A *re:generation* mentor is a guide outside of the *re:generation* group who is granted authority by a participant to speak into his or her life for the sake of spiritual growth and recovery. A mentor *must:*

1. Be a committed Christian
2. Be a member of a Christian church local to the participant (if the participant regularly attends a Christian church, finding a mentor from his or her “home” church should be a priority)
3. Be of the same gender as the participant
4. Have biblical foundation for life
5. Have aclear understanding of the Gospel

Other qualities that are ***not required*** but could be helpful when considering a mentor candidates include: choosing a mentor (or small team of mentors) from an existing group already committed to helping each other grow in their Christian faith, choosing a mentor with whom a trusted relationship existed a prior to *re:generation*, and choosing a Christian with previous recovery experience. Regardless of these characteristics, any mentor candidate would still have to meet the five requirements listed above.

It is the responsibility of the participant, not the ministry, to find a mentor. Refer to the “How to Find a *re:generation* Mentor” document for ideas about how to find a mentor. An overview of mentorship, links to mentorship training, and resources for the mentor/participant relationship can be found on [www.regenerationrecovery.org/resources/mentor-resources](http://www.regenerationrecovery.org/resources/mentor-resources).

**Expectations of a mentor can be remembered by the acrostic H-E-L-P:**

**Hold Tight:** Cling to an honest, authentic, dependent relationship with Christ yourself (1 Corinthians 11:1)

* Confess/repent of sin, live authentically with other Christians, spend time in God's word, practice reconciliation. Show that a daily relationship with Jesus brings life, freedom, and joy.
* Pray daily for the ministry and your own spiritual health—apart from Christ, you can do nothing.

**Earn the Right:** build trust for an honest, authentic relationship with the participant (Proverbs 22:11, 27:9)

* Be authentic with the participant about your own story, struggles, and relationship with Christ.
* Listen. Hear about the participant’s pain, struggles, wins, losses, fears, and relationship with God.
* Agree upon expectations and follow through with your part (See the Mentor/Participant Agreement):
  + Establish the frequency of mentor/participant communication
  + Agree about how often you meet face-to-face for curriculum updates (daily, weekly, long-term)

**Love Through:** love the participant through the recovery process (Galatians 6:2)

* Know/support/encourage/love the participant throughout the process of recovery. Share burdens.
* Encourage attendance at church and re:generation weekly.
* Check up regularly regarding homework, sobriety, and the participant’s plan of care.
* Help with these steps: (resources available on watermarkresources.com once mentor access granted)
  + Step 4, Inventory–set deadlines, help when stuck, encourage
  + Step 5, Confession–listen to the inventory, identify idols and patterns
  + Step 6, Repentance–help develop repentance plans
  + Step 9, Amends–help with Amends Plans and follow-through
  + Step 12, Regeneration plans–what to do after recovery
* Assist with conflict resolution. Partner with fellow participants and leadership to help work through conflict in a biblical manner (Matthew 18:15-17).
* Communicate with the step group leadership as needed about how to best love the participant through each stage of recovery (exchange contact information with group leadership).

**Point to Who:** only a personal encounter with Jesus Christ will heal the participant. (Proverbs 127:1)

* Jesus is the rescuer. *Re:generation* curriculum, leaders, and mentors should direct the participant to Christ—the only one who can heal the participant. It is not up to the mentor to save/heal the participant.
* Rely on scripture for counsel and guidance rather than your own opinion (Hebrews 4:12). Speak scripture with grace and kindness. Use *re:generation* issue sheets if you don’t know what scripture is relevant!
* Pray daily for the participant—that the Holy Spirit would compel him/her to trust and obey God’s word so that he/she might experience the freedom, joy, and purpose that God promises to fully-devoted followers.

**Training and Resources for Mentors:**

There are many training resources available to mentors, but the first step of training is the [Mentor Training Module](https://watermark.formstack.com/forms/regen_mentor_training_module), which should be completed by all mentors. This module is a series of four videos with questions and a Frequently Asked Questions document. It provides an overview of the mentor role and *re:generation* ministry, keys to being a good mentor, and how to find mentor resources. Once the Mentor Training Module is completed a mentor will receive an invitation to create an account on [www.watermarkresources.com](http://www.watermarkresources.com) where he or she will have full access to mentor training content at [www.watermarkresources.com/ministries/regen/leader-resources](http://www.watermarkresources.com/ministries/regen/leader-resources).

Note: To move forward in *re:generation*, many ministries require participants to submit a signed [Mentoring Agreement](http://08365081b3909fb182e8-d1728382312dcca4421fdda0fbe41c7b.r59.cf2.rackcdn.com/uploaded/m/0e10618345_1593545293_mentorparticipantagreement.docx) and show proof that the mentor has completed the Mentor Training Module.

Once a mentor has activated an account on watermarkresource.com, he or she will have access to a wealth of mentor resources including:

* Mentor Training Podcasts
* Tools for understanding the *re:generation* ministry
* Resources to help a participant make it through the *re:generation* steps
* Step guides to know what questions to ask a participant at various points of recovery
* Communication tools for mentors and group leaders
* Tools to help you understand how to biblically address various struggles

If you have any questions about these resources, reach out to the ministry leaders at that specific ministry location where your participant is attending. You may also email [resources@watermark.org](mailto:resources@watermark.org) if you have technical issues or the local ministry is unable to answer your questions.