

# The Role of Mentorship in Following Jesus

Discipleship is, at its core, about becoming more like Jesus. Not just in what we know, but in how we live—how we believe, how we act, how we love others. It's an apprenticeship, a journey of transformation that shapes every corner of our lives. But here's something that's easy to miss: this sort of deep-level transformation doesn't happen in isolation. We need others. And we need others who we can relate to in a secure, trusting relationship of care and attention. That's why mentorship matters so deeply in the life of a disciple.

We live in a culture of increasing disconnection. The data is clear: people are lonelier than ever, despite the illusion of connection through our electronic devices. And the Church isn't immune. Many Believers feel isolated, unsure of how to bridge the gap between polite conversations at church and feeling truly seen and connected. On an even deeper level, we're unsure how to bridge the gap between believing in Jesus and walking with him in our daily life. Mentorship offers a relational solution to this crisis. It's not the whole of discipleship, but it's a vital piece—a way we can help each other follow Jesus more closely and love him and others better.

Whether you're new to the idea of mentorship or have been walking with Jesus and a mentor for years, here are three ways mentorship can strengthen your journey of discipleship and how you can begin or continue intentional relationship:

## 1. Seek Out Connections

Mentorship begins with intentionality. It might mean seeking out a mentor—someone whose wisdom, encouragement, and guidance can help you grow. Or it might mean offering to mentor someone else, sharing your experiences to support someone else's journey. Both roles require humility and a willingness to take the first step.

Mentorship isn't about perfection or expertise—it's about showing up with an open heart and a desire to grow together in Christ. Whether you are seeking guidance or offering it, the key is building trust through intentional, consistent connection points.

Action Step: Reflect on your life and relationships. Who inspires you in their faith? Invite them to coffee or lunch to hear their story. If you feel called to mentor, ask God to guide you toward someone you can support. Remember, even small acts of connection can spark significant growth.

## 2. Walk Together in the Everyday

Mentorship thrives in the small, everyday moments of life. It's not about formalities or structured programs; it's about presence. Jesus modeled this by sharing meals, walking alongside his disciples, and teaching through the rhythm of daily life. Mentorship is about joining someone in their journey, offering encouragement, listening deeply, and consistently pointing each other back to Jesus.

Neuroscience reveals that our brains are designed to thrive through meaningful relationships. Regular interactions—like sharing meals, praying together, or talking through challenges—create and strengthen pathways in the brain that improve emotional regulation, build empathy, and foster resilience. These ordinary moments, anchored in Christ's love, allow spiritual and emotional growth to flourish.

Action Step: Commit to simple, consistent connections with your mentee or mentor. Schedule a regular time to meet for coffee, prayer, or Bible study. Engage in shared practices like serving together or reflecting on scripture. These small, faithful steps foster trust and create space for God to work in profound ways.

# The Role of Mentorship in Following Jesus

## 3. Build Relational Depth

The goal of mentorship isn't to rush toward results but to embrace the relationship itself. Jesus spent years with his disciples, allowing inward transformation to happen slowly over time. Similarly, mentorship calls us to slow down, invest in others, and trust God to work through the relationship.

Mentorship helps uncover and reshape how we relate to God and others. By being fully present and open, we create space for God's transformative work—not through quick fixes but through steady, faithful investment in each other's lives.

Action Step: Focus on the relationship rather than the outcome. Ask thoughtful questions, be open about your journey, and listen with care. Trust that God is at work in the relationship, shaping both of you in ways you might not immediately see.

## A Call to Action

The connection crisis around us is real, but so is the opportunity to bring healing and hope. Mentorship doesn't need to be overcomplicated—it starts with an invitation, a conversation, and a willingness to walk together. Through these relationships, we reflect the heart of Jesus and help each other grow into his likeness.

This week, take one small step. Pray for guidance and ask yourself: Who has God placed in your life that could benefit from a conversation or encouragement? Reach out, invite them to coffee, or offer to pray with them. These small, intentional acts can set the stage for life-changing relationships.