



# One-to-One Discipleship

## A New Mentoring Tool

Discipling another man, sometimes called mentoring, can be difficult to sustain. It takes a few weeks to get to know each other. You talk about the usual job or family stuff but then, it's time to move to spiritual things. Now what? How do you get beyond, "This was how my week went. How can I pray for you?"

That's where *Equipping the Man in the Mirror* comes in. What better way to mentor a man in his faith than to help him get into the regular study of God's Word? So here it is—a plan for using the *Equipping* magazine as a tool for a one-hour weekly mentoring and accountability meeting:

Supplies (each man): A Bible, an *Equipping the Man in the Mirror* magazine, a notebook or journal and a place to meet that has a quiet atmosphere.

### Step 1: Preparation

1. Both men should use the magazine for their daily devotions. Decide in advance if you'll be reading the devotions only, answering the questions and/or reading the scriptures listed each day.
2. Use a journal to write down thoughts from the devotions and questions, and any points that apply to a situation in your life. If you're reading the daily scriptures, include your thoughts about it.

### Step 2: The Meeting

3. Arrive early enough that you can get your coffee or breakfast before you start the meeting.
4. For no more than 5 minutes, share highlights from your week. Remember the purpose of your meeting is to encourage spiritual growth. It's easy to get derailed here, so stay on task.
5. For 15 minutes, talk about the devotionals from the week in the magazine. Use notes from your journals to discuss key points or questions.
6. For 15 minutes, answer the questions "for small group use" at the end of the previous week. Journal any key thoughts as you talk.
7. For 15 minutes, talk about key issues in your own life that you need prayer and direction on.
8. For 10 minutes, write down specific prayer requests and then pray.

### Step 3: The Follow-up

9. Pray for each other daily.
10. Touch base by phone or e-mail at least once or twice during the week.

### Optional Add-on Features

11. Use the *Equipping Your Men's Small Group* section (p. 11) for Suggested Application Steps. This might add some time to your meetings.
12. Set some specific goals for your relationship. Are there specific areas that you need to work on together? Record those in your journal, and set concrete objectives, if possible, that you can track.

May God bless you as you use *Equipping the Man in the Mirror* as your personal discipleship tool.