

# Mentor Job Description

A *re:generation* mentor is a **guide** outside of the *re:generation* group who is granted authority by a participant to speak into his or her life for the sake of spiritual growth and recovery. The only requirements for mentorship are that the person **must be a committed Christian** of the **same sex** who has a **biblical foundation** for life and a **clear understanding of the Gospel**.

## **Other Mentoring Qualities May Include (not required):**

- An existing relationship with the participant prior to *re:generation* that could continue after recovery.
- Someone who is committed to the participant's spiritual growth. *Note: If a group of Christians are already committed to the participant, multiple group members may provide mentorship together.*
- Someone who is local to the participant.
- Someone with recovery experience can be helpful.

## **Expectations of a mentor can be remembered by the acronym H-E-L-P:**

**Hold Tight:** Cling to an honest, authentic, dependent relationship with Christ yourself (1 Corinthians 11:1)

- **Be faithful in your own walk with Christ.** Confess/repent of sin, live authentically with other Christians, dwell in God's word, practice reconciliation. Show that a daily relationship with Jesus brings life, freedom, and joy.
- **Pray for the ministry and for your own spiritual health daily**—apart from Christ, we can do nothing.

**Earn the Right:** build trust for an honest, authentic relationship with the participant (Proverbs 22:11, 27:9)

- **Be authentic** with the participant: share your own story, struggles, and relationship with Christ.
- **Listen** to the participant. Hear about his/her pain, struggles, wins, losses, and relationship with God.
- **Agree upon expectations and follow through** with your part (**See Mentor/Mentee Agreement**):
  - Establish the frequency of mentor/participant communication that works for both of you
  - Agree about how often you meet face-to-face for curriculum updates (daily, weekly, long-term)

**Love Through:** love the participant through the recovery process (Galatians 6:2)

- **Know/support/encourage/love the participant** throughout the process of recovery. Share burdens.
- **Encourage attendance at church and *re:generation*** weekly.
- **Check up regularly** regarding homework, 24-hour sobriety, and the participant's plan of care.
- **Help with these steps:** (See resources for these under the Mentor section of [watermarkresources.com](http://watermarkresources.com))
  - Step 4, Inventory—set deadlines, help when stuck, encourage;
  - Step 5, Confession—be there to listen to the inventory
  - Step 6, Repentance—help with repentance plans
  - Step 9, Amends—help with Amends plans and follow-through
  - Step 12, Regeneration plans—what to do after recovery
- **Assist with conflict resolution;** if needed, partner with fellow participants or leadership to help work through conflict in a biblical manner (Matthew 18:15-17).
- **Communicate with the step group leadership** as needed about how to best love the participant through each stage of recovery (provide cell and email).

**Point to Who:** only a personal encounter with Jesus Christ will heal the participant. (Proverbs 127:1)

- **Jesus is our rescuer.** The goal of the *re:generation* curriculum, leaders, and mentors is to direct the participant to Christ. He is the only one who can heal the participant. *It is not up to you.*
- **Rely on scripture for counsel and guidance** rather than your own opinion (Hebrews 4:12). Speak scripture with grace and kindness. Use *re:generation* issue sheets if you don't know what scripture is relevant!
- **Pray daily for the participant**—that the Holy Spirit would compel him/her to trust and obey God's word so that he/she might experience the freedom, joy, and purpose that God promises for us who are fully-devoted to Him.