

## MENTOR PREPARATION GUIDE-EMOTIONS AND GODLY CHARACTER

### Before your meeting, you will need to:

- Pick your book, and have copies to distribute at the meeting
- Print copies of homework assignments and all additional resources for this topic
- Prepare your meeting place -comfortable setting, simple snack
- Plan your meeting agenda – see meeting guide for more detailed help
- Prepare Peer Challenge assignment pairings for your group
- What is your STORY?
  - God gave us emotions to experience life, not destroy it! Handling our emotions can be a huge issue for women. Understanding the root and destructive power of guilt, anger, greed and jealousy are important in order to walk in the Spirit and not according to our emotions.
  - How has God grown your character in regards to your emotions and how you handle them? What example can you share about handling your emotions poorly and growing from it, as well as times you handled your emotions with maturity, representing Christ well?
- Incorporate the Personal Ministry Plan in the meeting
- Schedule one-on-ones (remember to meet at least once every 3 months with each mentee)
- Pray for the meeting and each mentee