

**My Recovery
Discipleship Plan**
Mentor's Guide

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Introduction

As a mentor, you have the privilege and responsibility of guiding someone transitioning from addiction into a life of freedom in Christ. Your role is to walk alongside them, offering support, wisdom, and accountability.

Where there is no guidance, a people falls, but in an abundance of counselors there is safety.

Proverbs 11:14 (ESV)

This guide provides you with the tools and scriptures to effectively mentor your mentee, helping them grow in their faith and live out the principles in the My Recovery Discipleship Plan.

Your role as a mentor is a high calling, one that reflects the heart of Christ.

And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

Galatians 6:9 (ESV)

As you continue to support your mentee, trust that God is working through you to bring about His purposes in their life. By following the guidance in this plan, you can help your mentee achieve lasting transformation and a life of freedom in Christ.

Module 1: Spiritual Foundation

Being part of a Church Community

Helping your mentee integrate into church life is foundational. Acts 2:42 (ESV) says, “And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers.” This section will guide you in assisting your mentee to connect with the church to receive support for their spiritual growth.

Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

- Hebrews 10:25 (ESV)

- **Statistic:** According to the Pew Research Center, regular church attendance can improve mental health and provide a strong community support system. Source: Pew Research Center
- **Illustration:** In the early church, the apostles played a crucial role in establishing and fostering connections among believers. One of the most significant examples is found in Acts 2:42-47, where the early Christians “devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers.” This passage highlights how the early church gathering was a close-knit community where believers supported one another in every aspect of life. The believers met regularly in each other’s homes, sharing meals and resources. This deep sense of community provided spiritual nourishment and practical support, which strengthened the faith of the early Christians and helped the church grow rapidly. The early church’s commitment to regular fellowship and mutual care was essential in helping new believers stay connected to God and one another, grow in their faith, and withstand hardships and persecution. This example from Acts demonstrates the importance of creating and maintaining strong church connections. It shows how being part of a church community provides not only spiritual growth through teaching and worship but also emotional and practical support, which is crucial for long-term spiritual health and stability.
- **Counseling Principles:**
 - **Commitment:** Attend church regularly for spiritual growth.
 - **Engagement:** Participate actively in church activities.
 - **Community:** Build relationships within the church body.
- **Foundation Stage Counseling Questions:**
 - What do you think about the importance of being connected to the local church?
 - How do you see a church community playing a role in your recovery journey?
 - What are your thoughts on the biblical teachings related to church fellowship?
 - Where do you stand on the idea of committing to regular church attendance?
 - What is your perspective on the role of the church in spiritual growth?

- **Preparation Stage Counseling Questions:**

- What are your goals for being part of a church?
- What are your aspirations for getting involved in church activities?
- What are your intentions for building relationships within the church?
- Where would you like to be in the area of church commitment in the next few months?

- **Mentorship Stage Counseling Questions:**

- What steps are you taking to integrate yourself into your church community?
- What is your plan for attending church regularly?
- How are you going to accomplish deeper involvement in church ministries?
- How are you preparing for building meaningful relationships within the church?
- What steps will you take to contribute to your church's mission?

Connecting with Life Groups & Recovery Groups

Encouraging your mentee to join life and recovery groups will strengthen their faith. Hebrews 3:13 (ESV) says, "But exhort one another every day, as long as it is called 'today,' that none of you may be hardened by the deceitfulness of sin." This section provides strategies for helping your mentee become involved in group settings where they can find community and encouragement.

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow.

- Ecclesiastes 4:9-10 (ESV)

- **Statistic:** A study published in the Journal of Substance Abuse Treatment shows that individuals involved in support groups have a 50% higher chance of maintaining sobriety. [National Library of Medicine](#)
- **Illustration:** A powerful biblical example of being part of a life group or recovery group is found in the story of Nehemiah and the rebuilding of the walls of Jerusalem. When Nehemiah returned to Jerusalem, he didn't undertake the enormous task of rebuilding the city's walls alone. Instead, he gathered the people of Jerusalem into small groups, each responsible for repairing a section of the wall near their homes (Nehemiah 3). These groups worked side by side, encouraging and supporting one another in the face of opposition and challenges. Nehemiah 4:6 says, "So we built the wall, and all the wall was joined together to half its height, for the people had a mind to work." The collective effort and mutual support of these groups were crucial in overcoming the immense task before them. Just as the people of Jerusalem worked together to rebuild the wall, offering each other support and accountability, being part of a life group or recovery group provides a community where individuals can encourage one another, share burdens, and grow together in their spiritual journey. The success of the wall's reconstruction was due to the combined efforts of many, showing that community and serving together are vital in overcoming life's challenges.

- **Counseling Principles:**

- **Support:** Life groups offer emotional and spiritual support.
- **Accountability:** Regular interaction assists with accountability.
- **Growth:** Being part of a group encourages personal and spiritual growth.

- **Foundation Stage Counseling Questions:**

- What do you think about the value of being part of a life or recovery group?
- How do you see group involvement supporting your recovery process?
- What are your thoughts on sharing your experiences in a group setting?
- Where do you stand on the importance of accountability within a group?
- What is your opinion on the biblical concept of community and mutual support?

- **Preparation Stage Counseling Questions:**

- What are your goals for joining a life or recovery group?
- What are your aspirations for connecting with others in a group setting?
- What are your intentions for contributing to group discussions and activities?
- Where would you like to be in terms of your group involvement in the near future?

- **Mentorship Stage Counseling Questions:**

- What steps are you taking to actively participate in a life or recovery group?
- What is your plan for contributing to the group dynamics?
- How are you going to maintain consistent attendance and engagement in your group?
- How are you preparing for sharing your story and experiences in the group setting?
- What steps will you take to build relationships within your group?

Developing Daily Devotion Disciplines

Helping your mentee develop daily devotional habits is key. Psalm 1:2 (ESV) says, “But his delight is in the law of the Lord, and on his law he meditates day and night.” This section offers ways to check in on your mentee’s progress in their devotional life and encourage consistency.

Your word is a lamp to my feet and a light to my path.

- Psalm 119:105 (ESV)

- **Statistic:** According to the American Bible Society, individuals who engage with the Bible four or more times a week are 57% less likely to engage in destructive behaviors. [American Bible Society](#)
- **Illustration:** Daniel was a man of unwavering faith who lived in Babylon during a time when it was dangerous to practice his Jewish faith openly. Despite the risks, Daniel maintained a disciplined routine of prayer and devotion to God. Daniel 6:10 says, “When Daniel knew that the document had been signed, he went to his house where he had windows in his upper chamber open toward Jerusalem. He got down on his knees three times a day and prayed and gave thanks before his God, as he had done

previously.” Daniel’s commitment to daily prayer and devotion was so consistent that even his enemies knew they could trap him by targeting his prayer life. However, this devotion also became the source of his strength and resilience, especially when he was thrown into the lion’s den for defying the king’s decree. Because of his unwavering devotion, God protected Daniel, and his faithfulness was rewarded. Daniel’s life illustrates the transformative power of daily devotion as a foundational practice that builds spiritual strength, resilience, and a deep connection with God. His regular time with God not only sustained him through personal trials but also became a powerful testimony to others, leading to the king acknowledging the power of Daniel’s God.

- **Counseling Principles:**

- **Discipline:** Make daily devotions a non-negotiable habit.
- **Focus:** Use devotion time to align daily life with God’s will.
- **Reflection:** Reflect on how God’s Word speaks to current circumstances.

- **Foundation Stage Counseling Questions:**

- What do you think about the importance of daily devotion and Bible reading?
- How do you see daily devotions impacting your spiritual growth?
- What are your thoughts on the role of Scripture in your recovery journey?
- Where do you stand on the discipline of daily prayer and reflection?
- What is your perspective on the benefits of consistent devotional time?

- **Preparation Stage Counseling Questions:**

- What are your goals for establishing a daily devotion routine?
- What are your aspirations for deepening your understanding of Scripture?
- What are your intentions for making prayer a daily habit?
- Where would you like to be in terms of your devotional practices in the coming weeks?

- **Mentorship Stage Counseling Questions:**

- What steps are you taking to maintain consistency in your daily devotions?
- What is your plan for integrating Scripture into your daily life?
- How are you going to ensure that prayer remains a central part of your routine?
- How are you preparing for overcoming obstacles to regular devotion time?
- What steps will you take to reflect on and apply what you read in the Bible?

Creating Accountability Relationships

Accountability is crucial for long-term success. Galatians 6:2 (ESV) instructs, “Bear one another’s burdens, and so fulfill the law of Christ.” This section will help you guide your mentee in establishing strong accountability relationships within the church.

Therefore, confess your sins to one another and pray for one another, that you may be healed.

- James 5:16 (ESV)

- **Statistic:** Research from the *American Society of Addiction Medicine* indicates that individuals with accountability partners are 70% more likely to maintain sobriety than those without. [American Society of Addiction Medicine](#)
- **Illustration:** Despite the dynamics between their families—David being the future king and Jonathan the son of King Saul—Jonathan remained a loyal friend to David. In 1 Samuel 18:1-4, we see how Jonathan and David formed a covenant, pledging mutual support and loyalty to one another. Jonathan served as an accountability partner to David, warning him of potential dangers and encouraging him to stay faithful to God’s plan. In 1 Samuel 23:16, Jonathan visited David at Horesh and “strengthened his hand in God.” Jonathan reminded David of God’s promises and encouraged him to stay true to his calling, even when David was on the run and facing immense pressure. This relationship illustrates the importance of having someone who can hold you accountable, offer encouragement, and remind you of God’s faithfulness. Jonathan’s support was vital to David’s survival and success during some of the most challenging times of his life. Their relationship highlights how accountability relationships can provide the necessary strength, encouragement, and perspective needed to stay on the right path.
- **Counseling Principles:**
 - **Trust:** Choose accountability partners that are trustworthy.
 - **Honesty:** Be open and honest about struggles.
 - **Consistency:** Regularly check in with accountability partners.
- **Foundation Stage Counseling Questions:**
 - What do you think about the role of accountability in maintaining sobriety?
 - How do you see accountability partners helping you stay on track?
 - What are your thoughts on the importance of transparency in accountability?
 - Where do you stand on seeking out trusted individuals for accountability?
 - What is your perspective on the biblical principle of bearing one another’s burdens?
- **Preparation Stage Counseling Questions:**
 - What are your goals for finding and building relationships with accountability partners?
 - What are your aspirations for how these relationships will support your recovery?
 - How will you maintain regular communication with your accountability partners?
 - Where do you want to be regarding your accountability practices over the next months?

- **Mentorship Stage Counseling Questions:**

- What steps are you taking to engage with your accountability partners regularly?
- What is your plan for being transparent and honest in your accountability relationships?
- How are you going to ensure consistency in meeting with your accountability partners?
- How are you preparing for overcoming challenges in your accountability relationships?
- What steps will you take to strengthen your commitment to mutual accountability?

Module 2: Emotional Well Being

Identifying a Licensed Christian Therapist:

Emotional health is vital to recovery. Proverbs 12:25 (ESV) notes, “Anxiety in a man’s heart weighs him down, but a good word makes him glad.” This section will help you support your mentee in finding a licensed Christian therapist who can provide the necessary emotional care.

Where there is no guidance, a people falls, but in an abundance of counselors there is safety.

- Proverbs 11:14 (ESV)

- **Statistics:** According to the *National Alliance on Mental Illness (NAMI)*, over 50% of individuals with addiction also have a co-occurring mental health disorder. [NAMI](#)
- **Illustration:** Saul, the first king of Israel, struggled with intense bouts of depression, anger, and fear throughout his reign. The Bible records in 1 Samuel 16:14 that “the Spirit of the Lord departed from Saul, and an evil spirit from the Lord tormented him.” This torment led to severe mood swings, paranoia, and destructive behavior. Saul’s condition was so dire that his servants sought help for him, suggesting that a skilled musician might soothe him. David, who was known for his musical abilities, was brought in to play the harp for Saul, and the music temporarily relieved Saul’s distress (1 Samuel 16:23). However, while this provided momentary relief, Saul never fully dealt with the underlying issues plaguing his soul, leading to his eventual downfall. This story underscores the importance of seeking holistic help from a solid Christian therapist that addresses both the spiritual and psychological aspects of a person’s struggles biblically. Just as Saul needed to seek out and trust someone who could provide more than just temporary comfort, individuals today benefit from the guidance of Christian therapists who can address both the spiritual and mental aspects of their challenges. A Christian therapist can help navigate deep emotional wounds, provide biblical counsel, and offer strategies for healing that align with one’s faith.
- **Counseling Principles:**
 - **Seek Professional Help:** A Christian therapist offering biblical counsel.
 - **Be Open:** Therapy requires openness and honesty.
 - **Consistency:** Regular sessions are key to making progress.
- **Foundation Stage Counseling Questions:**
 - What do you think about the benefits of seeing a Christian therapist?
 - How do you see therapy complementing your spiritual growth?
 - What are your thoughts on discussing your faith within a therapeutic setting?
 - Where do you stand on the importance of addressing both spiritual and emotional needs?
 - What is your perspective on the role of a Christian therapist in your overall recovery plan?

- Preparation Stage Counseling Questions:
 - What are your goals for finding a Christian therapist who aligns with your beliefs?
 - What are your aspirations for the outcomes of your therapy sessions?
 - What are your intentions for integrating spiritual discussions into your therapy?
 - Where would you like to be regarding your mental/emotional health when therapy starts?
- Mentorship Stage Counseling Questions:
 - What steps are you taking to find and connect with a Christian therapist?
 - What is your plan for incorporating faith-based discussions into your therapy?
 - How are you going to ensure regular attendance/engagement in your therapy sessions?
 - How are you preparing to address specific issues in therapy aligned with recovery goals?
 - What steps will you take to reflect on/apply what you learn in therapy to your spiritual life?

Journaling for Emotional Clarity

Journaling can help your mentee process their emotions. Lamentations 3:19-21 (ESV) says, “Remember my affliction and my wanderings, the wormwood and the gall! My soul continually remembers it and is bowed down within me. But this I call to mind, and therefore I have hope.” This section provides guidance on how to encourage your mentee to use journaling to express their feelings and draw closer to God.

*Trust in him at all times, O people; pour out your heart
before him; God is a refuge for us.*

- Psalm 62:8 (ESV)

- **Statistic:** Studies show that expressive writing can reduce symptoms of depression and anxiety by 28%. [National Center for Biotechnology Information](#)
- **Illustration:** David is often referred to as a man after God’s own heart. The psalms are essentially David’s journal entries, where he openly expressed his fears, doubts, joys, praise and thanksgiving. In Psalm 51, David writes a heartfelt prayer of repentance after his sin with Bathsheba was exposed. This psalm reflects his internal struggle, sorrow for his sin, and plea for God’s forgiveness. Through this “journaling” in the form of a psalm, David not only processed his emotions and sought God’s guidance, but also left behind a record that has encouraged countless others. Psalm 42 captures the deep despair David felt during difficult times: “Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God” (Psalm 42:11). Here, David is seen talking to his own soul, reflecting on his emotions and redirecting his focus back to God. These examples from David’s life demonstrate the importance of journaling as a way to record your thoughts/prayers, process complex emotions, seek God’s presence, and reflect on His faithfulness. Just as David used his psalms to navigate his spiritual and emotional journey, journaling can be a powerful tool for individuals today to connect with God, gain clarity, and find peace in the midst of life’s challenges.

- **Counseling Principles:**
 - **Express:** Write honestly about your thoughts and feelings.
 - **Reflect:** Use journaling to reflect on your journey and growth.
 - **Pray:** Incorporate prayer into your journaling practice.

- **Foundation Stage Counseling Questions:**
 - What do you think about the practice of journaling as a way to process emotions?
 - How do you see journaling contributing to your emotional healing?
 - What are your thoughts on integrating prayer and reflection into your journaling?
 - Where do you stand on using journaling as a tool for spiritual growth?
 - What is your perspective on the benefits of regularly recording your thoughts/feelings?

- **Preparation Stage Counseling Questions:**
 - What are your goals for starting a regular journaling practice?
 - What are your aspirations for how journaling will help you process your emotions?
 - What are your intentions for including prayers and Scripture in your journal entries?
 - Where would you like your emotional/spiritual health to be after a journaling habit?

- **Mentorship Stage Counseling Questions:**
 - What steps are you taking to establish a consistent journaling routine?
 - What is your plan for using journaling to reflect on your daily experiences and emotions?
 - How are you going to incorporate prayer and Scripture into your journaling?
 - How are you preparing for overcoming challenges in maintaining a journaling habit?
 - What steps will you take to review and reflect on past journal entries for growth/insight?

Dealing with Triggers

Helping your mentee recognize and manage triggers is crucial. Psalm 139:23-24 (ESV) says, “Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!” This section offers strategies to help your mentee in a godly manner.

*We destroy arguments and every lofty opinion raised
against the knowledge of God, and take every thought
captive to obey Christ,*
- 2 Corinthians 10:5 (ESV)

- **Statistic:** NIDA states that 40-60% of people relapse due to exposure to triggers. [NIDA](#)

- **Illustration:** On the night Jesus was arrested, Peter faced a situation that triggered fear and insecurity. Despite his earlier bold declaration that he would never deny Jesus, Peter found himself in a high-pressure situation where his fear of being associated with Jesus led him to deny knowing Him three times (Luke 22:54-62). Peter’s denial was triggered by the fear of persecution and the desire to protect himself. After his third denial, a rooster crowed, and Peter remembered Jesus’ prophecy that

he would deny Him three times before the rooster crowed. Realizing what he had done, Peter went out and wept bitterly, deeply regretting his actions. However, Peter's story did not end in failure. After Jesus' resurrection, He lovingly restored Peter, giving him the opportunity to reaffirm his love and commitment (John 21:15-19). This restoration process allowed Peter to recognize his triggers—fear and self-preservation—and address them with renewed faith and courage. Peter went on to become a bold leader in the early church, no longer swayed by the same triggers that once led him to deny his Lord. This story highlights the importance of recognizing triggers (situations or emotions that can lead us away) and addressing them with intentional biblical strategies & prayer. By identifying what triggers us, as Peter eventually did, we can seek God's strength to overcome these challenges and grow.

- **Counseling Principles:**

- **Identify:** Recognize situations and emotions that trigger cravings.
- **Plan:** Develop strategies to manage and avoid triggers.
- **Pray:** Seek God's strength in overcoming triggers.

- **Foundation Stage Counseling Questions:**

- What do you think about the importance of recognizing your personal triggers?
- How do you see identifying triggers helping you in your recovery journey?
- What are your thoughts on the role of faith in managing and overcoming triggers?
- Where do you stand on developing strategies to address your triggers?
- What is your perspective on the biblical approach to overcoming temptation?

- **Preparation Stage Counseling Questions:**

- What are your goals for identifying and understanding your triggers?
- What are your aspirations for developing effective strategies to manage these triggers?
- What are your intentions for using Scripture and prayer to combat triggers?
- Where would you like to be in terms of your ability to handle triggers in the near future?

- **Mentorship Stage Counseling Questions:**

- What steps are you taking to recognize and document your triggers?
- What is your plan for implementing strategies to manage and overcome these triggers?
- How are you going to incorporate prayer & Scripture into your trigger management plan?
- How are you preparing for unexpected triggers that may arise?
- What steps will you take to regularly review/adjust your trigger management strategies?

Building Healthy Relationships

Supporting your mentee in building healthy relationships is essential. 1 Corinthians 15:33 (ESV) warns, "Do not be deceived: 'Bad company ruins good morals.'" This section will guide you in helping your mentee cultivate relationships that encourage their growth and align with biblical principles.

Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.

- Proverbs 13:20 (ESV)

- **Statistic:** Research shows that healthy relationships can reduce the risk of relapse by 60%. [American Psychological Association](#)
- **Illustration:** After the death of her husband and sons, Naomi decided to return to her homeland, feeling bitter and hopeless. Ruth, her daughter-in-law, had the option to stay in Moab, her own country, but instead, she chose to stay with Naomi. Ruth's famous declaration in Ruth 1:16-17 reflects the depth of their relationship: "Do not urge me to leave you or to return from following you. For where you go, I will go, and where you lodge, I will lodge. Your people shall be my people, and your God my God. Where you die, I will die, and there will I be buried." Ruth's commitment to Naomi fostered a relationship that brought healing, hope, and restoration. Through this relationship, both women found a new purpose and a future. Ruth's loyalty and love led her to meet Boaz, who would eventually marry her, redeem Naomi's family line, and become the great-grandparents of King David, establishing a lineage that would ultimately lead to Jesus Christ. This story illustrates the significance of choosing and nurturing healthy relationships. Ruth and Naomi's bond provided mutual support, encouragement, and resilience during difficult times. Their relationship was characterized by loyalty, love, and faith, demonstrating how fostering healthy relationships can lead to profound blessings and a renewed sense of purpose in life.
- **Counseling Principles:**
 - **Choose Wisely:** Stay surrounded with people who can support the recovery journey.
 - **Communicate:** Open and honest communication is key.
 - **Grow Together:** Engage in activities that strengthen trustworthy relationships.
- **Foundation Stage Counseling Questions:**
 - What do you think about the importance of fostering healthy relationships in your life?
 - How do you see healthy relationships contributing to your recovery and spiritual growth?
 - What are your thoughts on setting boundaries in relationships?
 - Where do you stand on biblical principles of love/respect/mutual support in relationships?
 - What is your perspective on community/fellowship in building healthy relationships?
- **Preparation Stage Counseling Questions:**
 - What are your goals for identifying and building healthy relationships?
 - What are your aspirations for how these relationships will support your recovery?
 - What are your intentions for setting and maintaining healthy boundaries?
 - Where would you like to be in terms of your relational health in the coming months?
- **Mentorship Stage Counseling Questions:**
 - What steps are you taking to foster and maintain healthy relationships?
 - What is your plan for setting and respecting boundaries in your relationships?
 - How are you going to ensure that your relationships align with your recovery goals?
 - How are you preparing for resolving conflicts in a healthy and biblical manner?
 - What steps will you take to engage in and contribute to a supportive community?

Module 3: Physical Health

Establishing a Fitness Routine

Encouraging your mentee to care for their physical body honors God. 3 John 1:2 (ESV) says, “Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.” This section will help you support your mentee in developing a fitness routine that benefits their well-being.

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

- 1 Corinthians 6:19-20 (ESV)

- **Statistic:** The *Centers for Disease Control and Prevention (CDC)* reports that regular physical activity can reduce the risk of relapse by 30%. [CDC](#)
- **Illustration:** Paul’s missionary journeys required significant physical stamina and resilience. He often traveled long distances on foot, sometimes through rugged terrain, and faced harsh conditions such as shipwrecks, imprisonment, and beatings (2 Corinthians 11:23-27). Paul understood the value of physical discipline and used the analogy of athletic training to describe the Christian life. In 1 Corinthians 9:24-27, Paul writes, “Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.” Paul’s commitment to physical discipline mirrors the dedication needed for spiritual discipline. By maintaining his physical health, Paul was able to endure the rigors of his missionary work, effectively spreading the gospel across vast regions. His example shows that caring for our physical bodies through exercise and healthy living is not just beneficial for our well-being but is also essential in enabling us to fulfill our God-given purposes with endurance and strength.
- **Counseling Principles:**
 - **Routine:** Establish a regular exercise routine.
 - **Balance:** Include a mix of physical activities.
 - **Commitment:** Stay consistent with fitness goals.
- **Foundation Stage Counseling Questions:**
 - What do you think about the importance of maintaining a healthy lifestyle for recovery?
 - How do you see physical activity influencing your overall well-being?
 - What are your thoughts on the biblical view of treating your body as a temple?

- Where do you stand on incorporating regular exercise into your routine?
 - What is your perspective on the role of physical health in your spiritual journey?
- **Preparation Stage Counseling Questions:**
 - What are your goals for establishing a regular exercise routine?
 - What are your aspirations for improving your physical health?
 - What are your intentions for balancing physical activity with other aspects of recovery?
 - Where would you like to be in terms of your physical fitness in the near future?
- **Mentorship Stage Counseling Questions:**
 - What steps are you taking to maintain a healthy lifestyle?
 - What is your plan for incorporating exercise into your daily routine?
 - How are you going to stay motivated to pursue your fitness goals?
 - How are you preparing for overcoming obstacles to regular physical activity?
 - What steps will you take to track and evaluate your progress in physical health?

Nutrition for Recovery

Guiding your mentee in making healthy nutritional choices is important. 1 Timothy 4:8 (ESV) notes, “For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.” This section will offer ways to encourage your mentee to eat in a way that supports their recovery and honors God.

*So, whether you eat or drink, or whatever you do, do all to
the glory of God.*

- 1 Corinthians 10:31 (ESV)

- **Statistic:** Proper nutrition can reduce the likelihood of relapse by 35% according to the American Dietetic Association. [Academy of Nutrition and Dietetics](#)
- **Illustration:** After Elijah’s intense confrontation with the prophets of Baal on Mount Carmel, he fled to the wilderness, overwhelmed by fear and exhaustion. In his despair, Elijah prayed for death, feeling utterly defeated and worn out. However, instead of rebuking him, God sent an angel to care for Elijah’s physical needs. The angel provided Elijah with food and water, instructing him to eat and drink. The Scripture notes, “And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again” (1 Kings 19:6). After resting and eating, Elijah was strengthened enough to travel for forty days and nights to Mount Horeb, where he would have a profound encounter with God. Proper nutrition is essential for maintaining physical strength, spiritual well-being and mental clarity, especially during times of stress and spiritual struggle. Just as God provided Elijah with the nourishment He knew that Elijah needed to continue his calling, we are reminded that caring for our bodies through good nutrition is vital for fulfilling God’s purposes in our lives. Proper nourishment sustains us physically and equips us to overcome the challenges we face.

- **Counseling Principles:**
 - **Healthy Choices:** Choose foods that nourish your body.
 - **Hydration:** Drink plenty of water daily.
 - **Moderation:** Practice portion control and balanced eating.
- Foundation Stage Counseling Questions:
 - What do you think about the connection between nutrition and recovery?
 - How do you see healthy eating habits impacting your physical and mental health?
 - What are your thoughts on the biblical principle of self-control in relation to food?
 - Where do you stand on making changes to your current diet?
 - What is your perspective on the long-term benefits of maintaining a nutritious diet?
- Preparation Stage Counseling Questions:
 - What are your goals for improving your nutritional choices?
 - What are your aspirations for how better nutrition will support your recovery?
 - What are your intentions for planning and preparing healthy meals?
 - Where would you like to be in terms of your dietary habits in the next few months?
- Mentorship Stage Counseling Questions:
 - What steps are you taking to improve your nutritional habits?
 - What is your plan for maintaining a balanced and healthy diet?
 - How are you going to ensure consistency in your eating habits?
 - How are you preparing for challenges in maintaining healthy nutrition?
 - What steps will you take to monitor and adjust your diet as needed?

Regular Medical Checkups

Staying on top of health is a part of stewardship. 1 Corinthians 6:19-20 (ESV) reminds us, “Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” This section will encourage you to help your mentee keep up with regular medical appointments.

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

- 3 John 1:2 (ESV)

- **Statistic:** Regular medical check-ups can reduce health-related complications that may lead to relapse by 25%. [National Institute of Health](#)
- **Illustration:** In 2 Kings 20:1-7, we read that Hezekiah became deathly ill, and the prophet Isaiah came to him with a message from the Lord, telling him to set his house in order because he would not recover. In response, Hezekiah prayed earnestly to the Lord, asking for healing and reminding God of his faithfulness. God heard Hezekiah’s prayer and sent Isaiah back to tell him that he would

be healed and given 15 more years of life. However, the healing process required practical medical intervention as well. Isaiah instructed the servants to prepare a poultice of figs and apply it to the boil that was causing Hezekiah's illness, and he recovered as a result (2 Kings 20:7). Prayer and faith are essential, however practical medical treatment also plays a critical role in the healing process. Hezekiah's experience highlights the importance of seeking medical attention when necessary and following through with treatment to ensure complete recovery. Just as Hezekiah needed both divine intervention and practical medical care, we too should combine faith with diligent attention to our physical health, including regular medical follow-ups and treatments.

- **Counseling Principles:**

- **Schedule:** Keep up with regular doctor's visits.
- **Monitor:** Track health progress regularly.
- **Prevent:** Address health issues before they escalate.

- **Foundation Stage Counseling Questions:**

- What do you think about the importance of regular medical check-ups in your recovery?
- How do you see ongoing medical care supporting your overall health?
- What are your thoughts on the biblical view of caring for your body as a responsibility?
- Where do you stand on following through with medical advice and appointments?
- What is your perspective on the role of medical professionals in your recovery journey?

- **Preparation Stage Counseling Questions:**

- What are your goals for keeping up with regular medical appointments?
- What are your aspirations for how medical follow-ups will contribute to your recovery?
- What are your intentions for addressing any health concerns with your doctor?
- Where would you like to be in terms of your physical health in the coming months?

- **Mentorship Stage Counseling Questions:**

- What steps are you taking to ensure consistency in attending medical appointments?
- What is your plan for following through with medical advice and treatments?
- How are you going to address any ongoing health concerns with your doctor?
- How are you preparing for any upcoming medical tests or procedures?
- What steps will you take to stay proactive in managing your health?

Sleep Hygiene

Sleep is essential for recovery. Psalm 4:8 (ESV) says, “In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.” This section will offer tips on how to help your mentee establish and maintain healthy sleep habits.

*It is in vain that you rise up early and go late to rest,
eating the bread of anxious toil; for he gives to his
beloved sleep.
- Psalm 127:2 (ESV)*

- **Statistic:** The National Sleep Foundation found that good sleep hygiene can improve recovery outcomes by 40%. [National Sleep Foundation](#)
- **Illustration:** After teaching large crowds and performing miracles, Jesus and His disciples crossed the Sea of Galilee. During the journey, a furious storm arose, threatening to capsize their boat. Despite the chaos around Him, Jesus was found sleeping soundly on a cushion in the stern of the boat (Mark 4:35-41). It’s interesting that even in the midst of a storm, Jesus knew the importance of resting in trust of The Father’s goodness leading to physical rest. His ability to sleep peacefully amidst turmoil underscores the significance of faith and trust, establishing a sleep routine that allows for adequate rest, regardless of external circumstances. In Mark 6:30-32, we see that after a busy day the disciples were excited to tell Jesus all about it but Jesus said “Come away by yourselves to a desolate place and rest a while.” They were so busy, they didn’t take a break, not even to eat. We were created with a sleep cycle that we need to stay healthy and fit to serve. Just as Jesus slept to sustain His physical and mental well-being, we too must value and protect our sleep. Good sleep hygiene rooted in trust in God above our worries and desire to steward our bodies well (including a regular sleep schedule/ peaceful environment) is crucial for maintaining our overall health, resilience, and ability to handle life’s challenges..
- **Counseling Principles:**
 - **Routine:** Stick to a consistent sleep schedule.
 - **Environment:** Create a restful sleeping environment.
 - **Faith:** Pray and trust God over worry.
- **Foundation Stage Counseling Questions:**
 - What do you think about the importance of sleep in your recovery and overall health?
 - How do you see good sleep habits affecting your physical and mental well-being?
 - What are your thoughts on the biblical concept of rest and its role in a healthy lifestyle?
 - Where do you stand on making changes to improve your sleep hygiene?
 - What is your perspective on the connection between sleep quality and recovery success?
- **Preparation Stage Counseling Questions:**
 - What are your goals for improving your sleep habits?

- What are your aspirations for how better sleep will enhance your recovery?
- What are your intentions for creating a sleep-friendly environment?
- Where would you like to be in terms of your sleep quality in the near future?

- **Mentorship Stage Counseling Questions:**

- What steps are you taking to improve your sleep hygiene?
- What is your plan for maintaining a consistent sleep schedule?
- How are you going to address any challenges that disrupt your sleep?
- How are you preparing for ensuring a restful sleep environment?
- What steps will you take to track and improve your sleep quality over time?

Module 4: Practical Resources

Tangible Resource Assistance

Helping your mentee access the resources they need is part of practical discipleship. James 2:15-16 (ESV) states, “If a brother or sister is poorly clothed and lacking in daily food, and one of you says to them, ‘Go in peace, be warmed and filled,’ without giving them the things needed for the body, what good is that?” This section will provide strategies for connecting your mentee with essential resources like housing, transportation, and financial assistance.

And my God will supply every need of yours according to his riches in glory in Christ Jesus.

- Philippians 4:19 (ESV)

- **Statistic:** Access to practical resources reduces the risk of relapse by 50%. [Substance Abuse and Mental Health Services Administration](#)
- **Illustration:** In Genesis 41, Joseph while in Egypt and through God’s guidance, interpreted Pharaoh’s dreams and foresaw seven years of plenty followed by seven years of severe famine. Understanding the need for resources and preparation, Joseph advised Pharaoh to store up grain during the years of abundance so that there would be enough food during the famine. When the famine came, it affected not only Egypt but the surrounding regions as well. Because Joseph had wisely stored up resources, Egypt had enough food to sustain itself and even help others. People from all over, including Joseph’s own family from Canaan, came to Egypt to buy grain. Joseph’s foresight in locating, stewarding and securing the necessary resources was crucial in preventing widespread starvation and suffering. Joseph proactively ensured that resources were available and accessible during a time of need, it’s essential for individuals to know where to find assistance, whether it’s food, shelter, counseling, or other forms of support, especially during challenging times. Locating and securing resources can be the difference between survival and devastation, both physically and spiritually.
- **Counseling Principles:**
 - **Seek Help:** Don’t hesitate to ask for resources needed.
 - **Stay Informed:** Know what resources are available in the community.
 - **Follow Through:** Actively use the resources available.
- **Foundation Stage Counseling Questions:**
 - What do you think about the importance of accessing resources to support recovery?
 - How do you see community resources aiding your transition back to normal life?
 - What are your thoughts on seeking help when you need it?
 - Where do you stand on the biblical principle of asking for and accepting help?
 - What is your perspective on the role of resources in sustaining long-term recovery?

- **Preparation Stage Counseling Questions:**

- What are your goals for identifying and accessing necessary resources?
- What are your aspirations for how these resources will support your recovery journey?
- What are your intentions for building a network of support through community resources?
- Where would you like to be in terms of your resource connection in the next few months?

- **Mentorship Stage Counseling Questions:**

- What steps are you taking to connect with community resources?
- What is your plan for utilizing the resources available to you?
- How are you going to overcome any barriers to accessing these resources?
- How are you preparing for ensuring consistent support from these resources?
- What steps will you take to review and update your resource connections as needed?

Educational Support & Career Development

Education and career growth are vital for stability. Proverbs 16:3 (ESV) encourages us, “Commit your work to the Lord, and your plans will be established.” This section will help you guide your mentee in pursuing education and career opportunities that align with their strengths and God’s purpose for their life.

*Whatever you do, work heartily, as for the Lord and not
for men.*

- Colossians 3:23 (ESV)

- **Statistic:** Continued education and career development can reduce the likelihood of relapse by 60%. [National Center for Biotechnology Information](#)
- **Illustration:** Born into a Hebrew family but raised in the Egyptian royal household, Moses was given a unique opportunity for education that helped shape his future leadership. Acts 7:22 says, “And Moses was instructed in all the wisdom of the Egyptians, and he was mighty in his words and deeds.” This education equipped Moses with knowledge, skills, and an understanding of leadership that would later be crucial in his role as the deliverer of Israel. Moses’ education in Egypt helped prepare him for his future career as the leader of the Israelites. Despite spending 40 years in the wilderness as a shepherd, his education and training in Egypt were not wasted. When God called him to lead His people out of slavery, Moses’ background helped him to stand confidently before Pharaoh and guide the Israelites through the challenges of the Exodus. This story highlights the importance of investing in education and career development, as these can equip individuals for the unique roles and challenges they may face in the future. Just as Moses’ education in Egypt was a significant part in fulfilling his God-given purpose, pursuing education and career growth today can open doors and prepare individuals for the opportunities and responsibilities that lie ahead.

- **Counseling Principles:**

- **Lifelong Learning:** Education is an ongoing process.
- **Career Goals:** Set clear, attainable career goals.
- **Perseverance:** Stay committed to educational and career aspirations.

- **Foundation Stage Counseling Questions:**

- What do you think about the role of education and career development in your recovery?
- How do you see furthering your education impacting your future?
- What are your thoughts on setting career goals as part of your life success plan?
- Where do you stand on the importance of aligning your career with your values?
- What is your perspective on the long-term benefits of educational and career growth?

- **Preparation Stage Counseling Questions:**

- What are your goals for furthering your education or training?
- What are your aspirations for your career path in the context of your recovery?
- What are your intentions for setting and achieving specific career goals?
- Where would you like your educational and career progress to be in the near future?

- **Mentorship Stage Counseling Questions:**

- What steps are you taking to pursue your educational and career goals?
- What is your plan for balancing education or work with your recovery commitments?
- How are you going to overcome challenges in pursuing your career goals?
- How are you preparing for furthering your education or advancing in your career?
- What steps will you take to review and adjust your career development plan?

Employment Assistance

Stable employment is key to recovery and independence. Ephesians 4:28 (ESV) instructs, “Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.” This section will offer practical tips on helping your mentee secure employment, including resume building and interview preparation.

In all toil there is profit, but mere talk tends only to poverty.

- Proverbs 14:23 (ESV)

- **Statistic:** Employment stability is linked to a 70% decrease in the risk of relapse. [Substance Abuse and Mental Health Services Administration](#)
- **Illustration:** The Apostle Paul was a dedicated missionary and also worked as a tentmaker to support himself during his ministry. In Acts 18:1-3, it is noted that Paul met Aquila and Priscilla in Corinth, who were also tentmakers by trade. Paul stayed and worked with them, earning a living through his craft while simultaneously preaching the gospel. Paul’s employment as a tentmaker was crucial for several reasons. First, it provided him with financial independence, allowing him to carry out his ministry

without being a burden on the churches he served. Second, it gave him opportunities to connect with others in the marketplace, building relationships and spreading the message of Christ through his everyday work interactions. This story highlights the value of employment, not just for financial stability, but also for the opportunities it provides for personal growth and community engagement. Paul's example shows that work, when aligned with Christ's calling and mission, can be a powerful tool for both personal development and ministry.

- **Counseling Principles:**

- **Stability:** Find stable employment that aligns with core values.
- **Growth:** Seek opportunities for career advancement.
- **Balance:** Ensure work-life balance to maintain recovery.

- **Foundation Stage Counseling Questions:**

- What do you think about the importance of employment in maintaining your recovery?
- How do you see finding stable work contributing to your recovery plan?
- What are your thoughts on the biblical view of work and its role in your life?
- Where do you stand on the importance of aligning your job with your values and goals?
- What is your perspective on the role of employment in providing stability and purpose?

- **Preparation Stage Counseling Questions:**

- What are your goals for finding and securing a job that supports your recovery?
- What are your aspirations for how employment will enhance your life stability?
- What are your intentions for balancing work with your recovery journey?
- Where would you like to be in terms of your employment status in the coming months?

- **Mentorship Stage Counseling Questions:**

- What steps are you taking to secure stable employment?
- What is your plan for maintaining a healthy work-life balance?
- How are you going to overcome challenges in finding or keeping a job?
- How are you preparing to advance in your chosen field?
- What steps will you take to ensure your job aligns with your recovery and life goals?

Financial Stewardship

Managing finances wisely is a biblical principle. Proverbs 21:5 (ESV) says, "The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty." This section will guide you in helping your mentee develop a budget and manage their finances in a way that honors God.

*One who is faithful in a very little is also faithful in much,
and one who is dishonest in a very little is also dishonest
in much.*

- Luke 16:10 (ESV)

- **Statistic:** Financial stability reduces the likelihood of relapse by 45%. [National Institute on Drug Abuse](#)
- **Illustration:** In the Parable of the Talents (Matthew 25:14-30), a master entrusts his servants with varying amounts of money (talents) before leaving on a journey. He gave one servant 5 talents, 2 to another, 1 to the third (each according to their ability). The first two servants invested their talents, doubling the amount given. When the master returned, these two servants were commended, saying, “Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master” (Matthew 25:21, 23). The third servant, out of fear, buried his talent in the ground and returned it to the master without any increase. The master called him wicked and lazy, and took away the one talent, giving it to the servant who had ten. God expects us to be responsible stewards of the resources He has entrusted to us. Whether it’s money, time, or talents, we are called to manage these gifts in a way that honors God and produces fruit. The servants who were faithful to invest wisely were rewarded, while the one who failed to invest at all faced consequences. Here we see the importance of financial stewardship, wisely managing, investing, and growing the resources God provides. Just as the servants were accountable for their actions, we too are responsible for how we handle our finances. Good financial stewardship, like in the parable, can lead to growth, stability, and greater opportunities to serve and honor God.
- **Counseling Principles:**
 - **Budgeting:** Create and stick to a budget including giving.
 - **Saving:** Build a savings cushion for emergencies.
 - **Stewardship:** Manage finances in a way that honors God.
- **Foundation Stage Counseling Questions:**
 - What do you think about the importance of financial stewardship in your recovery?
 - How do you see managing your finances impacting your overall stability?
 - What are your thoughts on the biblical principles of budgeting, saving, and giving?
 - Where do you stand on the importance of creating and sticking to a budget?
 - What is your perspective on financial discipline’s effect in achieving long-term success?
- **Preparation Stage Counseling Questions:**
 - What are your goals for improving your financial management skills?
 - What are your aspirations for building a savings cushion for emergencies?
 - What are your intentions for creating and maintaining a budget?
 - Where would you like to be in terms of your financial stability in the near future?
- **Mentorship Stage Counseling Questions:**
 - What steps are you taking to improve your financial stewardship?
 - What is your plan for creating and following a budget?
 - How are you going to stay disciplined in managing your finances?
 - How are you preparing for financial challenges that may arise?
 - What steps will you take to review and adjust your financial plan as needed?

Module 5: Continued Growth & Accountability

Ongoing Mentorship

Effective mentorship is essential for long-term success. 2 Timothy 2:2 (ESV) says, “And what you have heard from me in the presence of many witnesses entrust to faithful men, who will be able to teach others also.” This section provides tips on how to mentor and continue supporting your mentee’s growth.

Iron sharpens iron, and one man sharpens another.
- Proverbs 27:17 (ESV)

- **Statistic:** Strong mentorship can increase recovery success rates by 65%. [Substance Abuse and Mental Health Services Administration](#)
- **Illustration:** Moses was the leader of Israel and mentored Joshua over many years, preparing him to eventually take on the leadership of the Israelites. Joshua served under Moses and was by his side during significant events, such as when Moses received the Ten Commandments on Mount Sinai (Exodus 24:13). Moses consistently guided and encouraged Joshua, giving him opportunities to grow in leadership. When the time came for Moses to pass the leadership mantle, he did so publicly, laying his hands on Joshua and commissioning him before the entire assembly of Israel (Deuteronomy 34:9). Moses reminded Joshua to be strong and courageous, assuring him that God would be with him just as He was with Moses (Deuteronomy 31:7-8). Joshua’s success in leading the Israelites into the Promised Land can be directly attributed to the mentorship he received from Moses. This relationship highlights the importance of having a mentor who can provide guidance, encouragement, and wisdom, helping to prepare one for the responsibilities ahead. Just as Joshua relied on Moses for instruction and support, having a mentor in our own lives can be crucial in developing the skills, character, and confidence needed to fulfill our God-given purposes.
- **Counseling Principles:**
 - **Consistency:** Meet regularly with mentors.
 - **Transparency:** Be honest and open in discussions.
 - **Growth:** Use mentorship as a tool for spiritual and personal growth.
- **Foundation Stage Counseling Questions:**
 - What do you think about the role of mentorship in your recovery journey?
 - How do you see a mentor helping you stay accountable and grow?
 - What are your thoughts on the biblical principles of discipleship and mentorship?
 - Where do you stand on the importance of having a trusted mentor to guide you?
 - What is your perspective on the benefits of regular mentorship check-ins?

- **Preparation Stage Counseling Questions:**

- What are your goals for developing a strong mentoring relationship?
- What are your aspirations for how your mentor will support your growth?
- What are your intentions for staying accountable to your mentor?
- Where would you like to be in terms of your mentorship progress in the next few months?

- **Mentorship Stage Counseling Questions:**

- What steps are you taking to build and maintain a strong mentoring relationship?
- What is your plan for being open and honest with your mentor?
- How are you going to ensure that you meet regularly with your mentor?
- How are you preparing to make the most of your mentorship sessions?
- What steps will you take to reflect on and apply your mentor's guidance?

Setting Personal Goals

Setting goals is part of continued growth. Philippians 3:13-14 (ESV) says, "...one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus."

This section helps your mentee set realistic and faith-based goals.

*Brothers, I do not consider that I have made it my own.
But one thing I do: forgetting what lies behind and
straining forward to what lies ahead, I press on toward
the goal for the prize of the upward call of God in Christ
Jesus.*

- Philippians 3:13-14 (ESV)

- **Statistics:** Setting and achieving goals can increase the likelihood of long-term recovery success by 70%. [National Center for Biotechnology Information](#)
- **Illustration:** When Nehemiah heard about the ruined state of Jerusalem's walls, he was deeply troubled. Nehemiah prayed, fasted, and sought God's guidance, then set a clear goal: to rebuild the walls of Jerusalem and restore the city's dignity (Nehemiah 1:4-11). Nehemiah didn't just stop at setting a goal. He developed a detailed plan, asked the king for permission to go to Jerusalem, and secured the necessary resources and letters of safe passage (Nehemiah 2:4-9). Once he arrived in Jerusalem, Nehemiah assessed the situation, gathered the leaders and people, and clearly communicated the goal and the steps required to achieve it (Nehemiah 2:17-18). Despite significant opposition, Nehemiah's heart for God led to a clear goal. This goal, coupled with strategic planning and the mobilization of the community, led to the successful rebuilding of the wall in 52 days (Nehemiah 6:15-16). Setting clear, God-honoring goals with action can lead to incredible things, even in the face of adversity. Nehemiah's leadership and dedication to his goal of rebuilding Jerusalem's walls show us the benefit of goal setting for long-term success. By seeking God's heart and guidance, setting clear goals, making detailed plans, and persisting through challenges, we can accomplish the tasks God has set before us.

- **Counseling Principles:**

- **Clarity:** Set clear, specific goals.
- **Action:** Break down goals into actionable steps.
- **Accountability:** Share goals with mentors for accountability.

- **Foundation Stage Counseling Questions:**

- What do you think about the importance of setting goals in your recovery process?
- How do you see goal setting helping you achieve long-term success?
- What are your thoughts on the biblical principles of planning and perseverance?
- Where do you stand on the importance of breaking down goals into actionable steps?
- What is your perspective on the role of goal setting in maintaining focus and motivation?

- **Preparation Stage Counseling Questions:**

- What are your goals for the next stage of your recovery journey?
- What are your aspirations for achieving both short-term and long-term goals?
- What are your intentions for breaking down your goals into manageable tasks?
- Where would you like to be in terms of your goal progress in the near future?

- **Mentorship Stage Counseling Questions:**

- What steps are you taking to set and achieve your recovery goals?
- What is your plan for staying focused on your goals?
- How are you going to overcome challenges that may hinder your goal achievement?
- How are you preparing for reviewing and adjusting your goals as needed?
- What steps will you take to celebrate your progress and stay motivated?

Regular Check-ins

Regular communication is key to a successful mentorship. Proverbs 27:23 (ESV) says, “Know well the condition of your flocks, and give attention to your herds.” This section will offer strategies for maintaining regular and meaningful check-ins with your mentee.

Without counsel plans fail, but with many advisers they succeed.

- Proverbs 15:22 (ESV)

- **Statistic:** Regular check-ins with a mentor or accountability partner can reduce the risk of relapse by 50%. [Substance Abuse and Mental Health Services Administration](#)
- **Illustration:** Paul, as Timothy’s spiritual mentor, maintained regular communication with Timothy through letters, offering guidance, encouragement, and correction. These letters, known as 1 & 2 Timothy, are filled with advice on how Timothy should conduct his ministry, address false teachings, and maintain his personal faith. In 2 Timothy 1:3-7, Paul writes to Timothy, reminding him to “fan into

flame the gift of God, which is in you through the laying on of my hands.” Paul encourages Timothy to be bold and not let fear hold him back, reinforcing the lessons and faith that Timothy had learned from both his family and Paul. This consistent check-in from Paul not only strengthened Timothy’s resolve but also provided him with necessary wisdom to face the challenges. Even Paul requested updates from Timothy, as seen in 1 Thessalonians 3:2-6, where Timothy is sent to strengthen and encourage the Thessalonian believers. When Timothy returned, he brought good news about their faith and love, encouraging Paul. This highlights the huge role of regular check-ins in a mentoring relationship. Through these check-ins, a mentor can provide ongoing support, timely advice, and help one stay focused on their goals and calling. As Timothy benefited from Paul, consistent guidance, regular communication with a mentor today can provide encouragement, accountability, and wisdom, helping to navigate life’s challenges effectively.

- **Counseling Principles:**

- **Routine:** Establish a regular check-in schedule.
- **Honesty:** Be open about both struggles and progress.
- **Support:** Use check-ins as a time to receive and give support.

- **Foundation Stage Counseling Questions:**

- What do you think about the importance of regular check-ins with your mentor?
- How do you see check-ins helping you stay accountable and focused?
- What are your thoughts on the biblical principle of mutual encouragement?
- Where do you stand on the role of check-ins in tracking your progress?
- What is your perspective on the benefits of consistent communication with your mentor?

- **Preparation Stage Counseling Questions:**

- What are your goals for establishing a regular check-in routine with your mentor?
- What are your aspirations for how check-ins will support your recovery?
- What are your intentions for being open and honest during your check-ins?
- Where would you like to be in terms of your check-in consistency and effectiveness?

- **Mentorship Stage Counseling Questions:**

- What steps are you taking to ensure regular and productive check-ins?
- What is your plan for being transparent and forthcoming during your check-ins?
- How are you going to make the most of your check-in sessions with your mentor?
- How are you preparing to address any challenges that arise during check-ins?
- What steps will you take to track and evaluate your progress through regular check-ins?

Reflection and Gratitude

Gratitude and reflection are vital for spiritual health. Colossians 3:15 (ESV) reminds us, “And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.” This section provides ideas to help your mentee reflect on their journey and cultivate an attitude of gratitude.

*Give thanks in all circumstances; for this is the will of God
in Christ Jesus for you.*

- 1 Thessalonians 5:18 (ESV)

- **Statistic:** Practicing gratitude has been shown to improve mental health and recovery outcomes by 30%. [Greater Good Science Center](#)
- **Illustration:** In Luke 17:11-19, as Jesus was traveling to Jerusalem, He encountered ten men who were suffering from leprosy. They called out to Him from a distance, asking for mercy. Jesus responded by telling them to go and show themselves to the priests, and as they went, they were healed of their leprosy. However, only one of the ten men, upon realizing that he was healed, turned back to thank Jesus. This man, a Samaritan, fell at Jesus’ feet and praised God with a loud voice. Jesus acknowledged the man’s gratitude, asking, “Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?” (Luke 17:17-18). Jesus then said to him, “Rise and go your way; your faith has made you well.” This story highlights the importance of taking the time to reflect on the blessings and breakthroughs we experience and then expressing gratitude for them. The one leper who returned to give thanks not only received physical healing but also a deeper spiritual blessing as Jesus affirmed his faith. This teaches us that reflection and gratitude are essential practices in our spiritual lives, helping us to recognize God’s work in our lives and drawing us closer to Him. By making reflection and gratitude a regular part of our lives, we honor God and also strengthen our faith perspective, enabling us to see and appreciate the blessings, both big and small, that come our way.
- **Counseling Principles:**
 - **Reflect:** Take time to reflect on the journey.
 - **Gratitude:** Cultivate a habit of gratitude.
 - **Celebrate:** Celebrate progress, no matter how small.
- **Foundation Stage Counseling Questions:**
 - What do you think about the role of reflection and gratitude in your recovery?
 - How do you see reflecting on your progress helping you stay motivated?
 - What are your thoughts on the biblical principles of thankfulness and contentment?
 - Where do you stand on the importance of cultivating a habit of gratitude?
 - What is your perspective on the benefits of regularly reflecting on your journey?

- **Preparation Stage Counseling Questions:**

- What are your goals for incorporating reflection and gratitude into your daily routine?
- What are your aspirations for how these practices will enhance your recovery?
- What are your intentions for recording your reflections and expressions of gratitude?
- Where would your practice of reflection and gratitude to be in the coming months?

- **Mentorship Stage Counseling Questions:**

- What steps are you taking to regularly reflect on your recovery journey?
- What is your plan for maintaining a habit of gratitude?
- How are you going to incorporate reflection and gratitude into your daily life?
- How are you preparing for using these practices to stay motivated and focused?
- What steps will you take to share your reflections and gratitude with your mentor?