

One-to-One
Discipleship Training

Fellowship Bible Church of NWA
Women's Ministry

Table of Contents

Basics of Discipleship _____	3
Being an Effective Discipler _____	6
Practical Aspects of Discipleship _____	11
Resources _____	13
Helpful Tools _____	14

I. Basics of Discipleship

A. Definition: “The intentional process of producing and releasing spiritual leaders who know and express the authentic Christ in Northwest Arkansas and the world.”

B. Integrated Discipleship:

- corporate
- family
- work
- community
- one-to-one

C. Course Objective: to consider the *spiritual* and *practical* aspects of discipling through the topics of listening, loving and praying.

D. Personal Objective:

**And Jesus said to them, “Follow me, and I will make you fishers of men.”
Mark 1:17**

- spiritual growth (knowing God and His Word)
- obedience (following God, loving others)
- multiplication (making “disciple-makers”)
We do our part. God does His

E. Why disciple?

1. Scriptural Basis:

Matthew 28: 18-20

“Then Jesus came to them and said, ‘All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.’”

2 Timothy 2:2

“And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others.”

Titus 2:3-5

“Likewise, 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 urge 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.”

2. Practical Basis:

“The Word of God alone is not God’s method (of changing lives). Otherwise the millions and millions of Bibles we have in the world would assure us of a strong spiritual future. God’s method is to use laborers to courageously love and challenge others with the truth of scripture. This willingness to step forward into the life of another, is the spark that changes the world.” -David Riner

F. Spiritual Qualifications

1. A woman must have a personal relationship with Jesus Christ. We are co-missioning with Christ.
2. She will also have confidence to trust God’s promises, help, and power to do His work.
3. She will have a willingness to walk alongside another woman on her life journey.

John 15:4 “Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.”

Philippians 4:13 “I can do all this through him who gives me strength.”

G. Barriers to overcome Fear of Discipling:

<p style="text-align: center;"><u>Listen:</u> What do I think or feel, what are my experiences, what does culture say?</p>	<p style="text-align: center;"><u>Love:</u> What does God's Word say? (Act out of these Truths.)</p>
<p style="text-align: center;">What if I don't know what to say?</p>	<p style="text-align: center;">Proverbs 10:19 When there are many words, transgression is unavoidable. But he who restrains his lips, is wise.</p>
<p style="text-align: center;">I'm not qualified.</p>	<p style="text-align: center;">Prov. 3:5-6 Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.</p>
<p style="text-align: center;">I have needs of my own.</p>	<p style="text-align: center;">Phil 4:19 And my God will supply all your needs according to His riches in Christ Jesus.</p>
<p style="text-align: center;">What if I get tired of mentoring or I don't feel like it?</p>	<p style="text-align: center;">Galatians 6:9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.</p>
<p style="text-align: center;">What if I say something wrong?</p>	<p style="text-align: center;">James 5:16 Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.</p>
<p style="text-align: center;">What if I am lacking God confidence?</p>	<p style="text-align: center;">Phil 4:6-7 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.</p>
<p style="text-align: center;">I can't do this alone.</p>	<p style="text-align: center;">John 15:5 I am the vine, you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.</p>

Pray: That my thought patterns would come into line with God's Word.

Practice: How will I think differently because of the truth of God's Word? How will this truth impact my life practically?

II. Being An Effective Discipler

To be an effective discipler, a woman must LISTEN, LOVE & PRAY.

A. LISTEN

1. Developing Intimacy:

Active listening conveys interest, concern and understanding. Effective listening should develop intimacy over time moving from the chit-chat level to deeper levels of sharing feelings, ideas, opinions, hopes, dreams, fears and failures. As deeper trust develops, deeper sharing may occur.

INTIMACY LADDER

↓ Chit Chat
↓ Schedules
↓ Kids (if relevant)
↓ Significant Relationships
↓ History
↓ Hurt

2. Effective listening involves:

- Availability: if you can't meet, you can't listen or disciple
- Confidentiality: determined care not to share with others what is shared with you
- Compassion & Grace: without criticism and judgment
- Discernment & Wisdom: the work of the Holy Spirit (James 1:5)
- Recognizing struggles, reflections of self-worth, bitterness, guilt, & sin issues (This can lead us to areas to focus on.)
- Eliminating distractions (i.e. silencing your phone)
- Avoiding shutting them down. (i.e. Don't be a know-it-all.)
- Encouraging to share more: "How did you feel....?", "Tell me more..."
- Listening without shock or condemnation (Turn to wonder: *I wonder what brought her to this belief? I wonder what she is feeling right now? I wonder what my reaction teaches me about myself?*)
- Learning to ask profitable questions: "You said..., what do you think you ought to do about that?"
- Discerning their convictions and conscience

- Evaluating the underlying problem without making assumptions or trying to fix (Respect people's journeys and trust the Holy Spirit inside of them to lead them into all truth...in His timing. Resist temptation to offer quick advice.)
- Pointing others to Christ-the FIXER

3. Listening Pitfalls:

- Running Ahead: thinking about what you are going to say next, planning a rebuttal
- Wandering Off: being preoccupied, thinking about personal interests or daydreaming
- Jumping In: interrupting the other person's thoughts to interject your own
- Brushing Away: mentally categorizing the speaker's thoughts as unimportant or insignificant without duly considering them or assuming you already understand his or her perspective
- Blocking Out: refusing to acknowledge the topic the person is addressing, selectively filtering the message to block out portions of what is being said

4. Keep working to improve your listening skills.

- PRACTICAL APPLICATION: What kind of listener am I?

Please write down one way you can improve your listening skills this week:

-
- Our goal is not to match women in order to fix them. It is the Holy Spirit's job to do His transforming work in hearts and lives, not ours.
 - Our purpose is not to give advice. Most of the time advice is not wanted. We need to listen, love, pray and point women to Christ. (Great question: Do you just want me to listen?)
 - As you listen carefully to your mentee, be sure to help her apply the Word of God to her life. (Phil 3:10) Use the Faith Definition tool.

B. LOVE

Discipling with love, is pursuing and developing a relationship with another woman in order to recognize and celebrate her God-given uniqueness and worth, walking alongside her and challenging her to yield herself to become all God has in store for her. Consider looking for her giftedness, passions and interests. Encourage her in these.

1. Active Love Involves...

a) Being able to build a relationship

- Opening your heart and mind to another
- Honoring and celebrating another
- Sharing personal stories
- Praying for another

b) Being Real

- Authenticity leads to intimacy. Through intimacy you experience God's embrace.
- James 5:16 "Therefore confess your sins to each other so that you may be healed. The prayer of a righteous person is powerful and effective."

c) Confidentiality: Determined care not to share with others what is shared with you

d) Being Humble: Think of yourself as someone who could stumble too. Share when you have made mistakes or sinned. Don't provide too much detail to cause another to stumble too.

e) Being a Teacher: Equip the younger woman to do the same thing you have done with her with another.

I do, you watch.

I do, you help and pray.

You do, I help.

You do, I watch and pray. '

f) Showing Compassion and Grace: Bear one another's burdens

g) Seeking Heart Transformation: Pray for and work toward heart transformation, not behavioral change.

- h) Ending well: Inspire your disciplee to prepare herself to be able to pour her life into the life of another woman. Watch her grow and be encouraged.
- Help her find out what Fellowship has to offer in the way of equipping classes or courses that may be of great assistance to her.
 - Get her ready to leave the nest but never your circle of friends.
 - Consider walking her through this training when the time comes.

2. The Greatest Expression of Love is sharing the love of the Heavenly Father with her.

- a) Do not assume anything spiritually as it relates to the woman with whom you are walking. Start with knowing what she believes about Jesus.

1 Peter 3:15 “But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect...”

- b) Prepare your spiritual story and share it. Consider following the simple format below. (This can be brief or detailed. Note what version is appropriate when you share). We will follow up with you to hear your personal story.

MY SPIRITUAL STORY

*Before I became a Christian...

*How I received Christ:

- What was my turning point?
- What is required to “receive Christ?”

*After I came to know Christ...

- What difference has Christ made in my life?

Remember, we are not called to be the Holy Spirit, but we are called to be a witness.

We all need to know how to share Christ with another woman and be prepared to do it. It will help to practice your testimony out loud. Try not to include churchy terms like: Justification, Sanctification, Glorification, etc.

C. PRAY

One of the biggest commitments you make when you begin mentoring is to pray!

Not only do we consider that it is of great importance that you pray with and for the other woman, but we also encourage you to ask someone to be your Prayer Warrior to pray for both of you as well.

Galatians 6:2 “Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

James 5:16b “The prayer of a righteous person is powerful and effective.”

1. **Model Prayer**: Pray at every opportunity.

- Pray prayers of Adoration, Confession, Thanksgiving and Supplication together. (A.C.T.S.)
- Model yielding to God in prayer.
- Model sharing life-changing personal requests & asking for her prayers for you.
- Celebrate the answers together.

2. **Minister with Prayer**: Prayer gives hope!

- Pray while you are together! Pray for God’s will in her life. Be specific and celebrate together God’s answers.
- Consider prayer journals.
- Teach her to pray scripture for herself and others. Consider finding specific verses that you can pray on behalf of each other.
- Guided experiences in prayer can be very helpful. Teach her by example.
- Have a prayer partner who prays for you and your disciplee while you’re together.

III. Practical Aspects of a Discipleship Relationship:

A. A discipleship relationship requires:

- Faithfulness
- Availability
- Teachability
- Honesty
- Transparency
- Dependability
- Confidentiality
- Initiative
- Timeliness

B. Tips for discipleship:

- Consider her expressed needs
- Look for ways to be a practical blessing in her life
- Have realistic expectations– talk about your expectations; ask God to show you His
- Pray:
 - ❖ God would use you
 - ❖ God would change you both
- Don't feel like you must have all the answers
- Be prepared by doing your lessons & memorizing scripture
- Ask for God's help and wisdom and for sensitivity to the Holy Spirit
- Associate with Women's Ministry & Discipleship
- Keep learning, reading great books, & pursuing training
- Resources:
 - ❖ Discipleship.org
 - ❖ Replicate Ministries

C. Essential Meeting Elements: Consider the following elements as you plan to disciple:

- Selection** – Look for women who are Faithful, Available and Teachable.
- Time** - Be punctual. Use the time you have. Set the next date & time.
- Location** – Choose the place that works best for the two of you.

- First Meeting** - Cover commitment, time, location, confidentiality, and get to know each other. Share your personal testimony/ spiritual story (5 min). Ask her to share hers with you. Exchange info. ("Share My Journey" worksheet is provided at the back of this material.)
- Relational time** – Be sure to connect faith and life together.
- Spiritual time** - Consider the materials that you have prepared together. Be authentic. Share briefly the faithfulness of God in your life. Encourage daily quiet time, Bible reading and memorization. Open your Bibles
- Listen** – Listen carefully to hear the heart of the woman with whom you are meeting.
- The Word of God** – Be certain to go together into the Word and look up scriptures together.
- Prayer time** - Pray. Keep track of requests & answers.
- Questions** - Ask good open-ended questions. Seek direction from the Holy Spirit.
- Share the Vision of Multiplication** - Begin the process early in your time together of encouraging her to consider walking with another woman in the future.
- Reassess relationship & progress frequently** - meeting goals, need changes...?
- Ending A Discipling Relationship Well** – The goal is to release them to become a "Reproducing Parent" and both of you multiply. You may consider having her lead you for several meeting times, so she has experience leading in a safe environment. Consider coaching her and praying together about who she will walk alongside.

D. Why does multiplication sometimes fail to occur?

- Insufficient God-confidence and/or training/fear in your mentee.
- Vision for multiplication lost or never "caught".
- Realities in life and timing, illness, relocation, babies, etc.
- Failure to understand God's direction
- Lack of character, skill, passion, or mission/vision for discipleship
- Easier to focus on self rather than pouring into another woman

E. Success:

Success or failure is not up to you and you may or may not see it during your time together. Ask God for His help and blessing to disciple in His strength with His wisdom and with your confidence in Him. Leave the outcomes up to God. Trust the Holy Spirit to do His part.

Colossians 2:6-7 "So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."

Psalms 27:14 "Wait for the LORD; be strong and take heart and wait for the LORD."

IV. Resources

A. Fellowship Resources:

- Regional Discipleship Leaders** – Contact with questions, encouragement and prayer.
- Women’s Ministry** - For more info, call 479-878-2988.
- Fellowship Counseling and Care Center** - For more info, call 479-659-3657.
- Celebrate Recovery** - Find more info at fellowshipnwa.org

B. Assessment Profile:

If you desire to be paired with a spiritually younger woman in Christ, please go online and fill out the Assessment Profile by visiting **wmdiscipleship.fellowshipnwa.org**. Scroll down and you will see the “Complete The Assessment Profile” button. After you submit your profile, your Regional Discipleship Leader will contact you and make arrangements to meet.

V. Helpful Tools

A. R3 Growth Wheel

The R3 Growth Wheel



R3...Reach * Reproduce * Release
Discipleship Wheel Adapted from *Real Life Discipleship*,
Jim Putnam

- 1. Self-Evaluation:** All women interested in discipleship should be able to generally identify where they are on the R3 Growth Wheel. We are to become “Reproducing Parents” as noted on the wheel.
- 2. Discipleship goals:** Mickey Rapier, Fellowship’s Directional Leader, suggests the following goals when discipling:
 - Coaching not Cloning
 - Caring not Controlling
 - Developing not Dominating
 - Releasing not Restricting

B. The “Faith Definition” Worksheet/Concept

1. Faith Definition: Faith is choosing to live as though God’s Word is true regardless of circumstances, emotions or cultural trends. Any circumstance, emotion or cultural issue can be processed through this grid.
2. Use this tool to point women to God and His Word for answers to their struggles! It provides the means to process any difficult life experience. The exercise consists of contrasting your perception of the experience with what God’s Word says about it. This helps you understand how consistent your perceptions are with God’s Word. You fill out the chart and consider the situation related to your feelings, circumstances and what others think. Through faith, the Holy Spirit convicts. The opportunity to pray, make better choices, and align behavior with God’s will arises.
3. Instructions for using the Faith Definition tool:
 - Pray before you begin.
 - Review the Faith Principle. Work to memorize this definition. It can become a filter through which to process life choices. Choose your topic of consideration and write it in the blank at the top of the page.
 - Answer the question: What do I think, feel or what does culture say about this topic?
 - Please put your thoughts in the left column.
 - Consider what additional natural ways you struggle with this topic.
 - Add those to your list. Be honest.
 - The Holy Spirit works in the space between our natural responses and the Word of God (truth).
 - Consider using the Bible’s concordance, BibleGateway.com or another tool of choice to search and discover what the Word of God says about the topic of consideration. Record the spiritual principles found that directly compare to natural choices and any additional helpful or applicable principles.
 - Draw comparisons between God’s Word and your natural choices when you are struggling to live by faith. If possible, make clear comparisons between man’s way and God’s way. As disciplers, please do not miss the opportunity to help another envision how their life would look differently if they were living as God’s Word were true. Encourage her to consider praying that her life choices would come in line with the Word of God. Pray.

God can work in profound ways with this tool; for example, the Holy Spirit convicting of sin instead of a discipler pointing out sin in another’s life.

Faith Definition

Faith is choosing to live as though God's Word is true regardless of circumstances, emotions or cultural trends. Any circumstance, emotion or cultural issue can be processed through this grid.

Topic of consideration: _____

What do I think or feel, what are my circumstances and what does culture say?

What does God's Word say?

--	--

How would my life be different if I was living as though God's Word were true?

How would this change my life regarding my family, my workplace, my community group and with the individual I am meeting with one to one?

Pray that your thoughts and behaviors come into line with the truth of God's Word.

*Revised from *Mentoring 101*, Ron and Della Proctor

**Faith Definition
(EXAMPLE)**

Faith is choosing to live as though God's Word is true regardless of circumstances, emotions or cultural trends. Any circumstance, emotion or cultural issue can be processed through this grid.

Topic of Consideration: **My identity: Low Self Esteem; Comparisons**

What do I think or feel? What are my circumstances? What does culture say?	What does God's Word say?
<i>I feel inadequate</i>	<i>I am a child of God. (John 1: 12)</i> <i>I have been justified. (Rom 5:1)</i> <i>I am bought with a price;</i> <i>I belong to God. (1 Cor 6:19-20)</i>
<i>I compare myself to others and fall short.</i>	<i>I am a saint. (Eph 1:1)</i>
<i>I lack confidence.</i>	<i>I am redeemed and forgiven. (Col 1:14)</i> <i>I am complete in Christ. (Col 2:10)</i>
<i>My identity comes from what I accomplish and I am never enough.</i>	<i>I am hidden with Christ in God. (Col 3:3)</i> <i>I have been chosen to bear fruit. (John 15:16)</i>
<i>I am a people pleaser.</i>	<i>I can do all things through Christ who strengthens me. (Phil 4:13)</i> <i>I am a citizen of heaven. (Phil 3:20)</i>
<i>My identity comes from what people say about me.</i>	<i>I am God's temple. (1 Cor 3:16)</i> <i>I am God's co-worker. (2 Cor 6:1)</i>
<i>My looks, behavior, & accomplishments tell me what to believe about myself which is usually disappointment.</i>	<i>I am God's workmanship. (Eph 2:10)</i>

A. The “SOAP” tool: A tool that can be used with any devotional, quiet time, or Bible study. This method can help us process how to personally apply what is read to life. It can also enable us to share our learning with others. (see pgs. 21-23)

1. “SOAP” can provide a framework for journaling and devotional times! It requires a reader of the Word to slow down to consider and apply the Word.
2. Many don’t have a grid through which to process scripture on a regular basis. Drawing personal and practical applications from Bible reading doesn’t necessarily develop naturally. This tool assists with both of these opportunities for growth and provides an excellent resource for any disciplers’ tool chest.

S stands for Scripture

O stands for Observation

A stands for Application

P stands for Prayer

3. Instructions for using the SOAP tool:

- Pray before reading the Word. Ask God to speak through His Word.
- 2) “S” - Read the Scripture passage and choose one or two verses to write in the “S” blank.
- 3) “O” - Observe what you have read. Slow down, perhaps reread and consider who is speaking, why it may have been said, to whom it was being communicated, etc. What does this scripture teach you about God, mankind, etc? These types of questions are observation questions
- 4) “A” - Application is the place to note how different life could be if the reader was living consistently with the Word of God. This may include big shifts in life choices or small life, heart or motivation adjustments.
- 5) “P” - Prayer. Finish by completing the “P” section of the document. Write out your prayer to God. You may want more room to journal. Consider choosing to be thankful for something in this prayer.

Wayne Cordeiro, author of Divine Mentor, suggests titling your writings each day and compiling these considerations resulting in a record of devotional thoughts and growth.

“SOAP”

Pray. Consider asking God to speak to you through the Bible as you read and consider His Word.

Read a chapter or several chapters of the Bible. What jumps out at you? Consider a few moments of silence to listen to what God wants to say to you.

S Scripture (Write out one Scripture verse that stands out from your reading.)

O Observation (Make observations about the passage you read.) What did I learn about God, mankind? What did I read that included a spiritual principle - something fundamentally true?

A Application (How might this verse apply personally?) As an influencer of others, who do I need to be? Does this scripture inform me of to what I need to do? If so, how? Is this a verse I need to memorize?

P Prayer (Write out your prayer to God, asking God for wisdom. You may want more room to journal.) Consider choosing to be thankful for something in this prayer.)

(Revised from The Divine Mentor by Wayne Cordeiro)

**“SOAP”
(EXAMPLE)**

Pray. Consider asking God to speak to you through the Bible as you read and consider His Word.

Read a chapter or several chapters of the Bible. What jumps out at you? Consider a few moments of silence to listen to what God wants to say to you.

S Scripture (Write out one Scripture verse that stands out from your reading.)

Luke 10:41-42 “Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

O Observation (Make observations about the passage you read.) What did I learn about God, mankind? What did I read that included a spiritual principle - something fundamentally true?

Jesus & His disciples were traveling through, stopped at Martha’s home by her invitation. Mary, devoted to Jesus, sat at her Lord’s feet – not wanting to miss anything Jesus said. Martha, (a doer) distracted and busy with preparations that had to be made, obviously frustrated with her sister not helping. Maybe she thought “if I don’t do it, it won’t get done!” Or, “If I could get some help here, I’d get to do the best sooner!” Martha comfortably complained to Jesus with the expectation that He would set it right!..like a friend and rescuer!

Jesus replied with a gentle, loving response as a caring friend but also as a firm counselor who saw beyond the immediate ...after all, He was the Lord of the loaves and fishes, perhaps He didn’t come for the food and hospitality...or He wanted Martha to realize although work would always be there, He would not!

A Application (How might this verse apply personally?) As an influencer of others, who do I need to be? Does this scripture inform me of to what I need to do? If so, how? Is this a verse I need to memorize?

This Scripture reading begs self-inventory: When I am too busy for Jesus? Is my devotion whole hearted or easily interrupted by the hay and stubble that will soon pass away? What precious opportunities have I missed because I failed to understand or heed the one necessary thing? To sit at His feet has lasting treasures...that cannot be taken away...! I want that! I realize apart from you, Lord, I can do nothing of any consequence.

P Prayer (Write out your prayer to God, asking God for wisdom. You may want more room to journal.) Consider choosing to be thankful for something in this prayer.)

SHARE MY JOURNEY

Name: _____

Phone: _____ Email: _____

Address: _____

Birth date: _____

Personal Information (circle): Single Married Divorced

Blended Family Widowed

Children + Ages: _____

Education: _____

Occupation: _____

OK to contact at work? _____ Work phone: _____

Passions: _____

Hobbies: _____

Talents/Skills: _____

Personality: _____

Spiritual Gift(s), if you know: _____

Significant Relationships: _____

Spiritual Journey: _____

Growing Up:

Siblings: _____

Where I was born: _____

Where I was raised: _____

Favorites:

Color: _____ Food: _____

Collectible: _____ Activity: _____

Sport: _____ Room in my home: _____

Fragrance _____ Style of Music: _____

Place to visit: _____ Time of day: _____

Place you have lived: _____ Way to communicate: _____ Something

God is doing in my life: _____

Alternate Outline for Writing Your Testimony

What significant struggles or searching have you experienced in your life that caused you to turn to something outside yourself?

What pain or experience led you to Christ or back to Christ?
How was pain in your life a wake-up call for you to turn to Christ?

What is the impact of Christ's forgiveness in your life?

How have you seen the power of Christ or the Word change you?

Why would you recommend a relationship with Christ to anyone else?

DISCIPLESHIP PRAYER CONSIDERATIONS

That she would be blessed for pursuing God
That her family would be blessed

That she would be willing to let the Lord truly reign in her life
That the Lord would bring Christian friends into her life

That she would be truthful to herself and God about where she is in her journey
That she will develop a trusting relationship with you.

That she is spending time daily with the Lord
That she is praying regularly

That her family would be supportive of the time she spends in her mentoring relationship
That she would be prepared

That she would be infused with hope from spending time with you
That God would reveal sin or strongholds in her life

That she would deal with sin in her life
That she would see sin as God does

That she would be teachable
That she would have the fruits of the Spirit

That God would give her discernment about her time and decisions
That she would put on the full armor of God daily

That she would experience worshipping God regularly and passionately
That she would come to have great God-confidence

That she would come to be able to live above her circumstances
That she would be willing to forgive those in her life that have hurt her

That she would engage in sharing Christ with others around her
That she would become equipped to pour into another woman in time

Mentoring Covenant

We agree to meet _____(frequency) for the time period of _____in order to grow in our relationship with one another and with God.

We agree to prepare our material and invest the necessary energy toward the change that God wants to accomplish in our lives.

We agree that anything that is shared in our discipleship relationship will remain private and confidential.

We agree that we will evaluate our connection and effectiveness in meeting after _____(time period).

We agree to pray regularly for one another.

Signed, Dated

Signed, Dated

Other possibilities:

I agree to connect with God regularly in His word and in prayer.

I agree to learn how to communicate the gospel.

I agree to pray and watch for faithful women, able to teach others to pass on what I am learning.