

A Weekly Mentoring Time with Teenagers

Kirk Durston

I have found it to be of great value to meet with my teenage children once per week for a time of mentoring. These times include the following ingredients.

1. Something hot and enjoyable to drink, such as hot chocolate, and/or something to snack upon, such as cookies. The purpose is to help make the time more pleasant.
2. Each of us shares one thing from the Bible that we recorded in our journal that week. The purpose of this is to put God's Word first, before other books, to encourage daily personal devotions, and to enrich one another from our own readings.
3. Each of us is to have read in advance a pre-assigned chapter from one of the books listed below and underlined key ideas or made notes. We then take turns explaining to the rest what stood out to us. I go last and tie together any loose threads.
4. We close off with a time of brief prayer, where each person prays.

The following list is of books that Patti and I have used in mentoring our children. Patti covers some of the girls' books and I do the rest. Not all books are covered with all children. Certain books are aimed more at younger teens and other books are better left for older teens. The parent can be the judge.

Boyhood and Beyond, Bob Schultz : An excellent book for building character in a young man. Each chapter focuses upon a different virtue to build. This book is best covered in the early teenage years.

Beautiful Girlhood, a classic, revised and expanded by Karen Andreola: For young teenage girls focusing upon old fashioned character building. Should be done before the girl reaches high school.

I Kissed Dating Goodbye, Joshua Harris: This book promotes the idea of courtship rather than dating, but it goes much further in building proper attitudes toward pure relationships. It may turn out that the teenager will still date even after covering this book, but he or she will likely approach it with considerable more maturity and wisdom.

My Heart Belongs to Him, Nancy Butkowski and Leslie Barner: This work book for mother and daughter focuses on good relationships including friendships. Best covered before high school.

Celebration of Discipline, Richard Foster: Covers a number of excellent personal disciplines in the Christian life such as meditation, fasting, etc.

The Screwtape Letters, C.S. Lewis: An imaginary correspondence between a senior demon and a junior demon. Each chapter focuses on a different strategy that the enemy can use in subverting Christians. Although the correspondence is fictional, the strategies are very real.

How to be Filled With the Holy Spirit: A small booklet that explains how to live a Spirit-filled life.

The Four Spiritual Laws: A small booklet that explains the gospel. The purpose of covering this book is to train the young person how to share his or her faith.

Common Questions, Kirk Durston: Available for downloading from <http://www.newscholars.com/papers/Apo%20handout.pdf> this resource is designed to train Christians on the evidence for basics of the Christian faith.

The Ten Basic Steps Toward Christian Maturity: An excellent, free online series of studies on the major areas of Christian doctrine. I would cover one of these chapters each week in addition to a chapter a week from one of the other books. <http://www.tenbasicsteps.org/main.htm>

Authentic Beauty, Leslie Ludy: Centers around giving ones heart to the Lord and committing herself to the man God has planned for her. There are some parts that get pretty descriptive regarding improper relationships, so this book is best covered with an older teenage daughter. If a girl has already been exposed to a lot of things, it could be covered when she is younger.

What Wives Wish Their Husbands Knew About Women, James C. Dobson: This is a book to cover with older teenage boys to prepare them to be good husbands.

Do Hard Things, Alex and Brett Harris: The point of this book is to encourage teenagers to set the bar a good deal higher than most, and to suggest to them that their capabilities as a teenager are much greater than most suspect.