



## MENTORSHIP

### WHAT IS MENTORSHIP?

This program is for young adults at Sherwood Oaks, but more than that, it's an invitation into real life together. We pair young adults (ages 18–30) with an individual or family from the Sherwood Oaks congregation for an intentional, ongoing relationship rooted in the hope of Christ.

It is built on life shared together—both the ordinary moments and the deep ones. Mentors and young adults share meals, faith, and the everyday stuff of life. Discipleship resources are available for any pair that wants them, but there's no required curriculum.

### WHO IT'S FOR

Any young adult connected to Sherwood Oaks — college students, grad students, and young professionals. Mentors can be individuals, couples, or families at any stage of life who are a step or more ahead and willing to show up consistently.

### WHAT IT LOOKS LIKE

#### FOR MENTORS

- **Commit to a Regular Rhythm.** Set an intentional meeting schedule that works for both of you.
- **Pray Intentionally** for your young adult by name and specifically.
- **Initiate Connection.** Many young adults are still learning how to take the first step. Be the one that reaches out.
- **Celebrate Them.** Acknowledge the big and small moments.
- **Disciple through Involvement.** Encourage them to plug into church life through worship gatherings, Connect Groups, and serving.
- **Point them toward Jesus.** In the big moments and everyday too.

#### FOR YOUNG ADULTS

- **Practice Responsiveness.** Your mentor is excited to get to know you; please make it a priority to reply when they reach out.
- **Commit to Connection** Say yes to invitations when you can. Be clear about your schedule and boundaries. Your mentor is here for you—make the most of it.
- **Grow with Community.** This is your church family, too. Stay involved through worship and serving.
- **Be Real.** Don't feel like you have to have it all together. You aren't a project—you're a person, so let your mentor walk alongside you.

### GOING DEEPER

Pairs have access to discipleship resources — conversation guides, Scripture reading plans, and recommended books — for any relationship ready to go further. These tools are available on request, not required. The goal is formation through relationship, not completion of a curriculum.

## **COMMON QUESTIONS**

### **What is the time commitment?**

We encourage you to meet at least monthly for a year. Some pairings may choose to meet more frequently. When you have met for a year, decide together how you want the relationship to continue.

### **What if things feel awkward at first?**

It probably will feel awkward! Relationships take time, but just show up and be yourself. Most of the best connections grow out of small, consistent moments.

### **What if the relationship stalls?**

Let our Young Adult Ministry Team know. Sometimes people get overwhelmed, disconnected, or life just gets busy. We are here to reassess and help re-engage if needed. We also understand if life changes and we need to make adjustments. We just ask that you communicate clearly with each other and with us.

### **Can I mentor more than one young adult?**

This is up to you and your capacity. There may be a situation when roommates may want to be mentored together and this would absolutely be fine. If you want to mentor a larger group—we encourage you to ask us about Soul Strength Groups. Strength Groups provide intergenerational community in a group of 5-7 (2 Premium Adults and 3-5 Young Adults) where everybody participates equally.

## **Ready to take the next step?**

Sign up at [socc.org/college](https://socc.org/college) or email [college@socc.org](mailto:college@socc.org)