

Self Reflection

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The Mentoring Network



Aims of the Session



Someone once said that mentoring is like holding a mirror up to someone's face

In pairs, take it in turns to imagine you are holding a mirror up to your partner's face, what do you see? Discuss





What words
come to
mind?

Unworthy? Inadequate? Unqualified? Inexperienced? Too young? Too old? Too busy? Too...whatever...



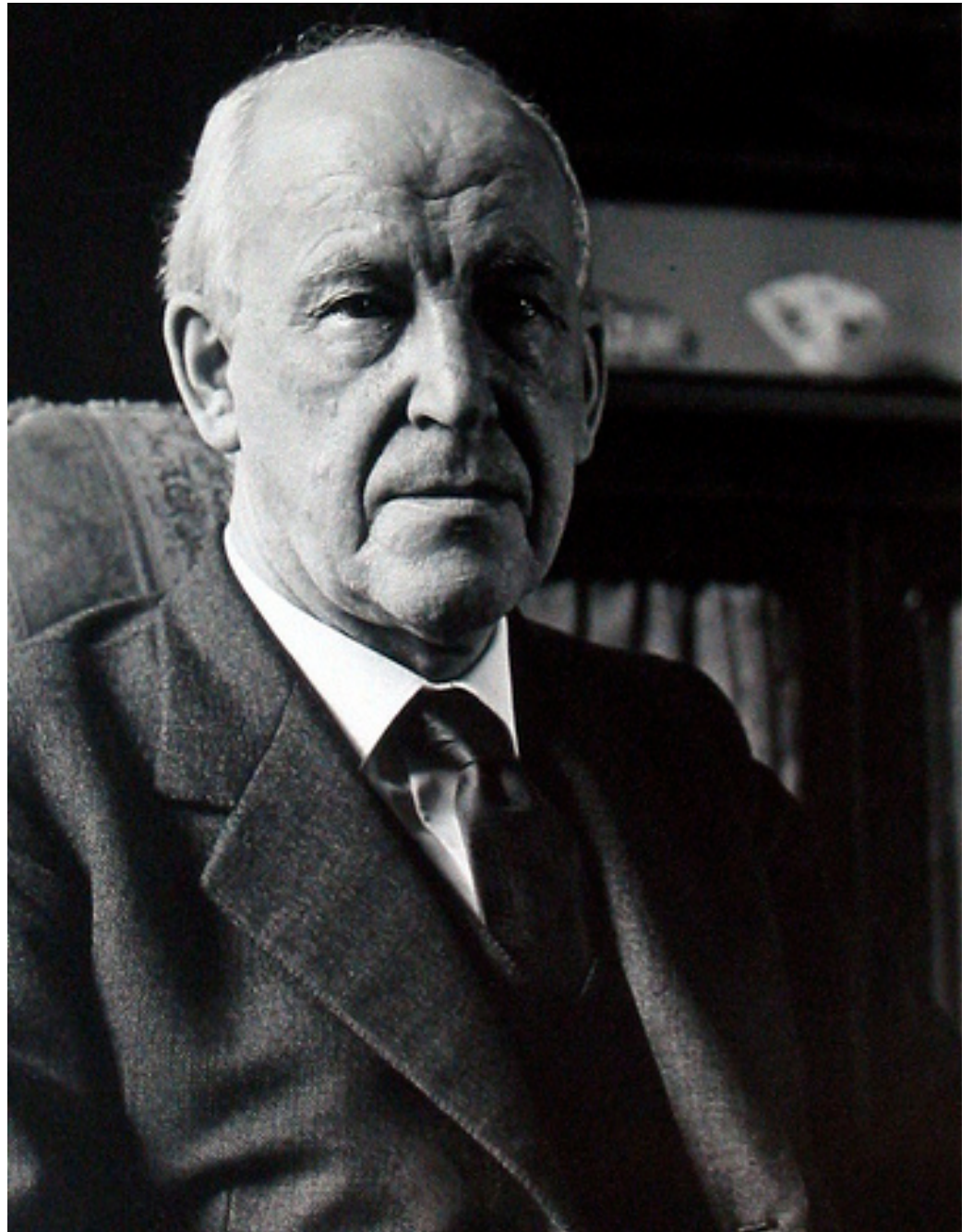
What words
should come
to mind?

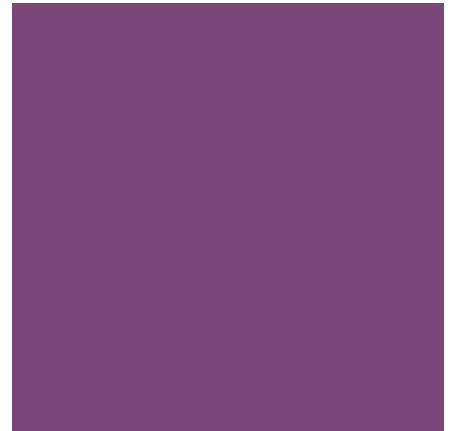
Precious. Valuable. Chosen. Individual. Gifted. Called.
Significant. Unique.



“Christians need to
stop listening to
themselves and start
talking to themselves.”

Martyn Lloyd-Jones, ‘Spiritual
Depression’





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‘It is for freedom that Christ has set us free.’

Galatians 5:1



+ Our status in Christ

Romans 8:12-17; Galatians 3:26; 4:4-7; Ephesians 1:4-9; Revelation 21:7



An adequate idea of God

- The foundation of all Christian mentoring is who God has revealed Himself to be
- It is all too easy to have a lopsided view of God
- The Bible introduces us t God who is adequate
- ‘With God, all things are possible’ Matthew 19:26



God is...

- Unconditional love (1 John 4:8-16)
- Merciful, full of grace (Ecclesiastes 3:22)
- Faithful (Genesis 28:15)
- Holy and righteous (1 Peter 1:15,16)
- Ever-present (Psalm 139:7-19)
- All-knowing (Psalm 33:13-15)
- All-powerful (Matthew 19:26)





A sane estimate of ourselves...



- Our mentoring will be greatly hindered if we have an immature or sub-Christian concept of self
- The Bible teaches us to avoid having too great an opinion of ourselves eg Matthew 23:6,8
- Jesus encouraged the disciples to pursue servanthood and humility eg 23:11



- Pride is always strongly checked eg Deuteronomy 8:17; I Corinthians 10:12
- On the other hand, the Bible makes it plain that we are not to despise ourselves ie 'Don't cherish exaggerated ideas of yourself and your own importance, but try to have a *sane* estimate of your capabilities by the light of faith that God has given to us all' (J B Phillips translation)



‘Self-love is not a sin, it
is an indisputable
duty.’

John Wesley

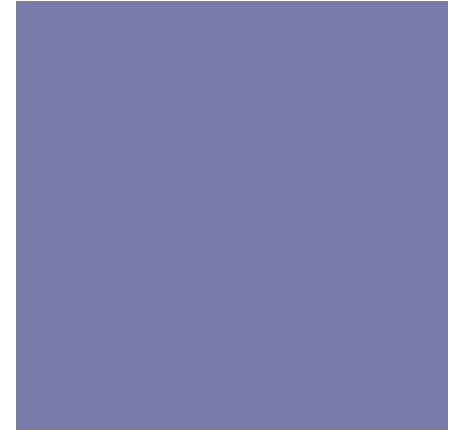
In pairs, reflect on this quotation..





Image Bearers

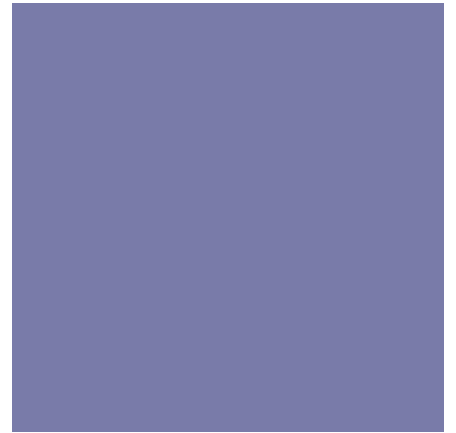
- Men and women are people of dignity, 'created in the image of God', 'in God's likeness!' Genesis 1:26,27 5:1
- 'Every point of contact leaves a trace' – first law of forensics. 'Exiles', Michael Frost
- Men and women are 'made a little lower than the angels, crowned with glory and honor' – WOW! Psalm 8:5
- People are unique in God's creation and are made with capacity to live in close fellowship with God
- People are created to receive love from and to give love to God, and to be channels of God's love to others





Flawed

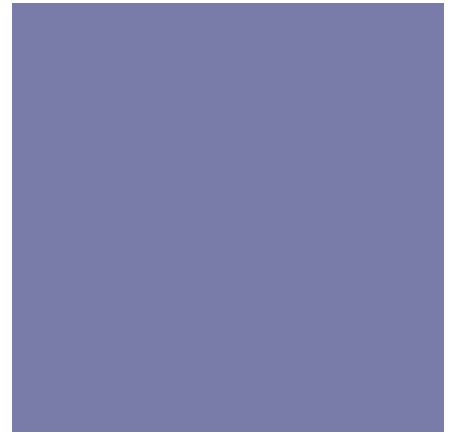
- Romans 3:23
- Isaiah 59:2
- 2 Corinthians 5:17
- Romans 5:1,2, 6-8
- Acts 2:38





Wounded

- Matthew 11:28
- Ecclesiastes 11:28
- 2 Corinthians 12:7-10



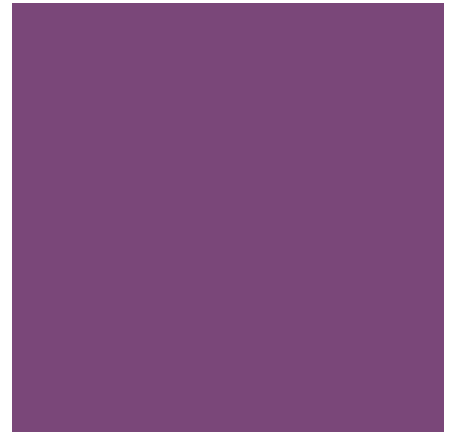
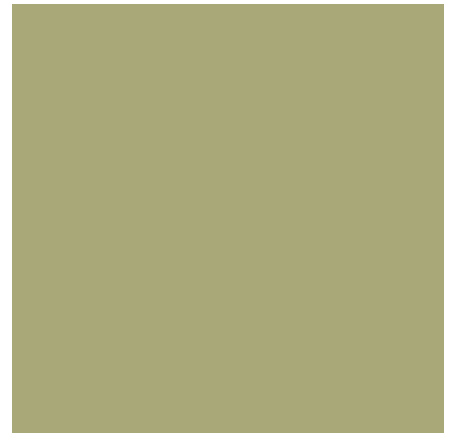


‘The vision God gives us in Christ is all about possibilities – what might be, not what is. People need not be locked into more of the same. It is about new realities which can be seen and apprehended by faith. The Good News is that life can begin again! God’s call is to actualise through the Spirit what we already are in Christ – a new creation!’ (2 Corinthians 5:17) John Mallison.





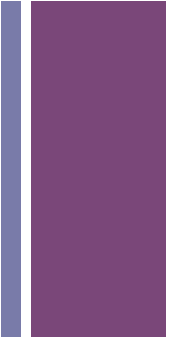
In Christ – a child of God



+ Your journey...



Bibliography



- Steps to Freedom in Christ – Neil Anderson
- Boundaries – Neil Anderson