



## Living Our Values in Lockdown

### MENTORING



*Churches that care about personally accompanying their children and youth in particular, but also adults in their walk of faith are committed to fostering spiritual mentoring relationships.*

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- › **Contact and inclusion is very important during lockdown**, and this can be achieved by keeping in close personal touch using all possible (digital) platforms. Don't forget that with the spread of COVID-19 many young people may feel worried, frightened, overwhelmed and scared. Let your mentee know that you are thinking of them and that you are there for them.
- › **Remote mentoring needs more structure than face-to-face mentoring**, and reflective learning tools can help to facilitate this. An example would be keeping a reflective diary, or prayer journal, during the time of lockdown. You can ask your mentee to do the same and then you can exchange the content of your diary/ journal. This can be done online.
- › **As a mentor you are also dealing with this pandemic**. Be open and honest about that. This will go a long way to making your mentee feel it is okay to talk and feel the way they do. You can tell your mentee about a difficult experience you went through earlier in your life and share how that experience shaped who you are today.
- › **Ask young people to set one personal goal for something they want to achieve during this time**, and then periodically talk about their progress. Support them by connecting them with people and ideas (something to watch, listen or read) that can broaden their world and help them achieve their goal.
- › **Challenge them to do some creative projects that are possible during isolation** and share with them what you are doing (see "Activities to bring us together during isolation" in Useful links)
- › **Keep focussed on what is important - your relationship with your mentee**. Be the listening ear, be the example, be empathetic. Remind them to stay safe and healthy in body, mind, spirit and relationships. Reflect on Philippians 4 and Romans 12 for inspiration and ideas.
- › Commit Col. 1: 9-12 to memory and reflect on this text in a prayer journal.

#### Useful links

- › B Somebody 2 Someone: <https://disciple.org.au/resources/b-somebody-2-someone/>
- › Mentoring as a Way of Life: <https://www.ministrymagazine.org/archive/2017/03/Mentoring-A-way-of-life>
- › Activities To Bring Us Together During Isolation: <https://adventist.scot/news/article/go/2020-04-05/activities-to-bring-us-together-while-isolated/>
- › Good discipleship journal resource to be swapped between mentor and mentee: <https://www.youthscape.co.uk/store/product/swap>

While implementing these ideas, take care to respect the official health protection (Coronavirus) regulations in your country.

For more resources and information about Church of Refuge visit [www.icor.church](http://www.icor.church)

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