

COURSE INSTRUCTOR: Dr. Wanda Walborn

SF703.NA/NOS – Capstone

Vivian Mbaukwu

4/15/23

In this essay, I would explore what it really means to be a spiritual mentor to someone. I will typically utilize my class discussion and the spiritual mentoring book by Keith R. Anderson and Randy D. Reese to illustrate this point. A mentee is someone who seeks to develop spiritually. A person who wishes to inquire about God, life, and oneself. One who is open to discussing personal matters. one who listens to the mentor's instructions and shows respect for them. A spiritual mentor is someone who genuinely cares about you and your well-being. A mentor is someone who has knowledge

(Dr Martin Sanders)

ISSUES

One of the most frequent requests I receive from younger women is for a spiritual mentor as the coordinator of the women's ministry at my church. Some women had hope when I proposed the idea of mentoring a group of eight women for eight weeks. The idea is motivated by lots of hopes. I discovered throughout the small group discussion that the majority of the women are aware of the need to grow spiritually and long for a spiritual mentor to offer guidance and experience. Some long for a nurturing figure to encourage them. Some lack direction and hope that a mentor could give them advice. Some are hurting and hope for healing to come as they share their hurts with another. Others feel overwhelmed and are looking for someone who might provide help to ease the burdens of life.

When I approach some of the older ladies with the request of mentoring, they are often hesitant. Most of them have never been mentored and they rightly wonder, What exactly do I want from

them ? Some of them are fearful, not assured of their own ability to lead another because of past failure. For some, they may desire to mentor, but lack clarity on what to do in their time together.

INSIGHT INTO MY OWN GROWTH AS A MENTOR

By promoting spiritual mentoring in my small group, I created progress. For the past eight weeks, I have developed an idea from spiritual mentoring (Keith R.Anderson & Randy D.Reese), and (can I really get close to God by Dr Wanda Walborn) and making the mentees to answer some questions from the book each week

The mentor and mentee developed a very close relationship after studying chapter one of CAN I REALLY GET TO GOD? (Page 29) LET ME LOVE YOU.The group views this chapter as both an invitation and a love offer from God. Through discussion, the group came to understand the book CAN I REALLY GET TO GOD, which Desperation for God, brokenness, God's desire for us, what a spiritual journey is, identity, hearing God, and character development are among the topics covered.

The book also reveals to the small group challenges to growth by identifying obstacles including lies, fear, anger, shame, refusal of love and disobedience. Spiritual Journey by Dr. Wanda Walborn assisted both the mentor and the mentee in developing their understanding of the idea of spiritual formation and how to begin our journey toward a closer relationship with God. Particularly in the area of spiritual disciplines like saying yes to God, community, meditation, journaling, listening, prayer, and submission, it provides the mentor and mentee with the chance to instantly reflect and sort through thoughts and feelings that accompany the obstacles. Every week we read the chapters and respond to the questions. We appreciated how each chapter covered four topics: a challenge, a spiritual discipline, and a practice that would assist our small group understand various aspects of the spiritual path.

Mirror moments are provided within each chapter and give the small group the opportunity to immediately reflect and sort through thoughts and feelings that accompany the obstacles. This

book assists in preparing the mentor and mentees to go on the spiritual adventure, navigate challenging situations, remove barriers, and experience the freedom and fulfillment made possible by Christ's presence and power.

Six things I developed during our small group for the past eight weeks are

1. Make and Keep Appointments
2. Listen Well, Talk Less
3. Follow Through with Commitments, Contractual Agreements, and Promises
4. Represent God well!
5. Mindset
6. Communication

Mindset

This group has assisted me in forming a practical perspective. As a mentor, I have also formed a mindset that will significantly affect my quality of life. Which is an essential component for me to live with the proper mental attitude to be content and feel fulfilled in everything I do. In order for me to develop a growth mentality, I work on mental-shifting techniques that will make me believe that everything is possible. This has enabled me to realize my full potential, and in my role as a mentor, I have used the same strategy to inspire my mentee to do the same.

Listening growth:

I have improved my listening skill. As a mentor, I make a point of listening to my mentee instead than telling them what to do. I developed a relationship with them as a mentor that was purely based on their love for one another; the focus of the group was on cooperating as a team.

Communication

I realized that throughout the course of the eight weeks of small group meetings, I had improved my communication skills, which I had learnt from class discussions. We maintain open lines of communication. As a mentor, I support my mentee in establishing reasonable goals. I also let

them know when I would be away. I also forced the mentee to be honest. As a mentor, I always inquire about their objectives and what they intend to gain from the program.

I also realize that we have a strong network of support. As a mentor, I promoted involvement and communication because doing so will aid the group in developing a strong action plan. I have improved at giving my mentees guidance and direction.

The mentee had an excellent understanding of what I doing , the mentor, was attempting to convey, which enabled them to learn the subject at hand. By giving my mentee a practical way to deepen their relationship with God, I have developed growth with the values of spiritual mentoring. By means of the Holy Spirit, I work to help the mentee recognize God's already active presence in their lives. I helped in the process of discerning God's will, which is a powerful tool for developing moral character and ethical principles. I made it possible for them to realize their true identity as God's beloved and accepted children, which is essential for our faith's journey. I serve as a source of inspiration, courage, and hope by offering clarity, direction, and service for their lives.

(page 27.)(Keith R.Anderson & Randy D.Reese),

Conclusion

The group was focused on working as a team, and as a mentor, I helped them forge relationships that were only based on mutual love. Because our fondness for one another does not fade when our desires are focused on the greater hope of knowing Christ. I was able to educate individuals in the group who were unfamiliar with the concept of mentoring during this session. And I was able to mentor those that wanted it so they could go and mentor others. We grow hopeful for a close bond between a mentor and mentee. As a form of spiritual mentoring, our eight-week small group tremendously contributes to the purpose of preparing the saints for the work of ministry.

SMALL GROUP MEETING SUMMARY SHEET

Week one February 5th 2023. Chapters 1, small group of eight

Group names: Olivia Mbadugha, James Michael, Lady Felly Emeze, Josephine Gonji, Uche Ebo, Chinasa Udogu, Ijeoma Duru, Adaora Okeke.

The small group saw this chapter as an invitation or an offer of love.

Purposeful living.. Living not for oneself but to impact others positively. To add value to human lives, help them make their own lives meaningful. As God loves us

Week 2 February 12 2023

Spiritual Journey: what it is and why it important

The goal of a spiritual journey is to seek the Lord; it is significant in our lives because it will enable us to restore our faith and confidence in Him. True spirituality must include an openness of the heart.

It's basically everything that matters in your life. Your spiritual path is reflected in everything you do. However, you ought to conduct your life with the intention of helping others and developing.

Fear of rejection: Many of us have avoided putting ourselves out there, meeting new people, and forming friendships out of fear of rejection. It takes a certain level of vulnerability to make new acquaintances. Many of us have struggled with the fear of being rejected for a very long time. We shall endeavor to be safe going forward by avoiding these circumstances because they breed loneliness and isolation.

Week 3 February 19 2023

A safe community

We concluded that our safe place is a community because a safe community is a gift from God to speak His words of love, affirmation, significance, and acceptance as well as instruction, correction, rebuke, and reprimand. First John 3:16 reads, "This is how we know what love is:

Jesus Christ laid down his life for us . And we ought to lay down our lives for our brothers and sisters.

Week 4 February 26

The brokenness of Jesus. He was despised and rejected by mankind, a man of suffering, and familiar with pain. Today a lot of struggle with the spirit of unforgiveness and obstacles of anger.

Forgiveness plays a role in dealing with anger in a healthy way because It can help free us from the control of the person who harmed us . forgiveness is important for managing anger in a healthy way. In some cases, forgiving someone might even elicit feelings of compassion, empathy, and understanding for the person who injured us. To forgive is not to forget or to justify the wrongs done to us.

Week 5

How thirsty are we for more of God: The fundamental human urge and need for food and water is expressed by hunger and thirst. When we lose our appetite, it is one of the obvious signs that there is a health problem. Spiritually, it is identical. Our basic being is fueled by a thirst and longing for God. God created us in this manner. The absence of a thirst for God's presence is a sign that something is amiss spiritually. Because it is a part of human nature, that hunger frequently finds satisfaction elsewhere rather than by seeking God. The opposite of what is of God can reduce our spiritual desire, much like consuming unhealthy junk food can dull bodily appetite.

Week 6

How do we handle fear? Fear is one of the biggest obstacles to experiencing an intimate relationship with God. It is true that we are to have a strong regard for and fear of the Lord, and that those who sin must worry about the possibility of God's judgment. This does not imply that we ought to harbor unhealthy concern motivated by apprehension for God's disapproval or wrath. According to Hebrews 2:14–15, the fear of death is the spiritual source of all fear. Jesus

was sent to free individuals who had spent their entire lives in captivity because to a dread of dying. By placing our faith and hope in a strong God, we can overcome the spirit of fear.

Week 7

For what reason do you give up prayer for breakthrough in your life

Because trusting him is hard when the things we trust him for, seem not to be changing. And waiting on him seems so futile and tiring because we don't get to hear from him.

Week 8

what is your view in submission to the gods

It is crucial that we surrender to God. When we yield to God, the devil will flee from us because we are better able to oppose him. We listen to God, obey Him, and follow Him when we submit to Him. We acknowledge God as our Lord when we surrender to Him. We must decide to follow Jesus wherever He goes by letting up of our own aspirations, ambitions, and wants. Although at times it may be challenging, we must surrender to God.

