

How to Become a Spiritual Mentor

So, you desire to be involved in a Christ-centered mentoring relationship. What do you do? Here are some suggestions and steps to become a spiritual mentor.

What is a Spiritual Mentor?

At the basic level, a spiritual mentor is someone who helps you grow spiritually. A mentor, who is seasoned and further down the road in his or her spiritual journey, helps the mentee pursue Christlikeness. A spiritual mentor helps you to be attentive to the presence of Christ, foster a deeper knowledge of yourself and of the triune God, and practice a life of abiding faith, hope, and love.

In contrast to other areas of Christian soul care like discipleship, counseling, and coaching, spiritual mentoring specifically focuses on Christian growth and the pursuit of Christlikeness. This relationship does not just happen; it must be cultivated by prayer and intentionality.

Action Steps

Step 1: Pray

Ask God to use your strengths and life experiences to encourage the spiritual growth of others.

Step 2: Prepare

Make room in your schedule for mentoring relationships. Be attentive and open to those who come across your path. Take time to talk to potential mentees, show interest in their life situations, and let them know you are available.

Step 3: Let the Mentee Initiate

Mentoring usually works best when a mentee identifies the mentor from whom they want to learn and initiates the relationship. However, if you are drawn to a particular person or sense someone desires help but is too shy to initiate, you may take this step.

Step 4: Meet

Plan your time together based on the needs and availability of one another.

Step 5: Ask/Listen

Listen carefully and ask good questions to discover your mentee's situation, thinking, and needs. Sometimes the greatest gift you can give someone in a mentoring relationship is to simply listen, understand, and help him or her process life situations and make godly decisions.