

Mentoring at CapChurch

- Christ-centered
- Intentional, committed relationships where all areas of life are open before God for growth and maturity.
- Cap Mentoring is not Life Coaching nor a substitute for Life Coaching. Mentors volunteer their time. There is no cost.
- Cap Mentoring is not counselling. Counselling focuses on problem management. Cap Mentoring focuses on spiritual life maturity and your relationship with God.
- Takes a long-term perspective—helps the mentee step back, dream, and look at all their life can be under God.

Telling your story

Looking to God in the Book

Waking up to God's Presence

Bringing it all Together

Attending to God's Voice

Going Beyond Yourself with God

From Exclusion to Inclusion

With God in Your Skin

Becoming a Wounded Healer

Mentoring Maturity in Christ

A mentor is someone who allows you to see the hope inside yourself

Oprah Winfrey



Birth is quick and easy in comparison to growth which is endless and complex

Eugene Peterson



An invitation to faith mentoring and spiritual maturity at CapChurch



Fall 2010—Spring 2011

Let's see how inventive we can be in encouraging love and helping out . Heb. 10:24

Spiritual Maturity

Spiritual maturity is not the same thing as depth of knowledge. In the Bible, maturity is more associated with faith, love and obedience than it is with knowledge.

The root word for “hear” in the Hebrew means “to obey”. If you really hear God then changed behaviour results.

The movement from information to implementation; the transfer of knowledge to the transformation of character; the journey from believing to obeying requires more than just study.

The process is helped greatly by apprenticing with a spiritual friend, a mentor, a community of faith.

Why is CapChurch offering faith/life mentoring?

One of our God-given mandates is to help every Christian under our care grow towards Christ-like maturity. Our mission statement as a faith community is **Call, Celebrate, Change**, or more fully—**Called to Celebrate Christ and Change Lives**. Modeling and mentoring seem to be one of the best means to accomplish our mission.

What is involved in Cap’s mentoring relationship?

Our mentoring program

- Nine months—October—June
- Mentor and mentee meet with a specific purpose for the relationship and clear expectations re:
 - schedule
 - appropriate topics
 - strict confidentiality
 - permission to speak into one another’s lives
 - “ending” to the intentional mentoring relationship at the completion of the course
- Includes a curriculum with a suggested activity for each of the nine mentoring sessions from October to June.
- Access the mentoring manual on the CapChurch Website at www.capchurch.ca [under “resource downloads” click “Mentoring at CapChurch”].

How do I sign up for mentoring?

- Call Cap’s office; ask to be on the mentoring roster at 604-980-8997 or email mike@capchurch.ca
- **Note:** we will do our best to accommodate everyone who signs up. Matching mentors and mentees depends upon the growing list of available mentors.