

# mentoring & coaching

HERE  
2 stay.

*discussion guide*



Gather a group of people (consider all ages) to watch the video and then to explore, discuss and consider some action steps that may follow.

## DEFINE

What does 'mentoring' and 'coaching' look like from your experience?

*Life is not meant to be journeyed alone but together in community. The process of mentoring and coaching involves making time to listen, time to encourage, time to be available, time to be accepting...time is precious today, but spending time walking with someone else is what we are called to do.*

## WATCH THE VIDEO

This is ONE example of ONE aspect of what 'mentoring and coaching' could be.

Spend time exploring more of this topic and consider some of the opportunities around these final questions,

- ❖ “Who is influencing your life?”
- ❖ “Whose life are you influencing?”



# DISCUSSION

*Reflecting on the story.*

- ❖ What stood out for you in this story? Why do you think that is?
- ❖ Have you had the privilege of walking alongside someone like Emily in your life?
- ❖ Has someone walked alongside you through one of life's challenges?

# DEEPER

*Unpacking the building blocks listed on the video.*

- Create a safe place
  - Choose to invest deeply in someone
  - Help them to grow
  - Be an active listener
  - Be committed to the relationship (available & present)
  - Allow your life to influence another
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- ❖ What influence did the people in your home have in your development? [*Think about the mentoring that happened within your family – has it been positive or negative?*]
  - ❖ What are the qualities of a 'safe' person and who have been some of the 'safe' people in your life?
  - ❖ What have been some 'safe places' where you were able to open up & connect with people?
  - ❖ What are your feelings and concerns (if any) about becoming a mentor?
  - ❖ As you come alongside someone, what lessons or experiences from your life could be shared?
  - ❖ Why is being invited into someone's life a privilege? What responsibility comes with that privilege?

# DISCOVER

Digging into stories in the Bible that reinforce these building blocks.

## KEY VERSE:

Proverbs 27:17 “As iron sharpens iron, so one person sharpens another.”

## READ:

2 Kings 2:1-14 Elijah & Elisha

- ❖ Why do you think Elisha was so insistent that he stay with Elijah and go to Bethel, Jericho and Jordan? (vs 2,4 and 6) (*It indicates the strength of the relationship. Elisha wanted to stay close to get the most out of his teacher/mentor Elijah. Elisha is committed to the mentoring relationship.*)
- ❖ What do you think Elisha could have been thinking as he saw what God did with Elijah’s cloak? (vs 8) (*The power of seeing ministries/gifts in action. Seeing God at work in someone else*).
- ❖ What do you think might have been the motivation behind Elijah’s question to Elisha? (vs 9) (*Elijah’s desire to pass on his knowledge and experience and seeking the best for Elisha*)
- ❖ What is the benefit of “walking along and talking together”? (vs 11) (*This is at the heart of mentoring – walking alongside someone in his or her life’s journey*).
- ❖ What are some of the building blocks of ‘mentoring & coaching’ you see in this Biblical account?
- ❖ Can you think of other stories in the Bible that reflect a ‘mentoring & coaching’ relationship?

# DECIDE

*Make an intentional plan to implement something from this discussion*

- ❖ Are there people like ‘Emily’ in your midst? In your family, street, school, university, sporting team, church, workplace?
- 1. **Create a safe place**  
What safe place could you provide?
- 2. **Choose to invest deeply in someone**  
Is there someone God is prompting you to walk alongside?
- 3. **Help them to grow**  
List 1-3 action steps to help on their journey towards growth.
- 4. **Be an active listener**  
What does it mean to be an active listener?
- 5. **Be committed to the relationship (available & present)**  
What does commitment to the relationship look like in practice?
- 6. **Allow your life to influence another**  
How can your life be a positive influence?

# DARE

- ❖ Why don’t you share your own ‘mentoring & coaching’ story.
- ❖ Film it and send it to us. If it is 3-5 minutes long...we would love to share it with others.



For more information & resources:

**[here2stay.org](http://here2stay.org)**

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