

How to Choose a Mentor

A mentor is a valuable part of your *re:generation* experience. A mentor provides a stable relationship for you outside of the recovery group throughout your time in *re:generation* and, potentially, beyond. The mentor's role is to point you to God, pray, encourage you, know you, listen to you, help you process through the steps, and provide biblical guidance. It is up to you, the participant, to secure a mentor.

A qualified mentor must:

- Be a committed Christian
- Be a member of a Christian church local to you, the participant (if you regularly attend a Christian church, finding a mentor from your church home should be a priority)
- Be the same gender as you, the participant
- Have biblical foundation for life
- Have a clear understanding of the Gospel

Qualities that are **not required** but could be helpful when considering mentor candidates include: someone you already know and trust, someone within an existing group already committed to helping you grow in your faith, or a person with previous recovery experience. Regardless of these traits, any mentor would still have to meet the five requirements listed above.

How to identify a potential mentor if one does not easily come to mind:

- Pray. Ask God to help you address any personal fears of being known or thinking that you are a burden. It will be a privilege for someone to walk alongside you, bear burdens, and encourage you.
- Create a list of names who meet the above criteria: who do I know in each area of my life? (church, Bible study, friends, family, work, school, other organizations)
- If you are not a Christian or don't attend a particular church, do some research on local Christian churches (try to find a church that shares *re:generation's* [statement of faith](#)), download and personalize the Mentor Request Letter. Then, take this letter along with the Mentor Qualifications and Job Description document to a local pastor.
- If you still have trouble finding a mentor, talk to your *re:generation* group leaders. They will help you brainstorm ideas and provide direction.

Initial communication with a potential mentor:

- If you don't know how to ask someone to be a mentor, read over the [Mentor Request Letter](#) to get an idea of how and what to communicate.
- Look over the [Mentoring Agreement](#) to solidify the commitment you are asking of the mentor (for example: how often do you wish to meet face-to-face or communicate?)
- Provide the candidate with the [Mentor Qualifications and Job Description](#) document along with a blank version of a Mentoring Agreement.
- Refer the potential mentor to the *re:generation* website to view a short introductory video about mentoring. www.regenerationrecovery.org/resources/mentor-resources/.
- Give the candidate a decision target date so that you can ask someone else if the candidate is not able to be your mentor.

After someone agrees to be your mentor:

- Direct your mentor to complete the [Mentor Training Module](#) and email you proof of completion. This training can be accessed at www.regenerationrecovery.org/resources/mentor-resources/.
- Complete and sign the Mentoring Agreement.
- After finishing the Mentor Training Module, your mentor should receive an invitation to join watermarkresources.com to access all mentor resources. If not, reach out to your ministry leadership.
- Note: To move forward in the steps, some *re:generation* ministries require that participants have a signed Mentoring Agreement and proof of mentor training completion.
- Be faithful to keep fulfill your side of the Mentoring Agreement. If your mentor is unable to keep up his or her end of the agreement, discuss finding a new mentor with your step group leaders.