



CELL GUIDE

TOPIC The Criteria for Mentees

SPEAKER Pastor Gary Koh

THEME Mentoring Series

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MESSAGE SUMMARY

INTRODUCTION

Mentors give their mentees advice, coaching, encouragement, and become role models for various areas in their mentees' lives. In this sermon, Pastor Gary Koh shared about the attitude and heart which mentees should have – FAST: Faithful, Available / Accountable, Submissive and Teachable.

THE CRITERIA FOR MENTEES: FAST

1) Faithful

Faithfulness to do the things that we are supposed to do is the first characteristic of a mentee which mentors desire to see (2 Timothy 2:2). Faithfulness means being diligent to consistently practise the things which we have learned, received, heard, and seen in our mentors (Philippians 4:9). When our mentor highlights certain areas in our lives which require change, if we as the mentee refuse to change, we do not grow. Jesus said that one who is faithful in a little will also grow to be faithful in much (Luke 16:10). So we are reminded that we need to be faithful to do what God has told us to do through our mentors.

2) Available / Accountable

As mentees, we need to make ourselves available and accountable to our mentors. We all have busy schedules and everyone has the same number of hours in a day. Mentoring is a sacrifice of time and effort – for mentoring to be effective, we need to respect both our mentor's time and our time. The quality of the mentoring is determined by the quality of the questions we ask our mentors. So we should come prepared and be intentional with our time with our mentors, spending our time wisely (Proverbs 13:20). We should not approach our mentors with the wrong attitude of “feed me so that I can grow fat with knowledge” but fail to practise what we are supposed to do.

To grow in Christ, to grow in wisdom, we need to prioritise time with our mentors, applying Psalm 90:2 which says: “Teach us to number our days, that we may gain a heart of wisdom”.

3) Submissive

The bible teaches us to submit to our leaders who keep watch over us (Hebrews 13:17). But many of us may have an incomplete or warped understanding of what submission means. The word “submit” comes from the Greek military term “hupotassō”, meaning “I place under, put myself into subjection; to yield to one's admonition or advice”. Submission is primarily an attitude of the heart.

There is a difference between submission and obedience. For example, a defiant teenager fails to do his schoolwork and is asked to stand outside the class – even if he obeys, his heart has not changed, and he has not submitted to the authority. Another example is Daniel in the bible, where Daniel refused to obey King Darius' command to worship only him, and Daniel continued to worship the true God – Daniel did not obey King Darius but he submitted to the consequences of disobedience and was thrown into the lions' den. We should therefore examine our own heart attitude and identify whether we are submitting ourselves to our mentors' authority.

When we learn to submit ourselves in humility, allowing the Spirit of God to change us so that we say: “Yes I am willing to obey because I submit to my mentor”, then we become open to correction from our mentors and thereby can grow in wisdom and in Christ.

4) Teachable

As mentees, another criteria is to have a teachable spirit and willingness to be transparent with our mentors. If we only learn more knowledge but our lives are still the same, that is not being teachable. Instead, for the mentoring process to be successful, we need to be open and honest with ourselves and our mentors regarding our struggles and mistakes, and in humility allow our mentors to guide us in areas in our lives which need change (Proverbs 9:9, Proverbs 1:5).

CONCLUSION

Pastor Gary encouraged us to reflect on the areas of life that we need mentoring in, identifying 3 aspects that we need guidance. We should pray about 2-3 people in our lives who can mentor, lead and encourage us in God's perspectives and guidance for those areas. (For example, a mentor in the area of finances teaches not only about finance, but also God's perspective of being a good steward of monies for the glory of God.)

A mentoring culture is important for our church and for us individually as Christians. In the mentoring journey, we mentees grow together with our mentors in love and knowledge of God, and then we can become mentors for the next generation. We are all looking for someone who has experienced life a little more for advice, truth, encouragement and hope.

Pastor Gary also reminded us to be FAST (and not furious) when change does not come easily, because it is a lifelong journey of growing in God, being changed to become more and more like Christ.

QUESTIONS

1. Share about your mentor, past or present, and in what area of your life has this mentor helped you grow?

2. Think about one thing that your mentor (or equivalent) has asked you to change/improve. Share your journey and reflections on how you have been practicing it.

3. In your current season, what are 3 areas you need mentoring in and who can you approach to grow in these areas? How will you make time to do so?