

Identifying Your Thrive Mentor

How to identify someone in your life to walk with you through the Thrive process.

What Qualities Are You Looking For?

Mentoring with Soul Care is different than other types of discipleship and mentoring opportunities in a couple of ways: (1) it is not necessarily designed to be long term, you may not be meeting with this specific mentor for forever (2) the curriculum your mentor will be following is specific to the Thrive program and differs from other types of mentoring/discipleship (3) a Thrive mentor must have some personal experience with suffering or a pattern of sin in their life that the Lord has given them some degree of freedom from.

Below you will find a few of the characteristics that are important to consider when selecting a mentor.

- Competence
 - This person must attend Christ Chapel or consider Christ Chapel their church home
 - Ideally your mentor is someone who has completed Thrive
 - If they have not completed Thrive, they have demonstrated to you (over a long period of time) a heart for God, experience in life, and a love for people
- Character
 - They love Jesus. They love, speak, and act towards others in a way that is consistent with His character. They operate under His authority.
- Commitment
 - A mentor must be able to meet consistently with you (for 1-2 hours at a time) for 14 weeks throughout the Thrive process. They must also attend 2 training sessions throughout the time they are mentoring you in Thrive.
 - Does this person follow through on obligations? Are there other areas of their life where you can see consistent devotion?
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Have the Conversation

Invite the person that you would like to mentor you to coffee, lunch, to watch a football game! You can give them this handout (particularly the information under Mentor Role and Expectations) for them to look and pray over after your meeting.

What Next?

Once you have identified your mentor and they have agreed to walk alongside you during your experience in Thrive, they will need to contact Christina Wagoner at ChristinaWa@christchapelbc.org or Greg Cook at GregC@christchapelbc.org in order to begin the mentor training and leadership development process. We will be able to answer any other specific questions that they might have about serving as a mentor.

Mentor Role and Expectations

Thrive is a very structured process of discipleship and, due to its brevity, requires competence, character, consistency, and commitment.

Role Description

Mentors will...

- Guide individuals in a one-on-one setting through deeper discussion and personal assessments that cover 6 main areas of sin and suffering (abuse, anger/resentment, sexual immorality, guilt/shame, fear, and grief).
- Learn to help identify root causes of brokenness in the mentee's life.
- Show others how to walk in freedom found only in Christ through redemption by helping to build a biblical and theological foundation of understanding of the gospel.

One of the main ways that you will succeed as a Soul Care mentor is by knowing and sharing the story God has given you openly and honestly with your mentee. Mentoring with Soul Care is different than other types of discipleship and mentoring opportunities in that it is finite and is not designed to be long term, we encourage mentees to see this process as a season of intensive discipleship in the area of sin and suffering, not an ongoing process.

Time Commitment

Mentors will meet weekly with your mentee(s) for 1-3 hours depending on where you are in the curriculum for 14 weeks. We ask the mentors commit to missing no more than one week of mentoring. Thrive mentors do not attend the weekly Thursday night Thrive group meetings. The various offices at the Soul Care building will be made available to you during office hours or you may meet with your mentee at a time and location of your choosing (a coffee, restaurant, Central Market etc.). On the last night of Thrive, we will have a time of celebration in which you will be able to encourage your mentee and tell others what God has done during this semester of Thrive. The Celebration Night will take place on the last date of Thrive.

Mentor Training Sessions

If this is the first time you are serving as a mentor, you will be required to attend two mentor training sessions throughout the semester (one before Thrive begins and one in the middle of the mentoring process). As we get closer to training time, you will receive an email to sign up for the mentor training session that you prefer. Each of these sessions will focus on a specific aspect of mentoring and guide you through your role as a mentor. You will receive all of the mentoring materials during your first training session, nothing is required of you prior to this first training.