

Application Project

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Mentorship Application Project

As a high school teacher, I am surrounded by teenagers that are lost, broken, and hurting—many without even realizing it. Most of the students I am surrounded by have been raised around a knowledge of God but with a lack of young godly examples to learn from. Christianity has become very nominal and unappealing for many of these students. This reality remains strongly due to the dominant culture of my students (African American or Hispanic) Even still, not every child has been exposed to faith at all. A need for godly examples in their life is obvious and lacking copiously.

The following is a thirteen-week mentoring program and mentor's guide that I would find beneficial to a teenage girl who either has recently come to know Christ, has strayed from the Lord, or is wrestling with the concept of Christianity and her place in it.

Week One

The primary focus of the first week is to establish common ground and set expectations from each side. Every young girl longs to feel safe, guided, and appreciated for who she is, and mentoring can be intimidating when they feel as if someone feels the need to change them or spill their “dirt.” Creating safety and establishing expectations allows for both sides to openly communicate within the bounds of agreed upon goals and desired growth.

Creating safety:

- Tell her about yourself and your journey to faith, learning of your identity, and other significant life experiences. The more you are willing to share, the more teenagers do not see you as perfect and will be willing to open up to you.
- Inform her of your personal vision and goal for this mentoring relationship, and help her to understand your heart for her.

- Discuss favorites, hobbies, pastimes, etc. in order to find common ground and/or likes and dislikes. If you have little in common, help her to understand that it does not affect the way you see her and that you will do your part to remain relatable and understanding.

Establishing expectations:

- Discuss and agree upon what each of you would like to see as a result of the group, what expectations you have of each other and your roles, what the day-to-day activities and practices will look like, and the frequency and length of the meeting.
- Help her to understand the structure and reasoning of the activities, books, meetings, and practices. Give her the book and participation guide, and get her set up on a simple daily Bible reading plan for young, new Christians.
 - We will be using the book, *Captivating: Unveiling the Mystery of the Woman's Soul* (2005) by John and Stasi Eldridge and the accompanying participation guide.
 - Make sure she has a Bible and the Bible App downloaded on her phone. This generation is constantly on their phones, so we must equip them with resources that fit their schedule and lives. Then, help her get set up on a daily devotional plan on the app, if she is not already doing one. A suggestion for new teenage Christians is “CHANGED! And Changing Still...” by Joel A’Bell.
- Set a common vision for your mentorship.

Finally, always allow her to ask questions and listen well. Allow her the freedom to question your life, the structure, the expectations, etc. Allow her to establish her wishes for the following twelve weeks. Then, pray with her before you part.

Weekly mentoree tasks:

- Read *Captivating* and answer the questions that accompany it. Read chapter one before week two meeting.
- Put activities or challenges into practice as received by their mentor.

Week Two

Week Two is the first week of the book study and breaking past common friendly conversation. No matter how hard topics may seem for either of you through this journey, it is important that the mentoree knows that you are willing to ask questions and bring up topics to truly help her. Begin by checking on her by asking pointed questions. Unless she opens the conversation elsewhere, for week two, focus on how she is doing in her life and how her family is (including how her relationship with her family is). Follow up on daily Bible reading. Also, in week two, discuss chapter one, “The Heart of a Woman.” Go through participation guide questions. Provide personal answers first to maintain safety for her answers. Discussion from here should follow in discovering what she has previously believed about the heart of a woman and what we can learn about God’s view of us as women. Finally, pray with her.

Week Three

Week three should include much of the previous week’s “checking in” type of questions. To challenge the conversation to go deeper than generic “how are you” questions, this week focus on her relationships outside of her family. You should always check on her, but it is important to slowly integrate her life outside of the mentorship into conversation. It creates a safety to bring up topics that she may not want to bring up herself. For example, ask: How is your relationship with your friend group? Are your friends positive influences? Who do you find yourself spending the most time with? Is there any drama that you want to talk through and make a plan for change and setting it straight?

Week three book discussion should be about chapter two, “What Eve Alone Can Tell” and the accompanying questions. Every young woman struggles to put her bigger purpose in front of her daily decisions. Week three is designed for her to discover purpose as a young woman and to give value to that purpose. Go through each of your responses to the guided questions. Then, pray with her.

Week Four

Week four continues to build on the questions of the previous week. Follow up on devotionals and any plans of action previously decided upon regarding family or friend relationships. This week focus on school and extra activities. How is school going for you this year? What are you finding easy/difficult? Are you enjoying certain subjects and activities? Why? Is there anything that needs to change to be a better example of Christ? Be active in each area of their life. Mentoring teenage girls in their faith must hit all aspects of their lives because they will inevitably feel challenged from all angles to keep their faith.

Week four book discussion is over chapter three, “Haunted by a Question.” Review the discussion questions and discuss what they mean to her both past, present, and future. Determine some of the relevant fallacies she is believing about her character and person. Refute with the truth of God’s Word. Encourage her to write down the truth statements and carry them with her throughout the week to look at when she feels haunted by the questions. Pray with her.

Week Five

Begin week five with follow ups on devotionals and previous plans of action regarding certain targeted areas of her life. Discuss any changes and developments both positive and negative regarding her family and social life. By this week, she will likely begin opening up on

her own. Let your topic be dictated by her. What areas of your life do you want to discuss? Is there any topic you want to discuss or that you have questions regarding?

Week five book discussion is over chapter four, “Wounded.” Discuss your responses to these questions first to create safety as this week gets more vulnerable in topic. Hear her story about each of her parents’ involvement in her life up to this point. Strategize how she can stop allowing those things to dictate her actions and decisions about herself. Encourage that you are not expecting full change of mindset immediately, but now that she knows the root of her thinking, she can begin to redefine how it affects her. Pray with her.

Week Six

Week six begins with the usual devotional follow up. These checks should be for regularity and clarity. As a teenager, it is unlikely that she will be having focused devotionals every day. Look for growth and intentionality. Next follow up on how she saw the discussion over “Wounded” lived out throughout the week. Ask how reframing her thought process regarding her parents and/or loved ones went.

Week six book discussion is over chapter five, “A Special Hatred.” Discuss the questions and how she has felt her womanhood be under attack. Transition this conversation to this week’s topic of feeling attacked in all areas of her life. Are there certain things you feel you are not supposed to be doing that you struggle with? Are there things that tempt you that you do not want to have a pull on you? Are you struggling with sin or something in secret? Open discussion and create plans of action accordingly. Then, pray with her.

Week Seven

Week seven begins the same as the others with follow ups on devotionals and previous plans of action to create change in her life. Additionally, follow up on how confronting her sins

and saying no to temptations went during the previous week. Look for awareness of sins more than change. Full life change comes with time, and awareness of the issues is the first step to being able to turn from them with time. Ask if she noticed any other areas of her life in which she feels she is being attacked or feels she is continually struggling with. Ask yourself the following questions: Does she need a new hobby or pastime? Could she spend more time with you or with church friends? How can you help her notice and avoid her sins and struggles?

Week seven book discussion is over chapter six, "Healing the Wound." This chapter walks through some significant keys to being free of the issues that hold a girl's image and self-concept captive. Be aware that she may need you as an emotional dumping ground all the more throughout this week's discussion. Ask her if she has completed the prayers. If so, what did they mean to her? If not, ask to walk her through these. It would be good for this week's meeting to be in a more private setting. After discussing and working through these prayers and walking through the healing process examined in the book, pray with her.

Week Eight

Begin week eight with the typical follow up conversations. This week's discussion topics should reinforce how she is doing with working through the sin and avoiding temptation. If she has not talked about a relationship at this point, you should ask her if she is in one. If yes, ask about what boundaries and accountability she has in place, and be that for her if needed. If not, ask if she's interested in anyone, and begin to give imbedded advice about the boys she allows into her life.

Week eight book discussion is over chapter seven, "Romanced." Go through discussion questions, and talk about what being romanced by God means to her. Ask: How does this affect our daily lives and the decisions we make, and how does being romanced by God make you feel?

Check for clarity on the topic. Allow her to question what this looks like on a daily basis. Then, pray with her.

Week Nine

Week nine should begin similarly to the previous weeks. Follow up on devotionals and relationship accountability. Allow her to determine the topic of conversation for this week. It has been four weeks since she has gotten to fully take the conversation where she wants it to go. Allowing for some autonomy with this generation is important. Allow her to ask whatever she wants and take the conversation to topics she may be walking through. These days could go any direction. Be prepared in prayer, and follow the Holy Spirit in the direction of your responses. The topic may require goals to set and work towards before the next week or over more or less time.

Week nine book discussion is over chapter eight, “Beauty to Unveil.” Go over the discussion questions and frame the remainder of the time together around those. This conversation is all about what her femininity means to her after reading this, and how this will affect her life going forward. Pray with her.

Week Ten

Begin week ten with follow up on devotionals and clarify any arising questions through this whole process. Follow up on topics she brought up the previous week. This week have her take *The 5 Love Languages* test online. Show her how she can study what this means about her, and talk through patterns and discoveries that can be made using this knowledge about herself.

Week ten book discussion is over chapter nine, “Arousing Adam.” Go through discussion questions. Although she is likely too young to be pursuing a lifelong relationship, she is probably longing for high school relationships without thinking farther into the future. Help to guide the

conversation to waiting for maturity, honor, respect, and loyalty, and what this chapter could mean for her future relationships. If she's an older teen, she is at a place to begin putting her focusing towards what it would be like to marry the boys she is desiring relationship with. If she is younger, help her to make vows and be her accountability toward long terms goals of achieving the love laid out in the chapter. Then, pray with her.

Week Eleven

Week eleven should begin similarly as all of the other weeks. Make sure habits are being established in regards to a devotional life and growth is happening toward a renewed life. Check on the areas of her life that have been woven into the mentoring time. This week complete the *Myers-Briggs 16 Personalities* test. Discuss how her personality type is true to her and how it is not. Discuss what that means to how she approaches certain areas of life (family, friends, boyfriends, school, work, etc.). Discuss things that stick out to that she could work on finding a balance in.

Week eleven book discussion is over chapter ten, "Mother, Daughters, Sisters." All discussion to flow from how each of you answered the accompanying questions. Challenge her this week to really assess her friend groups. Talk about the circles of Jesus' friend groups (closest disciples, the twelve, the followers that followed him, then the large crowds) and the importance of godly companionship and who you allow to speak into your life. Always end the meeting with prayer.

Week Twelve

Week twelve begins with the follow up questions. Especially focus follow up on her friend groups and what knowing her personality type has changed about her week. Then, write down her passions, short term and long term goals, and lifelong dream. Determine things she

could be doing in her life at her age to work towards that dream. Discuss the importance of keeping a God given vision at the forefront of the decisions she makes. Give one additional task for the last week; this is to be really praying for vision and diving into what God wants for her life. She should come back with a few goals that can be worked into a vision statement.

Week twelve book discussion is over chapter eleven, “Warrior Princesses.” Work through this chapters accompanying questions. Then, focus conversation toward walking in freedom from the attacks of the enemy and what that looks like directly for her. How does this personalize in her life? What are common battles she needs to be aware of knowing her points of vulnerability now? Finally, pray with her.

Week Thirteen

We are to the final week of targeted mentoring and of the book study. Take her passions and goals and help her form them into a lasting statement to drive her decisions, friendships, relationships, school involvement, church involvement, etc. Help her to leave feeling empowered in her passion and who she is in Christ. These topics work into the final book discussion over chapter twelve, “An Irreplaceable Role.” This week is all about solidifying what she holds that the world needs, that the Body of Christ needs, that her friends need, and that her family needs. Make a plan to embrace her place and continue growing in Christ and relationship with others. Be sure to establish sources she can find accountability and refuge in when she feels attacked or weak toward temptation.

Conclusion

Mentoring a teenage girl must be holistic and cover all basis of her life. Doing this thirteen-week program and book study will work towards solidifying both positive, godly habits and a girl’s image and identity in Christ. There remain some additional factors to consider when

mentoring teenage girls. She is desiring someone to be real with her. This generation reads fake people well and fast. If she is willing to allow mentorship, she also longs for an authentic, godly, and real exemplary life to learn from. Occasionally changing locations and allowing her into your life is equally important. Occasionally, take the conversation to the mall, your place, over dessert, etc. Doing life with them creates a safety and relationship that can create lifelong change in her life. Teenagers thrive in a casual setting. Also, as a mentor to teenage girls, it is important to not force them to talk and to fully listen when they do. You may be the first to actually care enough to listen to their feelings or opinions. Finally, mentors must pray. Pray for guidance. Pray for the right words at the right time. Pray for her needs. Pray for her. Pray with her.

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