course and in this book in to practical use in your mentoring ministry, be sure to obtain our book “A Word Of Hope, Biblical Mentor Study Guide for Women.”**

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*Counselor, Mentor, Discipler, Leader:*

As I have spent many hours counseling women and girls, the majority of them Christians, I have observed that many of them would benefit from having someone to walk alongside them, support them, and help them to grow spiritually while dealing biblically with life's circumstances.

There is an appropriate time for some to engage in a formal counseling relationship with a trained and experienced Biblical Counselor. However, there is also a great need for women and girls to have more natural, less formal relationships with others who are able to apply God's Word to their lives. I am aware that the one thing that seems to hinder this kind of informal One-Another ministry is that women feel ill-equipped to be helpers, mentors, disciplers, etc. It is my desire that more women would step into these roles in the lives of those women and girls that God has placed in their spheres of influence. My hope is that our materials will give you clarity about your own One-Another ministry. The goal is that you will gain some tools, knowledge, and insights into what your role is in the lives of others.

Romans 15:4 "For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope."

All believers are called to engage in some form of One-Another ministry. What is "One-Another" ministry? It is simply doing life together with other believers, "Life On Life," whether in formal ministry or in the context of your relationships. It is walking alongside someone while reflecting Christ to them as you engage in relationship. Some synonyms for One-Another ministry could be:

\*Friendship \*Discipleship \*Mentoring \*Spiritual Friendship \*Counseling  
\*Soulcare \*Spouse \*Parent \*Serving \*Helping  
\*Youth Leader \*Women's Ministry Leader \*Sunday School Teacher

Perhaps you see yourself in that list somewhere. If so, then you are in the right place!

Some people just seem to have a natural gift or knack for having good insight into people, knowing how to help and relate well to them and having good recall for answers that are most Biblical. If you are a natural mentor, that's great, yet you will still benefit from further equipping.

If you are not a natural, you may just need to work a little harder at the

people skills side of this, but the equipping will definitely be beneficial because it is more about gaining knowledge, tools, and understanding than it is about what comes naturally or not.

God equips us when He calls us, and He has called you! You aren't disqualified just because you don't think you are "gifted" for it. We are ALL called to this.

Not a single one of the one-another Scriptures says that One-Another ministry is only for those who are certified counselors or for those who took a training course. Those are great and important things to do! BUT - every single believer is called to One-Another ministry. It's how the body of Christ is meant to relate and fellowship and disciple.

### **Word Of Hope Ministries Mentoring Training Vision**

Our ministry purpose is to train and equip women to do one-on-one mentoring within their own local church family in the spirit of Titus 2:3-5. Biblical Mentoring is not a "church program," but rather a culture of soulcare that dovetails with and serves the already established church ministries (particularly Women's Ministries, Student Ministries, Small Groups, and Counseling Ministries). We feel that intentional One-Another ministry is best done in the context of the local church. For that reason, we are offering "Biblical Mentor" training so that women can gain knowledge and skills useful for biblically mentoring women and girls. We believe that all believers are called to engage in some form One-Another ministry, whether it is called soulcare, counseling, mentoring, spiritual friendship, or discipling.

Our Biblical Mentor training would be beneficial to any woman desiring to grow in her ability to engage in helping others, whether it is at church, at home with her family, or in her circle of friends.

Word of Hope Ministries also has a heart for youth, specifically for pre-teen and teenage girls! A portion of our training will have an emphasis on working with this age group, and it would be beneficial for anyone who is interested in working with girls to take our training.

### **The Church's Responsibility**

Trained Biblical Mentors minister in the context of their local church, under their church leadership. Upon completion of our full program, they will be

equipped to serve as a Biblical Mentor but will not be qualified or certified to function as a Biblical Counselor. WOHM will not be liable for their ministry activities, but we will remain a support to them by providing resources and encouragement.

Please feel free to utilize the contents of this book whether or not you have or will be taking our training program. This book offers you an overview of that training. If you would like to go more in-depth with our training, please contact us at [www.wordofhopeministries.com](http://www.wordofhopeministries.com). It would be our privilege to serve you!

~Ellen Castillo,  
on behalf of the Board of Directors and Staff at Word Of Hope Ministries

Note: As you read this overview of Biblical Mentoring, be sure to look up the referenced Scriptures in your own Bible if they are not written out here in this book.



## Chapter One ~ The Gospel in Mentoring

The Gospel has to be our starting point for all One-Another ministry. The implication in the One-Anothers is that we are to do life with other believers, Life On Life. Of course, we also do life with nonbelievers, but the One-Anothers emphasize the role we play in each other's lives, believer to believer.

If you are in a relationship with a woman or girl that God has placed in your life and she has understood a clear Gospel and is a Christian, you have a very good starting point for One-Another life together. If you are not sure she understands a clear Gospel, you have an opportunity to share it! How often have you asked a new friend (or old one for that matter) what they think the Gospel is and how it applies to their life? We can't miss this! It's not only our starting point for Life On Life, but it is the ending point and everything in the middle, too.

The Gospel is for salvation. It is also to be applied to our lives from that point on. It is not to be applied in the sense that your salvation depends on performing a certain way or upholding a certain standard of perfection. It is to be applied in the sense that you know it, understand it, can explain it, and BELIEVE it. In the process of living life, the Gospel applied has the potential to either gradually or immediately change how you behave, how you relate to people, how you make decisions, how you view people, how you view yourself, and everything else about how you live.

Often women are intimidated about talking about the Gospel. Let's start by being honest about this in our own lives and ask God to help us to be able to explain a clear Gospel and to understand it and apply it to our own lives before we can help someone else.

What makes many women so weak in this area? Is it fear? Lack of understanding? Maybe they are not sure they can articulate it clearly. Maybe they are afraid they will say something wrong. Sometimes they are afraid that they won't be able to back up what they say from Scripture, forgetting where to find the verses. There are many reasons that could be added to this list. In a One-Another situation, one of the very best ways you can share the Gospel is to share your own story of salvation. You can talk about what your life was like before you came to know Christ and what was happening when you first came to belief. You can talk about your understanding of the Gospel, and how it

transformed you upon salvation and how it continues to transform you now. Sometimes, our own stories speak more clearly than going through a formulated “Gospel presentation.”

There is an account in the Bible about a woman that you are probably familiar with and how Jesus shared the Gospel message with her. The story of the woman at the well is found in John 4:7-26.

Please read John 4:7-26 in your Bible, then come back here to see what we can glean from this account.

Jesus did not use a “formula” to share the Gospel with the woman. In this passage, we can take note of some ways to share a clear Gospel and to be sure it is understood:

- \* Jesus met the woman when she was alone. Often, people will be more honest if nobody else is listening.

- \* Jesus began with her immediate need — not spiritual, but tangible (v. 7). Because she was not a believer, she could not discern spiritual things (1 Cor. 2:14). Therefore, He spoke about something she could relate to — water. We can approach people in the same manner of developing conversation. If we are not certain they are a believer, we can make them more comfortable by starting with tangible conversations.

- \* Jesus, after establishing tangible conversation, turned to the spiritual (v. 10). He simply talked of the things of God. The questions we ask could help us to see if the person understands what being a Christian means. We could ask “Are you involved in church?” or even “Do you love God?” We could then move on to asking about her salvation testimony and asking what her walk with The Lord is currently like. For us, this can take courage.

- \* If this conversation reveals that the person does not have a personal relationship with Jesus Christ, then you can follow Jesus’ example from this passage before you go any further in relating with her. Verses 16-18 show how Jesus brought conviction, using the Law and gently pointing out her transgression. Gently speak with her and let The Holy Spirit do the convicting; let Him direct you as to what to say. Once she comes to an admission of her guilt, she is ready for hope.

\* Jesus then revealed Himself to the woman at the well (v. 26). She was ready for grace. If the person you are talking to is ready for grace, be sure to present the work of the cross — that God sent His Son to suffer and die in our place. Tell her of the love of God in Christ, Jesus’ resurrection from the dead, and the defeat of death. You can say something like, “It’s as simple as this. We broke God’s Law, and Jesus paid our fine. If you repent and trust in the Savior, God forgives your sins and dismisses your case.” Be sure to include the essentials we talked about at the beginning of this lesson. If a person is truly broken over her sins and grateful to God, then her confession will flow without prompting, either silently or verbally to you. Be sure to pray with her. Make sure she has a Bible. Encourage her to go to a Bible-believing church. Start a One-Another relationship with her, Life On Life!

Any kind of mentoring, discipling, friendship, and all One-Another ministry should continue to be rooted in the Gospel.

One of the best tools for One-Another relationships is this phrase:

### **APPLY THE GOSPEL**

What do you think is meant by “apply the Gospel”?

As you do Life On Life with someone applying the One-Anothers of Scripture with her, you will find that there will be many opportunities to share hope. Women and girls struggle in all kinds of areas. You are likely to bump into some of these struggles if you have any kind of ministry, family life, or social life. Once you are fairly certain that someone has grasped the Gospel for salvation, the help you give her from there is to help her to see the need for and ability to APPLY the Gospel to her life. You want to always be sure that you are not giving her the idea that she needs to change her behavior or mindset in order to earn approval, acceptance, or even worse, salvation. Always emphasize her eternal security; struggling people often struggle to believe this Truth. Remind her of her identity in Christ and how He views her. It is not because she earned it, but because of the Gospel — His finished work on her behalf.

Here are some Truths of the Gospel that are applicable to more than just our initial conversion:

\*The Gospel binds me eternally to the loving Father.

\*The Gospel provides my daily security to wrestle with my own sin.

- \*The Gospel promises to complete the work of redemption in my life.
- \*The Gospel shapes my identity as a human being.
- \*The Gospel makes intimate communication with God possible.
- \*The Gospel protects me from pride and self-righteousness.
- \*The Gospel compels me to live mercifully with others.
- \*The Gospel convicts my heart to war against sin.
- \*The Gospel makes it possible to war with sin.
- \*The Gospel portrays the rich, eternal, incomprehensible, overwhelming love of Jesus Christ to me.

Applying the gospel means to be MOTIVATED by the Gospel. When we grasp it, we are motivated to share it and apply it. It is what motivates us to change.

Someone who is joy filled and peaceful in spite of circumstances is someone who understands the Gospel.

If we are unregenerate, not a believer, we are going to be motivated by the flesh. (1 Cor. 2:14)

We are either flesh motivated, or Gospel motivated in our One-Another relationships. A believer can still choose their flesh at times, but as a new creation we are transformed, renewed, and no longer bound to the flesh nature. In order to stay Gospel-motivated, we need to keep saturating our minds with the Gospel Truths.

Preach the Gospel to yourself every day! You don't preach it in the sense of being a sinner who needs salvation. You are already saved, and God says you are a saint. But you do still sin. These Truths of the Gospel, preached to yourself (remind yourself of them often) are profound, and you will want to share them with others as you do One-Another ministry! Here are some examples of Gospel applications that can help you to do this:

First, acknowledge your sins to God and rest assured of His forgiveness for those sins.

Recall that you have the promise of God's forgiveness and acknowledge that your only hope of right standing with Him is Jesus' blood that was shed (Hebrews 9:22) and His righteous life lived on my behalf.

As you engage in a One-Another relationship, after you have helped someone to apply the Gospel and she grasps these Truths, you can then also apply Scriptural principles, commands, and promises to her situations.

Another useful phrase for you to learn and remember is

### **THINK BIBLICALLY**

If a woman does not have a good understanding and application of the gospel, then Biblical principles, commands and promises will not be as useful. Both the Gospel and these other Biblical principles are things that we need to always “think Biblically” about for spiritual health. The Gospel is your starting point, midpoint, and ending point when we all engage in perfect One-Another relationship with Jesus in Heaven! We also must always encourage others to think Biblically and be sure that we, ourselves are doing the same.

As you do Life On Life with others, every relationship should begin with Truths that are especially important in One-Another, Life On Life relationships:

\*The Good News:

1. God loves us. (John 3:16-17)
2. God redeems us. (Romans 3:21-31)
3. God makes all things new. (2 Corinthians 5:17; Revelation 21:5)

\*Eternal Fellowship With Christ:

1. Salvation is a work of Christ, not us. (Ephesians 2:9)
2. We are reborn by Him. (Ephesians 2:1-7)
3. We are adopted by Him. (Romans 8:15-17)
4. We are cleansed by Him. (Hebrews 10:22 and 1 John 1:9)
5. We are taught by Him. (John 6:45)
6. We are secured by Him. (John 6:37-40)

\*The Good News Changes Those Who Believe It:

1. Regeneration (2 Corinthians 5:17)
2. Renewal (Romans 12:1-2; 2 Corinthians 4:16)

\*The Good News empowers us to obey God’s Word.

1. Willingness and ability to obey. (Romans 6:1-3; Romans 6:4-7; 2 Corinthians 5:14-17)

2. Willingness and ability to share the Good News with others. (2 Corinthians 5:18-21)

Look again at the woman at the well (John 4:28-42). After the woman received the Truth, she immediately went and told others. As a result, many believed. She exemplified One-Another ministry immediately upon belief. She did not wait to learn a formula or a program to start a ministry. She simply went out and shared her story. Let's do the same, as we minister Life On Life according to the One-Anothers of Scripture.

For more about how to share the Gospel, and how it applies to both salvation and sanctification, please consider referring to our training course.

## Chapter Two ~ Our Heart and God's Word in Mentoring

*Theology and doctrine matter a great deal in Life On Life, One-Another relationships. Theology (what you believe about God) and doctrine (what you believe about God's Word) will influence your heart in every area — thoughts, beliefs, and desires which pour out in to motives, attitudes, emotions, and behaviors.*

Biblical Counseling and Biblical Mentoring target the “heart.” It is important to think Biblically about the heart. This takes developing a proper definition of the heart. Consider the heart (Biblically speaking) as containing everything that is immaterial about us. Our thought life, belief system, desires, motives, emotions, attitudes, and personalities are all part of the heart.

God's Word and our hearts are entirely connected. The Bible is very realistic about human suffering of all kinds. It is also descriptive about what motivates us and drives us in our relationships. Woven through stories, we find God's promises to redeem our suffering and transform our hearts. We are exposed as victims and victimizers, and sufferers and sinners. With a Biblical view of God, self, and suffering, we are empowered by His Spirit to own up to our faults, forgive those who sin against us, and trust God while we move forward with renewed thoughts, beliefs, and desires.

Without this core belief about Scripture as our basis for relationships, we cannot possibly engage in healthy, fruitful One-Another lifestyles. Apart from God's Word, we have no basis for helping others, caring for others, or relating to others. All that would be left is our flesh; whenever flesh rules in a relationship, there is struggle.

We live in a day and age where even believers have not trusted in the sufficiency of God's Word to have the answers they need to life's dilemmas, struggles, problems, and worries. We are too often prone to refer someone to a secular source of help than we are to point them to what God's Word has to offer.

If a woman comes to you and says, “I am feeling so depressed lately,” and you tell her she should go see a therapist instead of giving her hope from a biblical basis, what are you saying about your belief in the sufficiency of Scripture?

Having said that, there is a proper place for professional help — from a person who is biblically based and will help deal with the heart issues, while using God's

Word to teach Truth as He changes the heart. That person should believe in the sufficiency of Scripture, not in the humanistic theories and methods of popular psychology. Psychology has its place and is very helpful for the study of human behavior, but when it becomes people-centered instead of God-centered, it is no longer helpful for the believer. This is why theology and doctrine matter in One-Another ministry.

In order to be a good friend, mentor, or helper of any kind, it is critical to be a student of the Word yourself. A great goal is to someday take a class in theology and doctrine in order to solidify your beliefs and to wrestle with any questions you have. Or, study it for yourself, including reading what several reputable theology authors have to say on topics.

For now, examine yourself to see if you truly believe in the sufficiency of Scripture to offer hope to others. Be honest about your knowledge of God, His ways, and His Word; admit where you know you are lacking. Ask The Lord to help you to grow in this, so that you will be equipped to offer hope to others.

How do you become equipped?

Get a Bible. Put your hands on it. Put your eyes in it. Wrap your heart around it. Set your mind on it. Study it. Meditate on it. Memorize it. Apply it. Share hope from it with others.

You progressively master God's Word by growing in love, knowledge, and application of it day by day. We master God's Word by studying it!

According to Moses, our very lives are dependent on our ability to read, comprehend, and follow instruction from God as provided in His Word. "It is your life." He says in the following verse:

"He said to them, 'Take to heart all the words I have solemnly declared to you this day, so that you may command your children to obey carefully all the words of this law. They are not just idle words for you—they are your life. By them you will live long in the land you are crossing the Jordan to possess.'" (Deuteronomy 32:46-47)

God's Word is LIFE to you!

“Now that you have purified yourselves by obeying the truth so that you have sincere love for your brothers, love one another deeply, from the heart. For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God. For, ‘All men are like grass, and all their glory is like the flowers of the field; the grass withers and the flowers fall, but the word of the Lord stands forever.’” (1 Peter 1:22-25)

The Word of The Lord STANDS FOREVER - it is timeless, flawless, and completely sufficient.

One-Another, Life on Life relationships that are rooted in proper theology and doctrine must:

\*Be rooted in God and His Word

\*Exalt Jesus Christ and his Gospel

\*Include prayer by the Spirit

\*Include love for one another

\*Aim to produce in people salvation, sanctification, and spiritual fruit

**Belief in the sufficiency of Scripture is critical! That Truth alone will make you a better One-Another minister. Be sure this concept sinks in deep!**



## Chapter Three ~ Mentoring Family

*God Himself is the model of relating to family members. God has ordained certain roles in the family, and teaches us in His Word how we are to Biblically treat one another in the context of our family life.*

Let's take a look at a Biblical view of the family. Family life today is under attack. The divorce rate is higher than ever before, even in the church. Roles are no longer defined in Biblical terms. There is absenteeism of parents, a breakdown of authority, preoccupation with material things, lack of time together, financial pressures due to a struggling economy, and many other problems. God's Word teaches that the institution of family is of divine origin (Genesis 1:26-27; Genesis 2:7; Genesis 2:21-22). It also teaches that there is divine purpose in it (Genesis 2:18; Matthew 19:4-6; Genesis 1:28; Psalm 127:3-5). The only true hope for recovery of family life is a commitment to the Bible's teachings. Specifically, for our study of One-Another relationships, what does the Bible have to say about our roles in one another's lives?

Ephesians 5:21 calls for the marriage relationship to be characterized by mutual and voluntary submission. Read it in context in Ephesians 5:15-33.

Commit to submit to God's Word on this matter of submission. If you struggle in this area, it will show in your One-Another ministry to women and girls outside your family as well, because you will not be a good example according to Titus 2:3-5.

“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)

Of course, there are other One-Another relationships within families, with relatives that are not part of your immediate family. The same principles and Truths will apply to your relatives as to anyone else that God places in your life.

You may have often heard it said that we should prioritize our lives something like this:

God first.  
Husband second.  
Children third.  
Career fourth.  
Church/ministry fifth.  
Friends and relatives sixth.

There are varying versions of this concept, with Scriptures that seems to support it. The problem with a list like this is that it implies that if you run out of time or energy before getting to the bottom of the priority list, then it's ok to just forego that priority. Where is that supported in Scripture? It isn't.

There is another way of looking at this idea of prioritizing God and people. 1 John 3:23 indicates that we can't love God and not love people, and we can't love people if we don't love God. It is not a matter of prioritizing; it is a matter of love. This concept is backed up by every single One-Another verse or passage in Scripture. This is a better way of viewing our Christian priorities:

God is at the center of everything, and anything else in life flows from His presence in our lives through the indwelling of His Holy Spirit. We cannot have Biblical One-Another relationships without a relationship first with God. We cannot have a relationship with God and avoid having relationship with each other. Everything we have — family, career, ministry, friends — are gifts from God, and we are to be stewards over them. Psalm 8:4-8 reminds us that God made everything and He owns everything, but we have responsibility for caring for what He gave us.

“What is man that you are mindful of him, the son of man that you care for him? You made him a little lower than the heavenly beings and crowned him with glory and honor. You made him ruler over the works of your hands; you put everything under his feet: all flocks and herds, and the beasts of the field, the birds of the air, and the fish of the sea, all that swim the paths of the seas.” (Psalm 8:4-8).

As you minister in One-Another relationships with your family, be sure that you are not neglecting one area of priorities for the sake of the other. It is not a matter of prioritizing; it is a matter of stewardship of your time, energy,

resources, and gifts. The emphasis you are able to place in any given area will change according to the season of life you are in, but none of the areas are meant to be ignored entirely. God does not assign you activities or people in order to overwhelm you. If you are overwhelmed and unable to have a healthy One-Another lifestyle in your family, either you are taking on things that are not from Him in the first place, or you are not stewarding them well.

One-Another relationships will often involve discussions of our various roles in our families. This will include topics like submission, authority, what to do if married to an unbelieving spouse, how to raise step-children, and much more. If you feel ill-equipped to handle these topics, please consider becoming equipped through the Word Of Hope Ministry training.



## Chapter Four ~ Mentoring in the Local Church

*The church is called the “pillar and support of the truth” by Paul. The truth of God's Word has been preserved and disseminated throughout the ages by the church. All people desiring to grow in the knowledge of the truth and to learn more about God should find a local church that honors and teaches the Bible and begin to benefit from the teaching ministry which is offered there for them by God.*

“Although I hope to come to you soon, I am writing you these instructions so that, if I am delayed, you will know how people ought to conduct themselves in God’s household, which is the church of the living God, the pillar and foundation of the truth.” (1 Timothy 3:14-15)

Life On Life, One-Another ministry is often best done in the context of your local church. If we take an honest look at our churches in our lifetime, we have to admit that we have often neglected to care for the souls of our church family in this context.

The apostle Paul explained that the church was the “body of Christ” with Jesus as its “head.”

“And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way.” (Ephesians 1:22-23)

Paul’s description emphasizes the relationship that each believer and the local church has to Jesus. Since the church is a living organism consisting of people who believe in and follow their Savior Jesus Christ, they are under His rule, and He works through them. Anyone wanting to draw closer to Jesus and experience His working in their lives will greatly benefit from coming into association with a local body of believers.

God’s Word instructs believers not to neglect getting together with other believers. Our purpose as One-Another ministers is to fulfill the Great Commandment and the Great Commission, both within our churches and in our spheres of influence outside the church. Without the local church to edify, encourage, and equip believers, this purpose cannot be fulfilled.

“Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another — and all the more as you see the Day

approaching.” (Hebrews 10:25)

One-Another ministry is the healthiest when done in the context of the local church whenever possible. You might have many other One-Another relationships outside of your local church body as well, but we are dealing primarily with the type of One- Another ministry in a local church that provides for the “soulcare” of individuals.

What do we mean by *soulcare*? It is not a new concept. It was established in the New Testament church in Acts 2.

Acts 2:42-47 “**42** And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. **43** And awe[**a**] came upon every soul, and many wonders and signs were being done through the apostles. **44** And all who believed were together and had all things in common. **45** And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. **46** And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, **47** praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.”

The care that believers had for one another in Acts 2 has continued in various forms through the years. It can be defined as “believers speaking the Truth in love anchored in the Word of God, depending on the Holy Spirit.” In our culture, it is called by many names such as:

\*Discipling \*Mentoring \*Teaching  
\*Biblical Counseling \*Pastoral Counseling \*Spiritual Guidance \*Spiritual Formation \*Friendship \*Spiritual Friendship

A church with a culture of soulcare will bear much fruit. Whatever form the church’s One-Another ministry takes, it must be rooted in God’s Word, exalt Jesus Christ, be empowered by the Holy Spirit, and be loving. Soulcare ministry aims to produce salvation, sanctification, and Spiritual fruit. This is achieved through admonishment, teaching, exhortation, encouragement, comfort, and forbearance.

All believers need soulcare, not just those who are struggling. We all need One-Another ministry in various forms. We do have a tendency in our churches today to neglect the hurting believer. Hurting individuals should be taken care of

primarily by the local church, but are often referred out to secular sources of help that will not provide true soulcare. Those sources can have some benefit for learning some behavior management that brings some relief, but they will not provide what we see in our definition of soulcare — “speaking the Truth in love anchored in the Word of God, depending on the Holy Spirit.”

For a believer to have lasting change and hope, she must be helped with some form of soulcare, preferably within her local church. The next best choice would be help from a local Biblically-based counseling ministry. Biblical Counselors are glad to provide counseling to those who come to them from other churches, but all of them would agree that the best scenario would be that local churches become well equipped to counsel, disciple, mentor, teach, and befriend their own church family.

Please realize that there is occasionally an appropriate time for someone to seek Biblical help outside of their local church. If someone’s problems are serious enough that they are seeking counseling, the only option may be an outside Biblical Counselor who can help for a season. The counselor’s goal will be to return the woman to her local church for further discipleship once the counseling has ended. If a person is in need of medical assistance or medication, that has to be addressed by a licensed professional. Even if that is the case, she will need good One-Another relationships in her church family as she undergoes whatever kind of treatment she and her doctor choose.

Let’s caution against creating an environment in our churches where all we talk about are our struggles and problems, but let’s also provide opportunities for hurting people (aren’t we all hurting at some time or other?) to get the soulcare they need, through excellent One- Another relationships.

Paul explains that gifted people have been given to the church in order to bring believers to a place of fruitfulness in service and maturity.

“It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, to prepare God’s people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.” (Ephesians 4:11-13)

We often say that someone is “called to full-time ministry.” True, some believers

engage in ministry vocationally, but does that mean that other believers are not engaging in ministry? Of course not. We are all full-time ministers, or we are not ministering at all. You, too, are called to full-time ministry. We all are. One-Another relationships are a ministry, and the lifestyle of a believer. We all are given different gifts useful to specific types of One-Another ministry, but everyone has a ministry of soulcare. That soulcare ministry is at its best in the context of the local church.

Where do you fit in? How do you see yourself gifted for One-Another ministry? Are you confident about your ability to minister to women and girls? What are your insecurities about it? Please take some further training if you would like to fine-tune your giftedness for one-another ministry.

## Chapter Five ~ Prayer in Mentoring

*It is critical that a deep prayer life be a part of every believer who is engaging in Life On Life, One- Another relationships. It is a profound gift that you can give someone, whether they know you are praying for them or not. It is a powerful way to love one another. As we do Life On Life together, we should be praying together and encouraging each other to have a healthy prayer life. We must also be in regular prayer for those women and girls we are mentoring, discipling, and helping.*

God's Word says that we are not fighting a human battle, but a spiritual one.

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” (Ephesians 6:12)

God has given us His armor, and our job is to wear it!

“Put on the full armor of God so that you can take your stand against the devil's schemes.” (Ephesians 6:11)

We not only must wear this armor, but we need to teach and remind one another to do the same. Any time you are ministering to another believer, there will be spiritual warfare. Satan is after us whenever the Gospel is being proclaimed and applied. He will attack us in our efforts to have healthy One-Another relationships.

Read Ephesians 6:10-18 and notice all of the pieces of the armor of God:

“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.” (Verse 18) We cannot take this lightly. If we look closely at this one verse that wraps up the passage about the armor we are to wear, we will find some key concepts about how to pray in our One-Another relationships. How do these verses speak about prayer and having a healthy prayer life?

Jesus is our perfect example of praying for one another. He is our Intercessor, and, therefore, we are intercessors for one another. Read John 17 for a beautiful prayer from Jesus to the Father as He prays for Himself, His disciples, and all believers. This passage sets an example for us as we pray for ourselves, those we are ministering to, and all believers.

How does John 17 challenge you in your own prayer life?

Prayer, alongside God's Word, is a very powerful Life On Life, One-Another tool. We need to understand the importance of prayer, the power of prayer, and the impact of prayer on our relationships as revealed in the following statements.

1. God reveals Himself to us through prayer as we learn more about His character and how His perfect will is working itself out in our own life. When our understanding of God is deeper, our faith and desire to worship Him grows. Read Psalm 143:10.
2. God invites us to bring our burdens to Him. Our Heavenly Father is able to bring victory to any challenge we face. He is our spiritual, emotional, and physical Healer. Read Matthew 11:28.
3. God responds to the prayers of His people. It is through prayer that His work is accomplished on earth. Prayer is vital to any success. Read James 5:16.
4. God imparts wisdom and understanding through prayer. We can rest in His omniscience and avail ourselves of His counsel. Read James 1:5.
5. God exercises His authority and ability to do the impossible through the prayers of believers. We can have confidence in taking requests to our mighty Lord. Read Matthew 21:22.
6. God extends His power to us through prayer so that we can resist temptation. With prayer, we always have a shield of protection available. Read Matthew 26:41.

Commit today to engaging in a powerful prayer life and encourage others to do the same!

## Chapter Six ~ Friendship Mentoring

*“A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.” (Proverbs 18:24) An ideal relationship for doing Life On Life, One-Another ministry is in our friendships. We were not made to do life alone, and we need healthy friendships in our lives. It is important to remember that friendships may come and go, but there is that One friend who sticks closer than a brother — Jesus Christ. He is to be central in our relationships with friends.*

Life On Life relationships are often done in the context of friendship. In a close friendship, mentoring and discipling are often mutual. Close Christian friends are often fairly equal in their spiritual maturity and therefore can pour in to each other's lives mutually and equally. When one friend struggles, the other offers her encouragement and hope, and vice versa. There is an equal give and take as the One-Anothers of Scripture are applied in the relationship.

In a more formal mentoring or discipling relationship, there may also be a friendship, but it will be less mutual. The mentor will do the teaching, discipling, and counseling, and the mentee will be the recipient. Of course, there are times that the mentee will be the one to apply a One-Another concept to her mentor, but, in general, it is the other way around.

Females seem to be especially wired for close friendships. We are, by nature, very social and relational. In Ecclesiastes 4:9-10, God tells us, “Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!” Friendship enriches our lives in many ways.

Friendships can also present challenges if we are not applying the One-Anothers of Scripture well. If we are self-centered in the relationship, or if we are not engaged in the friendship with the right motives, conflict will be inevitable.

The book of Proverbs gives us many brief, memorable phrases regarding wise instruction for godly living. This kind of instruction promotes the knowledge of what is right and the strength to live it. The book is permeated with divine counsel. Proverbs touches many concerns that confront the person's desire to live a righteous life. One of these concerns is “friendships.” As we can see in Proverbs, friends can either be a positive influence or a spiritual hindrance. God's Word tells us how we are to view our close friendships, so that Christ and

His Gospel will be our motive for relationships.

The following verses deal with friendship:

- \*Proverbs 16:28
- \*Proverbs 17:9
- \*Proverbs 1:10-15
- \*Proverbs 27:9
- \*Proverbs 27:6
- \*Proverbs 22:24
- \*Proverbs 18:24
- \*Proverbs 17:17
- \*Proverbs 12:26
- \*Proverbs 13:20

Looking at your current friendships with other believers, both inside and outside your church, likely reveals that these relationships are challenging because they require selflessness and sacrifice. Are you sacrificial in your approach to your friendships? Do you consider your sister in Christ as more important than yourself? Ask the Lord to reveal what is in your heart towards your friends.

“If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others.” (Philippians 2:1-4)

Two women who are coming together as friends both come into the relationship with their own perspectives and expectations. When our perspectives are self-focused or our expectations unreasonable, we can become frustrated with the friendship.

What kinds of perspectives can hinder a friendship? We might misread the friend when we communicate and think that they are saying something that they have not said. We might perceive rejection when they really are just busy that day dealing with their families. We might think that they have a low opinion of us when they really do not.

How do you gain a proper perspective in friendship? We must APPLY THE GOSPEL. In a friendship, the Gospel is best reflected by forgiveness. We need to walk alongside one another in an attitude of continual forgiveness. We need to let one another “off the hook” regarding meeting our expectations. We need to let ourselves “off the hook” for not measuring up to expectations we think that our friend has towards us. When we offend, we need to seek forgiveness. When we are offended, we need to forgive!

Forgiveness is the most important Gospel reflection in our friendships. Without this Gospel motivated response to one another, there will be no fruit in our attempts to apply the One-Anothers of Scripture in our friendships.

There are some common themes in those who seek counsel for problems in friendships. Some women have gone through some form of betrayal that left deep wounds. Others may wonder how to deal with secrets that are held between friends. These types of discussions are often most fruitful when a mentor has been trained to guide someone in a process of Biblical healing.



## Chapter Seven ~ Mentoring in Women's Ministry

*It is an exciting time to be a woman in the body of Christ. Women are no longer satisfied with the activities of past generations that were typically deemed "Women's Ministry." They now are longing for deeper One-Another relationships with other women, Life On Life. There are more resources now for in-depth Bible studies geared especially for women. There is also a renewed desire for mentoring and discipleship in the spirit of Titus 2:3-5.*

In the context of Women's Ministry in our local churches, we have a great opportunity to engage in One-Another ministry. Whether or not your church has a formal mentoring, discipling, or counseling ministry, you can find many places to serve the women in your circle of influence through Women's Ministry.

"I, Paul, am God's slave and Christ's agent for promoting the faith among God's chosen people, getting out the accurate word of God and how to respond rightly to it. My aim is to raise hopes by pointing the way to life without end. This is the life God promised long ago — and He doesn't break promises! And then when the time was ripe, He went public with His truth. I've been entrusted to proclaim this Message by order of our Savior, God himself." (Titus 1:1-3, The Message)

Paul's description of himself in the above passage is a great description for a Biblical Mentor — someone who promotes the faith among God's people, promoting a clear Gospel and teaching others how to apply it. In ministry to other women, it is our responsibility to fulfill that description. Whether we are doing formal ministry or not, we are called to protect Truth by keeping the Gospel message clear and encouraging one another to apply it.

Serving women requires being present in their lives. Women's Ministries is one context where you can do that by being involved and available. Your Women's Ministry leaders should be interested in your Spiritual growth, and there should be opportunities for that growth to take place.

A well-rounded and fruitful Women's Ministry will provide opportunities for women to grow in love, knowledge, and application of God's Word so that they can effectively serve Him in their homes, churches, communities, and workplaces. Bible Studies, Small Groups, Events, Fellowship Activities, Prayer Meetings, Prayer Chains, Meals Ministries (or any service to others), and Outreach Projects are all venues for ministry to one another in the context of

Women's Ministries. If these things are not available in your church, perhaps you can pray about whether or not God may be calling you to be the one to implement some change.

Regardless which activities are provided by your Women's Ministry, women will tell you that they are hungry for depth. They are no longer satisfied with "fluff." They long to know God through His Word more deeply, and they long for meaningful fellowship. One excellent way to develop these relationships that include knowing God and His Word more deeply is through mentoring.

Mentoring is almost a lost art these days, and it needs to make a comeback. It is not just a nice idea; it is a command in Scripture to "teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God." (Titus 2: 3-5)

As you engage in Women's Ministry activities, look for women who need encouragement, friendship, discipleship, and mentoring. Make yourself available to them by befriending them, offering to help them, inviting them to fellowship with you, or however God leads you to develop a relationship.

If you are qualified as a mentor, it means that you are a woman who is growing in the knowledge of God's Word and how to apply it in your own life first, and then He will direct you to others. If you still feel ill-equipped to mentor others, you can avail yourself to further equipping by taking our Mentor Training if God is leading you in that direction.

Even if you do not see yourself as a mentor, you are still called to do Titus 2:3-5 ministry. There are no additional verses in that passage that let us off the hook in any way. It is for all women!

If you are a woman who wants a mentor, it can be a challenge to find one. The best place to start is to ask! Notice a woman that you are drawn to for some reason — maybe she has skills or knowledge that you would like to learn about, or maybe she has a personality that you are drawn to, or maybe you know her to be a woman with wisdom and counsel to impart. Don't assume that she won't be interested. She may just need for you to ask her! Some generations of women

have not been encouraged to mentor, possibly because they have never been mentored. It is time to break this unhealthy approach to Women's Ministry, and it is our responsibility to implement change.

\*Older women: it is up to you to become equipped to mentor and to seek out mentees.

\*Younger women: it is up to you to seek out mentors and to become equipped to be a mentor yourself.

Here is a call to the generations:

“One generation will commend your works to another; they will tell of your mighty acts.

They will speak of the glorious splendor of your majesty, and I will meditate on your wonderful works.

They will tell of the power of your awesome works, and I will proclaim your great deeds.

They will celebrate your abundant goodness and joyfully sing of your righteousness.” (Psalm 145:4-7)

Equipping can be especially beneficial when relationships with women get challenging. There are some pitfalls in helping women, and these pitfalls create complications and hinder healthy relationships. For example, critical spirits, personal agendas, strong personalities, competitiveness, judgementalism, and lack of knowledge of God's Word can all present challenges.

At the same time, it can be highly rewarding to serve women in the body of Christ! As we walk alongside our sisters in Christ, we have the great privilege of watching God change hearts!



## Chapter Eight ~ Mentoring in Student Ministries

*Whether it's casually meeting for coffee or having an in-depth Bible study, mentors provide necessary spiritual guidance for teenage girls. All girls would benefit from having a godly mentor in their pre-teen and teen years. During these formative years, mentors help girls develop spiritually. This early spiritual growth will help girls stay grounded in college and beyond. With the numerous issues girls face, it is important that they have a godly mentor to help guide and counsel them.*

The statistics are shocking — the temptations for teen girls are stronger now more than ever because of the availability and access to those things that entice them to sin. Sexual acting out, drugs and alcohol, and pornography are listed by some teenage girls as their top 3 strongest temptations. With the internet to access pornography, TV shows with explicit sexual scenarios, and common use of drugs and alcohol even on campuses, it is easy to see how girls can fall prey to temptation.

The temptations that girls in our culture face range from what we might call “normal teenage behavior,” such as gossip, use of foul language, and lying to their parents, to what we see as more serious things like self-injury, homosexuality, addiction, and promiscuity.

If your heart is not burdened for girls, ask God to break your heart for what breaks His. Titus 2:3-5 mandates the older women to teach (mentor) the younger. We all have a responsibility to the next generation of females, and none of us are exempt from the responsibility. Being a friend/counselor/mentor/discipler/helper of girls is a calling that we all share.

Mentoring of our youth does not need to be formal or structured. There is a definite need for that type of mentoring, but mentoring of girls can also take place in many more casual, informal ways. For example, girls love to use Facebook and text messaging. Much of your input in to their lives can be done through social networking! If you do not currently use technology like this, consider doing so now. In order to minister to one another, we need to be where “one another” is!

Girls are using technology for part of their relationships, and this concept is not likely to go away in our lifetime. If you choose to avoid being where the girls are (including on social networking), you are missing a huge opportunity to

minister, Life On Life.

Scripture is full of stories of faithful women who left godly legacies. If Naomi had not mentored Ruth, Ruth would not have followed Naomi's God and become one of His people who was vital to His plan. Young women and girls need your wisdom and godly counsel. They are daily inundated with temptations from our godless culture's telling them to sell out. They are tempted to give away their bodies, minds, and souls for idolatry of self, which only leads to a false sense of self-worth.

It is the older generation's responsibility to reclaim and restore the minds and hearts of our younger sisters in Christ. We do that by engaging in Life On Life, One-Another ministry with them, so that we can offer them a Word of hope. Only God's Word can fill their voids, meet their needs, and change their hearts.

Our legacy as Titus 2 women should be to engage in the lives of girls so that they can become rooted in sound doctrine and develop an unshakeable faith so that they are not deceived by every worldly idea or empty promise that is thrown at them.

One obvious place to get involved with girls is in the context of your local church's Youth Ministry. Your youth pastor or youth director will welcome your volunteer help! He is looking for women to work on his team, because he knows that there is ministry to be done in the lives of girls that he just cannot do himself.

Girls need their male pastors as examples of godly men who have dedicated their lives to teaching students to know God's Word and how to apply it. But girls also need women to mentor them, either formally or informally. A well-rounded youth program will have something in place for every student to have an adult who is willing to spend time with them, teach them, encourage them, and admonish them when necessary. Consider whether God is calling you to join your church's student ministry team. They will be thankful to have you join them!

Many women feel ill-equipped to work with girls. Many others are fearful and insecure about their qualifications. It really need not be as daunting as we imagine the task to be. The following insights are just a few things that girls need to learn from you. You will see that you can, in fact, offer these things to girls

regardless of your fears, inadequacies, and concerns.

1. Girls want to know that they are a priority to you. When you set aside time for them, be ready for them. Try not to cancel or be poorly prepared. Girls need to see and hear that they are worth the effort.

2. Girls need your encouragement. Girls are just younger versions of us! We know that they have insecurities and doubts about who they are and what God has in mind for their futures. We also know that they can be self-centered. They need to be heard. Find out what they are struggling with and what they think are their strengths. Find out what their interests are. Ask them about the pressures and stresses they feel as they try to balance school, family, church, and growing up. When you know a girl is struggling, send her a Facebook message or text message to let her know that you care for her and will be praying for her. Share a Word of hope with her at every opportunity. She needs to know that you care.

3. Girls need to know that they can change. Teach her about the heart and how to apply the Gospel. Help girls to discover God's Truths for herself, and guide her as she makes choices and decisions that honor and please God. Support her in any way that you can as she seeks to know God through His Word.

4. Most importantly, girls need to know that Jesus loves them. Remind her often that He does and that you do too.

Girls are asking deep questions these days. It is good to be familiar with these kinds of questions, so that when you have a One-Another opportunity with a girl, you are aware of what her mindset might be. Here are a few questions girls are asking:

\*How do I know what God's will is for my life?

\*How do I know when I am hearing from God and not just making stuff up in my head?

\*Why doesn't God seem to answer my prayers?

\*What do I talk to God about?

\*Why don't I feel close to God?

\*If God made me this way, why do I need to change?

\*How do I know that I am a good Christian?

\*Why do I mess up?

- \*Does prayer really matter?
- \*Is Satan real? Can He possess me?
- \*How can I get close to God?
- \*Why do bad things happen to people?
- \*Why did Jesus have to die on a cross?
- \*Is being gay wrong? What if I can't change the way I feel?
- \*Is one sin worse than another?
- \*How do I know for sure that I am saved?
- \*Why is sex before marriage wrong if everyone's doing it?

There are many other common questions that girls are asking, but this gives you an idea about why it is important to be in God's Word and in prayer as you approach relationships with girls. Girls are insightful and observant, and they will not trust you if you don't exhibit a strong, healthy walk with the Lord yourself.

In order to serve girls with godly counsel and mentoring, seek to become equipped with some training, put your armor on, and reach out to your younger sisters in Christ!

## Chapter Nine ~ Mentoring Difficult People

*One of the most challenging aspects of One-Another ministry is dealing with difficult people. These are people who need discipleship, friendship, and love, but seem to challenge you at every turn as you try to provide that help. How should you respond and minister in these situations? Everyone has to relate to difficult people—and most of us have been difficult people ourselves at one time or another! Therefore, every Christian should know how to apply the Gospel in these relationships.*

“Above all, love each other deeply, because love covers over a multitude of sins.” (1 Peter 4:8)

We are called to “love each other deeply.” The word translated “deeply” can also mean “constant”. “Keep love constant” would be another way to translate that sentence. The word “constant” describes something that is stretched or extended. The love of believers keeps stretching in both depth and endurance. This kind of persevering love can only grow out of the Gospel. You must apply the Gospel to your difficult relationships if you are going to find the strength and endurance to go the distance with people. You must grasp the vastness of Christ’s love for you before you can love others with the same kind of love.

“For this reason I kneel before the Father, from whom His whole family in heaven and on earth derives its name. I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.” (Ephesians 3:14-19)

There are many types of people that might fall under this heading of “difficult people” in our churches. Sometimes it is just a matter of a personality clash. Sometimes, however, it is more serious than that. Some of these people may exhibit any of the following personality traits:

- \*Extremely needy people (attention-seeking, intrusive, lack of social skills)
- \*Unstable or mentally ill people
- \*People who are unwilling to heed advice
- \*“Prickly people” who are negative, critical, judgmental and rude

- \*People who make inappropriate comments during conversation or public discussions
- \*Arrogant people
- \*People who lack tact and are too blunt
- \*People who appear to be always asking but never giving
- \*People who use other people
- \*Leaders who lead without grace and love \*Self-focused, self-centered people
- \*Manipulative or controlling people

God calls us to serve difficult people. He does not make exceptions, although sometimes He does allow for us to set appropriate boundaries with difficult people. We will focus on the concept of boundaries in a future chapter. Our goal in One-Another, Life On Life ministry is to reflect Christ to one another. We imitate Christ by moving *towards* lonely, hurting, wounded, and unlovely people, not by avoiding them. Christ ministered to the outcast, and so must we. The way that we reflect Christ to difficult people is to Biblically love them.

“If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when perfection comes, the imperfect disappears. When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me. Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. And now these three remain: faith, hope and love. But the greatest of these is love.” (1 Corinthians 13)

1 Corinthians 13 is a Biblical guideline for how to love others. If we unpack it in very simple terms, we can use it as a “checklist” of sorts. Check the way that you love difficult people by looking at what love is according to this passage. Are you patient with the difficult person? Are you kind to them? Are you envious,

boastful, or proud towards them? Are you rude or self-seeking? Do you become easily angered towards them? Do you keep a record of wrongs? Are you delighting in the evil that you see, or are you rejoicing with the truth? Are you always protecting? Are you hopeful about this person? Are you persevering with her?

If we are to persevere with a difficult person, we will need to continually address the heart. We need to address our own hearts first; then address the other person's heart.

*Yours* — God is sovereign; therefore, you know that He has ordained that this person be in your life. There are some common temptations to sin that difficult people pose to you. You may be tempted to avoid these people. You may also be tempted to think of yourself as more spiritual and godly than they are. You may try to be too overpowering in their lives by trying to change them, or you may try to appease them in order to keep them at a distance. If you are not carefully attending to your own heart, you may sinfully respond to the challenges that this difficult person is bringing into your life. You will be unable to help this person to respond to their life in a godly way when you aren't even responding in a godly way yourself.

*Theirs* — The more you get to know a difficult person, the more you begin to see the particular types of suffering that person has experienced. You begin to see the way that person tends to respond. You will notice behavior patterns that can reveal much to you about their heart issues (refer back to our heart diagram in earlier lessons). You will realize that you need to be careful not to get sucked in to their emotional states, but instead to focus on the heart issues (thoughts, beliefs, and desires) that are manifesting in their emotions, behaviors, motives, and attitudes. This will help you to see opportunities to help the difficult person to see that their responses are not Biblical. You can then provide guidance during these times, showing them how to apply the Gospel.

In addition to dealing honestly with your own heart towards the difficult person it can also be helpful to keep the following in mind:

\*Have Biblical goals as you engage in a difficult One-Another relationship. Sanctification involves back and forth progress. Change happens slowly sometimes and quickly at other times. But change does happen, which keeps you optimistic about the difficult person you are ministering to. Your goal is not to

see change at a rate that is comfortable for you, but to remember that God is the One to change hearts, in His timing.

\*Redefine love. A great definition of love is found in 1 John 3:16, “This is how we know what love is: Jesus Christ laid down His life for us.” Love means death — death to self. Sacrificially loving people is the godliest thing you can ever do. 1 John 3:16 goes on to say, “And we ought to lay down our lives for our brothers.” We are not called to “fix” people, we are called to serve them. This is our Biblical priority, which helps us to persevere with someone who does not seem to change quickly. In John 13, when Jesus washes His disciples feet, He gave us a perfect example of persevering servanthood. He did not give up on his disciples because of their imperfections. Some of them could be called “difficult people”! Instead, he served them.

One-Another ministry can be messy. Difficult people need you, and you need them. You need them in the sense that you need to be more like Christ, and your heart towards difficult people often reveals how much you are not like Him. We all need to see how self-centered we can be when we do not redefine love Biblically.

\*Apply the Gospel and offer the person hope. Remind them that Christ died to set them free from sin’s hold on their hearts, and that in Christ they are a new creation. For some difficult people, change doesn’t seem to be very visible or tangible at times. They can become discouraged. One way to offer hope is to help them to set small measurable goals. You can ask them “What do you want to see God do in your life over the next week?” Most people can picture that far in to the future as they imagine living differently over the next few days. Encourage them that change is to be in their heart, not necessarily in their circumstances.

\*Encourage the difficult person to serve and love others, too. They are also called to One- Another relationships. Difficult people are often needy people, and the antidote to neediness is servanthood. Help her to find others in her life that she can serve in her family, church, workplace, or social circle. This will help her to see that she is a valuable member of the body of Christ, and that she is not the only person who is struggling. Help her to stay connected to the body of Christ. If she is attending women’s Bible studies, small groups, serving in a ministry, and involved in a variety of ways in her local church then she will have many helpers. It is good that you not be her only helper — difficult people need

input from several others. It is also beneficial to you that you do not bear the load alone.

\*Remember that we are ALL difficult people. Romans 5:8 levels the playing field — “But God demonstrates His own love for us in this: While we were yet sinners, Christ died for us.”

We may be someone else’s difficult person, and we must guard against thinking ourselves better than anybody else. The level playing field metaphor enables us to serve others equally, regardless of their personality difficulties.

Helping difficult people is challenging, but if you see it as an application of the Gospel into the lives of God’s people, your love will be more “constant” because it depends less on you and more on the God Who calls you to do it.

Take some time to pray about the relationships that you have with difficult people in your life. Confess to the Lord anything that is hindering the application of the Gospel to these relationships. Ask Him to show you how you can love Biblically, specifically and intentionally.

Keep this in mind: the heart of the Gospel is about loving difficult people and the intent of Scripture is to show us how to love the unlovable.

Jesus’ death on the cross on behalf of undeserving people is our main example of this.

God doesn’t require us to do anything that He is unwilling to do. He served plenty of difficult people. We can’t avoid doing the same just become someone rubs us the wrong way. Counseling or mentoring with the mentally ill and very difficult personality types benefits from both experience and training. Mentor training will provide you with an overview of how to deal with people that you might normally avoid.

Paul teaches us in Romans 12:14-18 how to serve difficult people.

“Bless those who persecute you; bless and do not curse them. Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be conceited. Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live

peaceably with all.” (Romans 12:14-18 ESV)

Loving difficult people and serving them is God’s idea and God’s way.

## Chapter Ten ~ Mentoring While Wounded

*One-Another relationships are more than just helping people. They are intentionally building relationships, bearing one another's burdens, and fulfilling the law of Christ (Galatians 6:2). This type of relationship requires honesty and transparency even while (and especially while) we ourselves are wounded. Transparency makes us more human to our sisters in Christ. She sees that we are not any different than she is — we are women just like she is, walking alongside her.*

Self-sufficiency is a myth. We all have burdens, and God does not intend for us to carry them by ourselves in isolation from our brothers and sisters. Refusing to allow anyone else to help shoulder your burdens is an issue of pride. It would require an admission of weakness and need. If we avoid admitting that we have burdens, we are denying others the opportunity to apply the One-Anothers of Scripture with us. Those believers who are mentors, disciplers, helpers, counselors, and encouragers are not immune from the very same life struggles that their mentees and students can struggle with.

“I think I am disqualified from ministry.” We will be sometimes tempted to make this statement. When we are struggling in our own life at the same time that we are engaged in One-Another ministry with others, family problems, financial setbacks, relationship problems, spiritual strongholds, emotional struggles, and any number of problems that are common to women will also plague mentors, counselors, disciplers, and helpers in the body of Christ. If having problems means that we are disqualified from helping others, then nobody would be helping anybody!

Fruitful ministry is often born out of our own pain and suffering. You are not disqualified because you are in need. In fact, God is allowing suffering and trials in order to equip you for ministry! Of course there may be seasons of struggle in your own life that will require you to step aside from ministering to others in order to find healing yourself but don't assume that this is always the case. Some of your best One-Another relationships will happen because someone finds you relatable and real. This will require transparency and vulnerability on your part.

The Gospel does not make you free FROM struggle. It makes you free TO struggle. In our struggles, because of the Gospel, we can be victorious. We are sometimes more concerned about applying the Gospel to an outward sin, such as an addiction, than we are to the suffering that caused that person to become

involved in a stronghold in the first place (the “root” problem). In our own lives as well as in the lives of our mentees, we must apply the Gospel to suffering as well as sin.

Paul gives us a Gospel-centered perspective on personal suffering in 2 Corinthians.

“To keep me from becoming conceited because of these surpassingly great revelations, there was given me a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.” (2 Corinthians 12:7)

This “thorn in the flesh” is thought to be a physical ailment of some sort, but we can also make application to other forms of suffering. When Christ says “My grace is sufficient for you, for my power is made perfect in weakness,” He is helping Paul to apply the Gospel to his suffering. Paul prayed like any of us would pray. He asked God to remove the suffering. Nobody likes personal or physical suffering. However, Paul realized that God had another plan for Paul’s life. In that plan, Paul knew that he would be given empowering grace to live it out. This is how Paul applied the Gospel to his suffering. Paul is able to “delight in weaknesses” because he understands the impact that the Gospel has had on his life. He understands that suffering is for God’s purposes to be fulfilled in our lives. He also understands that it is because of the power of the Gospel that we can bear suffering and reflect Christ to others as we endure it.

Read 1 Corinthians 1:18-25 and 2 Corinthians 12:1-10. Paul not only understood the Gospel, but he was then able to live it out in a very personal way. The parallel thoughts about the Gospel and personal suffering (“the weakness of God is stronger than men” and “for when I am weak, then I am strong”) connect the Gospel to our own personal suffering. The Gospel may appear to be weak to man, but it is stronger than any strength that man can produce. Physical suffering may appear to be weakness to men, but God is able to do more through suffering than man can do through his own optimal strength. A mature Christian, like Paul, not only understands the irony of the Gospel (it seems foolish yet it has power), but is able to bring the Gospel irony to bear on

suffering (when we are weak, then we are strong).

We have talked about applying the Gospel to those who are struggling with sin issues and suffering. Are you in the habit of applying the Gospel in your own life? When we are struggling with sin or suffering, we must hold to what we know to be true about God. We must also worship Him! If we believe the Gospel, then we will also believe that we are called by God to apply the One-Another of Scripture. In applying those Scriptures, we will become less intimidated about being transparent in front of one another because we will be more humble while we operate out of a clear understanding of God's grace.

The fear of man will not rule in our hearts if we are applying the One-Another passages consistently. The fear of man comes from a self-centered heart. Transparency does not fear man; it reveals Christ in us.

What area of your life have you held back from sharing? What part of your testimony have you been afraid to share, for fear that it will disqualify you from ministry because people might judge you or see you differently? God may be requiring you to become more transparent, not for your benefit, but for the benefit of others.

Thankfully, the success or failure of your One-Another ministry does not depend on your expertise. The emphasis of good ministry is not on the gifts of the minister, but on the power and sufficiency of God's Word.

Mentoring, counseling, discipleship, and helping one another are ministries of the Word among ordinary people in everyday life — people like you, who struggle with sin and endure suffering. You are qualified for One-Another ministry! However, if there is something that you are truly struggling with, do not hesitate to get the help that you need. Seek counsel as to whether or not you should step aside from ministry for a season while you get help. Most of the time you will still be able to serve even while you are wounded.

In summary, why do we generally need to continue to minister even while wounded? Because the Gospel applies to our suffering. That is the very message that we need to impart to those in our One-Another circles of influence.



## Chapter Eleven ~ Boundaries in Mentoring

*As we engage in One-Another relationships, we can sometimes find it difficult to say “no.” We can also find it difficult to know when it is time to let the relationship end or change. We may sometimes find ourselves in a position of meaning more to a person than we should, replacing (in a sense) Christ in their lives. We also might tend to think that it is up to us to change a person, as we take on a role in someone’s life that we are not meant to fill. All of these scenarios fall under the concept of “boundaries.”*

Are there “Biblical boundaries”? Or is this simply a psychological term? Boundaries are, in fact, a Biblical concept. We see examples in Scripture of proper Biblical boundaries. For example, God gave a boundary to Adam and Eve in the Garden when He told them, “but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die” (Genesis 2:17). Essentially, all of His commands in Scripture are boundaries, too. However, when the term “boundaries” is used in the secular psychological realm, it is no longer Biblical. We need to be careful when we use terminology that can be interpreted both Biblically and secularly, making sure that we are using it Biblically and portraying it to others Biblically.

There are different types of boundaries in One-Another ministry. A boundary is an internal “guideline” that lets you know what is and is not your responsibility in the relationship. We have boundaries in many areas of our lives. There are:

\*Physical boundaries — have you ever felt uncomfortable when someone is too close to you as they speak with you? We call this our “personal space.” Sometimes our personal space is invaded because that person has crossed one of our boundaries.

\*Mental boundaries — Your thoughts and opinions are your own. They make you unique and separate from other people. Sometimes we struggle with knowing whether our opinions and beliefs are truly our own, or if we are just imitating someone else’s. For example, this is especially true for teenagers as they come to a more adult understanding of faith and needing to make it their own faith, not just because it is the faith of their parents or someone else.

\*Emotional boundaries — Emotional boundaries allow you to take in advice or feedback from others without taking in what is not valid. Sometimes we are given criticism that is valid, and we need to act on it. Other times, the criticism is

not valid, and we need to be able to deflect it and not effect us.

\*Spiritual boundaries — Spiritual boundaries allow you to experience God as He lives in and guides you, but He also allows you free will. God honors your boundaries by giving you the free will to exercise choice.

The secular view of boundaries is a self-centered view. It promotes self-protection and putting yourself and your own needs before others' needs. A believer is called to esteem others more highly than herself and to love others well. There is no room for a believer to be self-centered and self-protective if she wants to have a fruitful One-Another ministry.

Biblical boundaries are Gospel-driven. They require death to self and operating outside of one's own comfort zone. We may be tempted to give up on someone who is difficult because we no longer want to expend the energy the relationship requires. We may feel that the person is intruding on our time, and we feel ready to move on. There may be some other motive for wanting to end the relationship. We need to examine our motives before we can determine what our proper boundaries in the relationship should be.

In order to operate with Biblical boundaries, our motives need to be to love the person well. That has less to do with us and more to do with loving someone as Jesus loves them. We also need to realize that it is God Who sets the agenda in all of our relationships. Recognizing this reminds us that we are all operating within God's sovereignty. If we misuse the word "boundaries," it gives the impression that, as a helper, we must set boundaries in order to protect ourselves from being taken advantage of. If we think of this in terms of God's setting the agenda, the end result will be that you will love the person well rather than protecting yourself.

As we minister to one another, we may at times need to make appropriate sacrifices. There may be times that it would be appropriate to receive a late night text or phone call or go to someone's side if they have an urgent need. There are other times that we need to say "no." For example, we may need to tell someone that we are busy but are willing to talk at some other time in the near future. We may need to let someone know that we cannot talk on the phone while we are at work. We need to guard against saying "yes" for fear of being disliked or considered a bad mentor. Saying "no" appropriately at times is an expression of love when done for the proper motives. Extending grace and acceptance of a

person does not automatically mean open-ended availability.

It is good to take the initiative to communicate some guidelines for your One-Another relationships and to always let someone know that there will be many times when you will not be available. Be clear about when, how, and where you may be contacted. Doing this with love will prevent many potential misunderstandings later on. Another important reason to set some limits with people is that you do not want it to be too easy for them to go to you instead of crying out to God first. You do not want to be someone who is making it too easy for them to avoid depending upon Christ!

The following boundary check-list will give you some things to consider about your boundaries in your own One-Another relationships.

- \*I have a very hard time saying “no” to people who seem to need me.
- \*I feel resentful when someone tells me they need me and asks for my time.
- \*I tend to over-explain why I am saying “no.”
- \*I feel guilty when I say “no.”
- \*I feel drained by the people I am trying to help.
- \*I continue to feel obligated to someone even though they have not changed or taken my advice.

If any of those apply to you, it indicates that you may not be setting appropriate boundaries in those relationships.

One of the most common boundary issues is knowing when it is time to let go of a mentoring or discipling relationship with someone who does not seem to be changing or growing. If you have spent a fair amount of time applying the One-Anothers of Scripture with this person and you sense that the relationship is not bearing fruit, it is time to examine it more closely.

As a rule of thumb, the fact that someone is not changing is not enough of a reason to give up the relationship. It is God Who changes someone, not us, and we need to let Him do that in His time frame, not ours. In order to discern what to do, we need to look a bit further in to the dynamics of our relationships.

Take some time to unpack 2 Timothy 3:1-5 by reading it here in the NIV:

“But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their

parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God— having a form of godliness but denying its power. Have nothing to do with them.” (2 Timothy 3:1-5)

If you are giving advice to someone and they repeatedly disregard it and show unwillingness to change, it is very reasonable to put an end to the mentoring, counseling, or discipling relationship because they are not willing to submit to the process. Of course you can still be in each other’s lives, but the context will change to something more casual. If you are giving advice to someone and they are attempting to put it in to practice (even though they may not exhibit much change), persevere with them because they are showing a submissive attitude and willingness to change.

One good indicator as to whether or not someone is willing to take advice and change is whether or not she is willing to be held accountable. This, too, indicates a submissive attitude towards the One-Another relationship. Any healthy mentoring relationship involves a measure of accountability. Encouraging someone in her walk with God includes encouraging her to be in regular study of God’s Word, in regular prayer, and in fellowship. These things are critical to Spiritual health and growth, and we need to have a hands-on approach with those we are ministering to by keeping these concepts as a top priority in our conversations.

People need Christ. They need Him far more than they need you. If you are not careful, you may be tempted to forget that Jesus is the Chief Shepherd, not you. This is a great comfort to a mentor, because it acknowledges that it is Christ Who changes people, not us. We are His instruments for change, but we are not responsible for someone’s heart. It is also a comfort to a mentee to know that Jesus is her Shepherd as she relies on Him more than she relies on people.

Those of us in a helper role need to repent of our perceived need to be needed, in control, and successful. These things are idols of our hearts — they indicate that we have not been Gospel-driven in our relationships. We must admit that Jesus is far more concerned and able to help this person than we are. We need to connect people to Christ to remind them as well as ourselves that He is their Shepherd.

## Chapter Twelve ~ Your Life On Life Ministry

*This book has given you an overview about doing Life On Life with other believers, applying the One-Anothers of Scripture. You have read about some Biblical tools that will be useful for your ministry to others in the body of Christ. You are now encouraged to consider how God may be calling you to specifically minister as a mentor to other women and girls. If so, it would be prudent to contact Word Of Hope Ministries to engage in our more formal training program, available in person and online.*

A Biblical Mentor is a woman who is well equipped to walk alongside other women and girls as a discipler, teacher, and guide. A good definition for a Biblical Mentor is:

**“A follower of Christ who helps another person reach the important spiritual goal of becoming more like Jesus in every area of their life.”**

You do not need to have a formal education or a degree or a certification as a counselor in order to help others. There is a place for formal counseling at times. A good Biblical Mentor will know when to refer a woman or girl to counseling. However, much help can be offered through a mentoring relationship. A solid ongoing mentoring relationship may even prevent the need for a woman or girl to have to get more formal counseling. Utilizing the Biblical concepts, principles, and tools you have learned in our lessons will give you the opportunity to help someone grow in their faith. It is a great joy and privilege to serve as a Biblical Mentor as you see God doing a work in someone’s heart. It is a ministry of sacrifice as you serve others, and it is rich with rewards as you sense God using you in the life of another.

It is time for you to consider what’s next. This book is not in your hands by accident. God has introduced you to Biblical Mentoring for His purposes. Those purposes are to be fulfilled in your life according to the Great Commandment (Matthew 22) and the Great Commission (Matthew 28). A quality Biblical Mentor will spend time continually examining her own heart. In Romans 12:1 we are called to be a “living sacrifice.” Servanthood is a sacrifice, requiring you to put hands and feet to the Gospel. Ask God to search your heart and to show you anything in your thoughts, beliefs, or desires that are not Gospel-centered and would hinder your One-Another ministry.

“Search me, O God, and know my heart;  
test me and know my anxious thoughts.  
See if there is any offensive way in me,  
and lead me in the way everlasting.” (Psalm 139:23-24)

Life On Life, One-Another relationships are:

- \*Confrontational
- \*Restorational
- \*Speaking the Truth in love
- \*Gospel-motivated and Gospel-driven
- \*Two-way
- \*Transformational
- \*Transparent and honest
- \*Vulnerable
- \*Uncomfortable at times
- \*Challenging
- \*Time consuming
- \*Deeply personal
- \*WORTH IT

To be a Biblical Mentor, you should be continually developing the following qualifications:

- \*Be available
- \*Be committed
- \*Be consistent
- \*Be transparent
- \*Be a student of God’s Word
- \*Be willing to go out of your comfort zone
- \*Be gracious
- \*Be merciful
- \*Be discerning
- \*Be selfless and sacrificial
- \*Be reliable
- \*Be a listener
- \*Be practically applying the Gospel in your own personal life
- \*Be a woman of integrity
- \*Be a servant
- \*Be Spirit-led

\*Have a mature working knowledge of God's Word

In Luke 14:27-33 (please read it in your Bible), there is a Biblical principle that applies to “counting the cost” of ministry. This passage is about following Jesus, serving Jesus, living for Jesus, and loving God with all our heart, soul, and might. He is to always be first in our lives, and will take second place to no one or nothing. Christians are “cross-bearers.” It is in a believer’s heart to bear the cross, whatever it may be, whenever Christ requires such. Christ is our Master, and we are called to serve.

To count the cost, we must be profoundly affected by the Gospel. We then realize that God has taken us, wretched sinners, and made us princesses! This costs us the giving up of our former ways and replacing those ways with obedience to God’s Word. Consider whether or not you feel that this cost is too high. We have been given heavenly riches in Christ — why would we turn down such an offer? Do you choose to follow Christ, whatever it takes?

Choosing Christ brings great JOY.

“How can we thank God enough for you in return for all the joy we have in the presence of our God because of you? Night and day we pray most earnestly that we may see you again and supply what is lacking in your faith. Now may our God and Father himself and our Lord Jesus clear the way for us to come to you. May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. **13** May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.” (1 Thessalonians 3:9-13)

This book has given you only a brief overview of our training in Biblical Mentoring. By now, you have been introduced to some of the concepts, purposes of, and tools for Biblically mentoring a woman or girl. You have been given a very basic overview of Biblical Counseling concepts as well. This overview plus our training will equip you to step out in to some basic mentoring and discipling ministry in the context of your sphere of influence. There is much more equipping to do — we all should be continually challenged to grow in knowledge and application of God’s Word.

Please contact the ministry on our website if you are interested in more details about taking further training in Biblical Counseling or Biblical Mentoring.

[www.biblicalmentor.com](http://www.biblicalmentor.com)

**God Bless you as you serve Jesus to One-Another!**

“May the Lord make love increase and overflow for each other and for everyone else, just as ours does for you.” (1 Thessalonians 3:12)