

Intentional 1 to 1 relationships

The similarities and differences between Mentoring, Spiritual Direction and Counseling

| | Mentoring | Spiritual Direction | Counseling |
|-----------------------------------|--|--|---|
| Emphasis | Empowering for ministry and growth in maturity | Spiritual growth in companionship with God | Personal healing and resolution of personal issues |
| Focal area of relationship | Setting and moving toward clear mutually agreed objectives that arise from the mentoree's life and ministry. | Reflecting together on the spiritual journey of the directee in order to grow in relationship with God. | Dealing with specific problem issues or aspects of the Inner self – emotions, relationships or lifestyle |
| Duration | Medium to long term (1-3 Years, monthly meetings) | Usually long term (3-5 years, monthly meetings) | Usually short term (2 –3 months, weekly or fortnightly meetings) |
| Basis of relationship | Understanding of ministry and similarity of leadership experience | Spiritual maturity and knowledge of spiritual life | Growth of the inner person through therapeutic skill |
| Personal & professional knowledge | Knowing and being committed to the person and their life and ministry | Knowing the person and their relationship with God | Knowing the human condition and how people move toward wholeness |
| Resources used | Wide variety of diagnostic, personal and professional development and growth resources usually gathered by the mentor | Spiritual literature, resources for cultivation of Christian disciplines, person of the director | Training of the therapist |
| Definitions | Mentoring is an intentional interpersonal process in which one person equips and empowers another toward more effective ministry through sharing God given encouragement, instruction and resources. | Spiritual Direction is the art of discerning with another the movements, challenges and call of the Spirit in the other's life. Spiritual Direction assists and supports another grow in Christlike obedience and friendship with God. | Counseling is a process in which a person is enabled by another to move toward healthy resolution of a specific issue through gaining significant personal insight and power. |
| Metaphors | Master-Apprentice Coach-Player | Guide-Pilgrim Sage-Disciple | Doctor-Patient? Advisor-Client |
| Key Ideas | Empower, resource, train, equip, objectives, ministry | Journaling, discernment, guide, prayer, relationship with God, spirituality | Healing, problem focused, process, growth, therapy |

Intentional 1 to 1 relationships

The similarities and differences between friendship, pastoral care and discipleship

| | Friendship | Pastoral Support | Discipleship |
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| Emphasis | Sharing significant life moments together with someone you are committed to. | Care through a difficult time by people you know and trust | Learning the basic knowledge and lifestyle of a Christian disciple |
| Focal area of relationship | True friendship has no agenda other than enjoying the company of the other. | Offering presence, prayer and practical assistance to brothers and sisters in need. | Working through a set of principles, skills, or a program of discipleship |
| Duration | Often lifetime with periods of intensity and distance | Usually long term but with intense short term periods | Usually short term (6 months, weekly or fortnightly meetings) |
| Basis of relationship | Shared experiences, values and personal commitment | Sense of commitment that comes with the family of God | Growth through study and application of a set program |
| Personal & professional knowledge | Not applicable | Knowing the individual, trust, some basic pastoral skills | Maturity in Christian faith and lifestyle, discipline and commitment |
| Resources used | Friends often share books, ideas, reflections and information | Skills and training of the carer | Discipleship course, book or program |
| Definitions | Friendship is a relationship that is built around a history of shared experiences and values. It flows out of commitment and a valuing of the other person. | Pastoral Care is a function of the body of Christ. Brothers and sisters care for one another and seek to provide for each other's growth, healing and wholeness. | Discipleship is laying the foundations of a new Christian's lifestyle with understanding of Christian lifestyle, values and beliefs. |
| Metaphors | Soul-friends | Brother-Sister Family of God | Master - Apprentice |
| Key Ideas | Mutual, informal, open, casual, need driven | Care, growth, help, ministry, prayer | Disciplines, basic growth, knowledge, lifestyle. |

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