

SO WHAT DOES IT MEAN TO LIVE LIFE 1-2-3?

Live Life 1-2-3 is a commitment to create a GOD-HONOURING FUTURE by investing in intentional, accountable, disciple-making relationships.

WHAT DOES THE '1' STAND FOR?

Invite ONE person to be your guide. Someone you're learning from. Someone who can help and challenge you to become everything that God created you to be. You could call them a mentor, coach, discipler or spiritual director - the point is you're committed to LEARN from them because they're further ahead in their faith journey.

WHAT DOES THE '2' STAND FOR?

Ask TWO people to be your 'running mates'? People who you share your life with; being open about your real struggles; your inner and secret life. These are mutually-accountable, challenging, real relationships. These are people you do LIFE with.

WHAT DOES THE '3' STAND FOR?

Find THREE other people that you will pass on the baton of faith - equipping them to become all that God created them to be, living like Jesus in the world. You're committed to LEAD these people, helping them embrace their destiny in God.

WHAT IS A GUIDE?

Someone you're learning from. Someone who can help and challenge you to become everything that God created you to be.

The Dictionary defines a Mentor as 'an experienced and trusted advisor'. 'Experienced' implies someone who is a little bit further down the road of life. 'Trusted' implies someone who has won the respect and confidence of the Trainee.

HOW DO I FIND A GUIDE, OR MENTOR?

Be on the lookout for someone who is further ahead of you on the journey of faith and life. Someone who you think you could trust to encourage, challenge and advise you. Someone you could be REALLY honest with. You may immediately have an idea of who that person might be but if not pray that God will give you 'radar' for that person. God wants you to have a mentor so just keep your eyes and ears open for the right person.

WHAT DO I DO ONCE I HAVE A GUIDE?

Arrange to meet up. Get to know each other. See if there's a connection and you feel that this person will be able to help you and that they feel the same. Talk about some of the areas in your life where you particularly want encouragement, advice and challenge. Work out how often you want to meet, for how long and any boundaries to the conversation. It's a good idea to set up a review period too.

WHAT ARE RUNNING MATES?

These are close friends whom you share your life with; being open about your real struggles; your inner and secret life. These are mutually-accountable, challenging, real relationships. People, who know you well, see you regularly and know they have permission to challenge and encourage you. They help keep you accountable for putting into practice what your mentor is speaking to you about.

HOW DO I FIND RUNNING MATES?

Great question! Ideally these would be close friends that you've learnt to really trust who you know won't gossip your secrets on Facebook. Sometimes it takes time to build that kind of trust but it's absolutely worth it. If no-one immediately comes to mind then pray that God will help you find someone.

WHAT SHOULD WE DO WHEN WE MEET UP?

Catch up on how you've been doing across all areas of your life e.g. family, work, health, money, struggles? Take some time to encourage, challenge and pray for each other. Maybe someone will have a scripture or a thought to share too. Make sure that your regular times with your running mates aren't just cosy chats. These times are there to sharpen and inspire you so try and keep focused on this. Check the St Giles LL123 web page for resources which you can use together.

HELP! I DON'T THINK I COULD MENTOR OR DISCIPLE ANYONE?

Relax! You don't have to be the best person you know to be a good Mentor. You don't have to be a great talker...it's better if you're a great listener. You don't have to be a great scholar, you don't have to have all the answers ...but a few questions will help. You don't have to have your life sorted...but if you're willing to share your journey and the lessons you've learned from your mistakesthen you have what it takes to mentor.

HOW DO I FIND SOMEONE TO MENTOR OR DISCIPLE?

This can happen in one of two ways. Someone might approach you and ask you to disciple them OR you might identify someone that you believe you would be able to help grow in their faith. If you can't think of anybody at the moment then pray that God will show you who this could be. Even better would be to identify friends you have who don't know Christ. Pray that you will have the opportunity to share your faith with them, bring them to faith and then disciple them.

WHAT DO WE DO WHEN WE MEET UP?

Meet up regularly. Encourage the person to share their story with you and identify the areas where they need to learn and grow. Remember this is about equipping them to become all that God created them to be, living like Jesus in the world. Inspire them to share their faith with others too. Help them set goals. Keep them accountable for change. Think about growth in the whole of life e.g. faith, relationships, money, work etc. Check the St Giles LL123 web page for resources which you can use.