



Mentoring Ministry  
for Women

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## MENTOR TEACHING: Prayer Guidelines by Tina Hanscome

Ladies, as we mentor, we have the privilege and responsibility to point our mentees to God. How? Often that happens through prayer. Prayer can be supportive and encouraging. As you pray, encourage their faith with your faith. You might say, "I believe God's presence is with us right now. What do you need from Him?" Prayer is ultimately healing as we ask the Healer to do His work. It's not our job or responsibility to "fix" our mentee -- that's God's job. But our job is to help lead them back to Christ.

At some point during each time together, we encourage you to pray with your mentee.

1. **Ask permission to pray with her right there or while you have her on the phone.** So often people say, "I'll pray for you" but we don't know if they actually did. So do it! Pray for her in that moment so as the Lord speaks to you in the prayer, so that she can also hear and receive the good word.
2. **When praying for your mentee, don't ever assume what her need is. Ask, ask, ask, then listen very carefully.** You might ask, "How might I pray for you today?" What she wants prayer for and what you think she needs prayer for might be interpreted very differently.
3. **Try to narrow down the concern so you may pray specifically** (John 14:12-14). For instance, she may need courage, wisdom and direction when facing a decision. Or she may need patience in her parenting to not overreact to her children. Pray specifically and with authority.
4. **Only pray about things with which you can agree.** (Matt. 18:19) For instance, if your mentee is struggling in her marriage, you can't agree that God will hurt someone, but we can pray for a change of heart, that they'll come to know Christ, or that forgiveness happens.
5. **You may feel led to "lay hands on your mentee" when you are praying for her.** Jesus laid His hands on people as a blessing (Matt. 19:13-15; Mark 10:13-16, Luke 18: 15-17) or sometimes when He prayed for healing (Mark 5:23; 6:5; 7:32; 8:22-26; Luke 4:40; 13:13). **Touch a person only after asking their permission first.** Laying hands on her shoulder, back or arm are usually "safe" places where everyone feels comfortable.
6. **After praying, ask yourself and your mentee, "Is there a way to be Jesus with skin on right now?"** Maybe they need a physical hug or embrace. Perhaps they need an emotional affirmation of their courage. Or perhaps they need spiritual confirmation with a pertinent scripture verse giving a promise or blessing.
7. **If you make any kind of promise to follow-up, be sure you do!** If you say you'll pray for her on a regular basis, keep your promise! Try keeping a journal or some other record of the times that you are praying for her, and listen for anything that the Holy Spirit might be wanting you to pass on - such as a Scripture verse, promise or word of wisdom. Write it down and share it with her the next time you meet - this tangible evidence of your commitment to pray for her will mean a lot!