

## Mentoring the Young Women in Your Life

*Mentoring Young Women* is the title of my newest mentoring resource, and I am so excited about it that I wanted to give you a sneak preview of it in this month's article. I know that not all of my readers have daughters, but the same principles apply to males so keep reading!

Most of you know that I am the author of *Mentoring Women* - a full year of curriculum for women to use to mentor small groups of women. It has been used successfully by churches, organizations, and individuals for over 3 years. It addresses topics like living a life of influence, spiritual disciplines, attitudes, people skills, women's issues, marriage, motherhood, ministry, etc.

Taking the same principle and building age appropriate lessons I have written a 9-month curriculum for mothers to mentor their daughters, or even a group of mothers to mentor their daughters. Many women have had the desire to mentor other women, but until now haven't had a track to run on. Now they have two! Relevant lessons, illustrations, outlines, talk sheets, and everything necessary for healthy spiritual development of women of all ages.

*Mentoring Young Women* is for young women serious about taking ownership of their lives and their life choices; Serious enough to invest a high level of energy into their current choices to accomplish their future dreams.

If I *own* something – I will protect it, take care of it, properly maintain it and even defend it when necessary. Young Women must *own* their faith or it is not their faith. They must *own* their choices, or they will not make wise ones. They must *own* their future, or they will not have a bright one. They must own their lives or they will live someone else's and regret every minute of it!

If I *build* something – I invest in it, devoting time, attention, and resources to it. Young Women who see potential in their lives will invest more positive energy in it than they would if *you* build it *for* them.

If I am *serious* about something – I will seek its intended value and appreciate it for all its worth. Young Women who are serious about their life and their life choices are sincerely invested in who they are becoming. They are devoted to today, knowing that today provides for tomorrow and tomorrow provides for forever.

Teens must *own* their life. By that, I don't mean unaccountable pseudo-adults who make their own decisions without consequences or guidance. I mean "own" in the sense of responsibility, in the sense of internal discipline. Helping your child develop internal discipline will build their sense of ownership and you will be amazed at the difference it will make in their decisions. Instead of doing what you want them to do because *you* want them to do it, they will *want* to do what you want them to do because they *own the value* of doing it! (When that sinks in, you will thank me.)

Believe me, young women able to open their hearts, minds, and spirits to the messages, illustrations, games, activities, assignments, and overall process of the monthly gatherings will be motivated to "possess their vessel with honor" (I Thes. 4:4) because that is what feels good to them, not because you want them to.

Nine lessons will teach your young women to 1) embrace their *process*, 2) develop their *personality*, 3) establish their *principles*, 4) honor their *parents*, 5) cherish their *purity*, 6) respect their *power*, 7) evaluate their *example*, 8) fulfill their *purpose*, and 9) formulate their *plan*.

So, if you know a young woman who is serious about building a relationship with her Heavenly Father, her earthly mother/mentor and traveling companions during a year in *Mentoring Young Women* you should tell her about it! You may just change her life and her future. She will benefit from the concentrated time with her mother, designated time with her father (or father-figure), and the dynamics of the learning environment with other young women in the group, not to mention the tools that she will gain with which she may build her future.

*Mentoring Young Women* is a new program so women with a silly side and a pioneering spirit will enjoy it every step of the way. Mothers and daughters everywhere are saying yes to the adventure! The first step in the journey towards mentoring the young woman in your life would be to join other mothers and daughters from around Atlanta for the kick-off conference - *You Go Girl!*

The two main sessions focus on inner beauty. They address the uniqueness of each individual and how much courage we have when we see ourselves from the inside out. It also talks of the pain of comparison when we focus on our outward appearance. The real you is on the inside, so let's develop our character, since that is the beauty that lasts long after our external looks fade away. Feeling good about who you are on the inside gives you strength to make the tough choices and stand strong when your standards are tested.

The day begins with a quote from the movie: *Beauty and the Beast*. "She warned him not to be deceived by appearances, for beauty is found within." This incredible movie adequately depicts the tragic outcome of judging others based on outward appearance. The movie says of the handsome prince, "He had everything his heart desired, but he was spoiled, selfish and unkind." He made a choice based on EXTERNAL BEAUTY and it got him into a lot of trouble. He isn't alone in this kind of trouble.

**The *You Go Girl!* conference is Saturday, August 20th from 9am to 4pm at Calvary Christian Fellowship in downtown Duluth.** A fun, full day of music, drama, illustrations, lessons, "girl talk" sessions and a mother's small group led by me. Young women in grades 6 – 12 and their mothers are invited to attend, but registrations must be made in advance. Call 404.281.4570 for details.

Because your Family Matters!  
Stephanie Wolfe