

# Passing the Baton for Youth

## Session 1: Passing the Baton: Running to Win and Leaving a Legacy

Welcome, champions! This training is about Passing the Baton, a concept rooted in sportsmanship and spirituality. It's about living for God and sharing our experiences and values. Throughout this training, we'll draw inspiration from Scripture and learn from heroes like Timothy, who received Paul's Baton of Faith and carried it forward with courage. These are not just stories; they are guiding lights that will illuminate our path. We'll unpack what it means to set goals, overcome obstacles, and cultivate relationships that empower us to pass on wisdom and truth, leading to a transformative journey of hope and optimism. Together, let's explore running the race of life with purpose and leaving behind a lasting legacy. Are you ready? Let's run to win! (2 Corinthians 5:15, 2 Tim 2:1-2, 1 Corinthians 9:24)

### Introduction: Life as a Race - Running to Win

In his letter to the Corinthians, the Apostle Paul used the powerful metaphor of the race of life to convey a profound truth about our journey on earth. He likened the Christian life to a race, underlining the importance of running with a clear purpose and intentionality.

#### Read 1 Corinthians 9:24-27

### 1. Purposeful Running

Just as athletes train rigorously with a specific goal in mind—to win the prize—we are also called to live purposefully. Our goal isn't merely earthly success or recognition but the eternal prize of knowing and pleasing God. Philippians 3:12

- Mention three goals you are pursuing.
- Will these goals please God?

### 2. Self-Discipline

Athletes exercise strict self-discipline to excel in their sport. Likewise, as followers of Christ, we are called to discipline ourselves spiritually—cultivating prayer habits, studying God's Word, and obeying His commands. 1 Corinthians 9:27

- Which spiritual disciplines are you faithful to?
- What will you do to build your spiritual muscles?

### 3. Eternal Perspective

Unlike the perishable medals awarded to athletes, our reward as Christians is an eternal inheritance in Christ. This perspective should inspire us to prioritize our time, talents, and resources to align with our eternal goal. 1 Corinthians 9:25

- What scriptures help you live with eternity in mind?
- How does eternity influence your priority?

#### 4. Avoiding Distractions

Paul warns against running aimlessly or boxing as if beating the air. We must be focused and intentional in our pursuit of Christ, steadfastly avoiding distractions that could hinder our spiritual progress. Hebrews 12:1

- What distractions keep you from pursuing your goals?
- What habits will keep you focused on your goals?

## Session 2: Passing the Baton: Lessons Relay Races Teach Us

In relay races, the baton is more than just a stick—it symbolizes working together, trusting each other, and planning. Winning a relay race isn't just about being the fastest runner; it's about the whole team working smoothly together. In God's kingdom, we are likened to a body, where each part has a role based on its unique gifts. As students and young adults, these lessons can help us succeed in our studies, careers, and relationships. By applying the principles—teamwork, trust, and strategy—we can navigate challenges, support each other, reach our personal goals, and confidently build the Kingdom of God. (Romans 12:3-8, 1 Corinthians 12:12-25)

### Teamwork

Each runner has a role and must pass the baton at just the right moment to keep the momentum going. In life and education, teamwork means understanding everyone's strengths, respecting each other, and realizing that we can achieve bigger things together.

- What do we learn about teamwork from Jesus in Luke 10:1-2, 17, 21?
- What are some of the rewards of working in a team? Acts 6:1-7

### Trust

When one runner passes the baton to the next, they trust that their teammate is ready and able to keep running. Trust is crucial in any team or friendship—it means relying on each other and believing that everyone will do their part. In life, building trust means being honest, dependable, and supportive of each other's goals. (e.g., Elijah and Elisha, Paul and Timothy). 2 Timothy 2:1-2

- How does Barnabas model trust in teamwork? Acts 11:19-26
- What past experiences keep you from working with others?

### Strategy

Relay teams don't just run; they plan. They decide who runs first, second, and so on, and they practice their baton passes. Strategy is about setting goals, understanding challenges, and making smart decisions. In education and in life, having a strategy means knowing what you want to achieve and figuring out the best way to get there. 1 John 1:1-3

- What strategy do you have for passing on the faith you have received? (Navigators wheel)
- What does Matthew 28:19-20 teach?

## Session 3: Investing in Others and Being Invested In

One of the most enriching journeys in our Christian walk is the path of mentorship. Just as Jesus invested deeply in his disciples, mentorship allows us to follow His example by pouring into others while receiving guidance and wisdom ourselves. Mentoring is a relational interaction in which one person empowers another by sharing their God-given wisdom, experience, and habits of obedience to God's word. -Rachel Olsen

Mentoring is a dynamic relationship of trust in which one person enables another to maximize the grace of God in his /her life -John Mallison.

In Mentorlink, we define **transformational mentoring as taking the initiative to join someone's life journey and becoming one of God's instruments to help that person become all that God wants them to become and do all He wants them to do.** It is intentional and relational and involves modelling and transformational processes. Using the Heart 123 tool, we can find different levels of mentoring. Through mentoring, we fulfil the biblical call to love one another deeply and disciple others as we have been disciplined. It fosters community, strengthens faith, and equips us for the challenges and opportunities ahead. (Ruth 3:1-5, 4:13-17, John 21:15-17)

### Investing in Others

As you grow in your faith and knowledge, it is important to invest in fellow believers. It strengthens the body of Christ. Mentoring is not just about sharing knowledge; it's about imparting wisdom, offering encouragement, and walking alongside others in their spiritual journey. It is not a one-way street; it's a relational dynamic that builds the body of Christ. As we share our stories with others, they are able to find God in our stories.

#### Fill the blanks

1. Read John 13:14-15 A Mentor ..... what he wants others to do.
2. Read John 15:15. A mentor reveals what they .....
3. Read Acts 11:21-26 A mentor..... an equipping/empowering relationship
4. Read Acts 18:24-27 A mentor..... in people to increase their productivity
5. Read Eph 5:15 A mentor helps others .....
6. Read 2 Timothy 3:10-15 This is the power of mentoring; it's about personal growth and resilience. Sharing one's story is a powerful tool in mentoring. It allows the mentor to ..... with the mentee personally, share valuable life lessons, and inspire them to overcome challenges.
7. Read 2 Timothy 2:1-2 A mentor ..... passes on what he has received.

### Being Invested In

At the same time, recognize the value of being mentored. Seek out mature Christians who can speak into your life, offer counsel, and challenge you to grow deeper in your relationship with God. A mentor can provide invaluable perspective, accountability, and spiritual nourishment during your study years and beyond. (Exodus 18:13-27, Acts 18:24-28, 1 Timothy 4:12)

## How to find mentors

1. Pray, asking God to provide you with a mentor(s).
2. Become teachable. Are you ready for the kind of growth and change that God may have in mind for you?
3. Identify areas you need help in.
4. Brainstorm possible sources of mentors (ask others you trust for names).
5. Spend time with persons establishing relationships.
6. Prayerfully assess others, asking yourselves questions such as:
  - ✓ Do they love the Lord and walk with Him?
  - ✓ Are their primary relationships in order? (spouse, children, church, neighbours, work associates, etc.)
  - ✓ Can they make contributions in areas of life where we need help?
  - ✓ Are we teachable? Will we let others contribute to our lives?
  - ✓ Do we have each other's best interests at heart?
  - ✓ Can we trust each other?
  - ✓ Are they genuine servant leaders of others (or are we domineering)?
7. Invite others to mentor you. If they agree, then negotiate the parameters of your mentoring relationship.

## Session 4: Skills of Transformational Mentoring

### Basic Skill One: How to Find Mentees

1. Count the cost. Are you really willing to give the time and emotional energy to be engaged with others in mentoring? The rewards are great, but there is a cost.
2. Pray, making yourself available to Him, “God, I am willing to mentor.”
3. Identify your strengths and weaknesses.
4. Identify potential mentees. Look carefully in your personal arenas of church, work, ministry involvement and neighborhood.
5. Build trust relationships with several potential mentees. Include having fun together.
6. Prayerfully assess the persons, asking yourself questions such as:
  - ✓ How can I build trust relationships with these people?
  - ✓ Do they know Christ and want to grow spiritually?
  - ✓ Where are they in their primary relationships?
  - ✓ What are the areas of potential that I feel Christ wants to develop in them? How?
  - ✓ What are their growth needs? Do they see these needs?
  - ✓ Can I make a contribution in areas of life where they need help? If not, do I know of outside resources that can contribute to their lives?
  - ✓ Are they teachable? Will they let me contribute to their lives? Are they willing to take on the responsibilities of growth?
  - ✓ How can these persons contribute to my life? Am I willing to allow this?
  - ✓ How can I influence without being controlling?
7. Go slowly in building your relationships. Building trust takes time.
8. In humility, offer a mentoring relationship to the mentees. If they accept, talk specifically about what your mentoring relationship will look like.

### Basic Skill Two: How to Negotiate your Mentoring Relationships

Talk honestly about the parameters of the relationship. Discuss things such as:

- ✓ The goals of the relationship. What do we want to see God accomplish?
  - ✓ What are the roles of each person? Mentees? Mentors?
  - ✓ Topics and issues that could be covered (include your strengths/weaknesses evaluations)
  - ✓ What resources could be utilized (materials, other people, experiences, etc.)?
  - ✓ How frequently will we get together?
  - ✓ What are some pitfalls we can anticipate and avoid?
  - ✓ Ending plan: Though we trust our relationships to be ongoing and to actually deepen over the years, how will we know when the formal mentoring relationships are in need of transition?
1. Come to consensus on these parameters and pray together over them.
  2. In order to avoid future misunderstandings, would it be appropriate to put our mutual agreement in writing?