


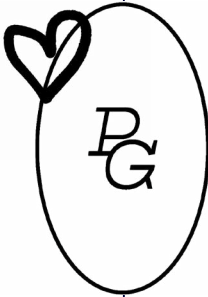
PROPEL GIRL
LEADERS GUIDE



Dear Leader,



Thanks for your interest in mentoring the next generation of young women! We're thrilled for what this journey will mean—for you and for them. We want to walk you through how to make the most of your time together.



While beginning a mentoring relationship with someone can feel daunting, being a good mentor doesn't require any sort of expertise. You just need to be authentically and wholly you. Consistently show up in the life of the young woman you're mentoring. Invite her to share her story with you, and entrust her with pieces of yours. As she talks, listen. Then ask questions and listen some more. Encourage and affirm her. Occasionally, challenge her. Pray for her—both when you're together and when you're not.

COMMUNICATION & SETTING EXPECTATIONS

To get started mentoring, open the doors of communication with both the young women you'd like to mentor and their families. Explain what you envision the relationship will look like (when and where you'll meet, how often you'll meet, and for how long, etc). Make sure everyone feels comfortable with what you're imagining and always meet in a public place.

USING THE PROPEL GIRL DEVOTIONALS



There are three Propel Girl devotionals—*Identity*, *Relationships*, and *Loneliness*—which can be used in any order. We encourage you to choose the first devotional based on which topic will be the most relevant and helpful to the girl(s) you will be mentoring.

Because each Propel Girl devotional has five parts, there are a few ways you can structure your meetings:

- You might choose to meet 15 times, discussing one part of the three devotionals every time you meet.
- You might choose to go through one devotional, meeting five times to talk about each part. At the final meeting, you can decide whether or not to do another devotional.
- You might choose to meet three times, talking about one entire devotional each time you meet.

After deciding how often you'll meet, commit to what you will do independently to prepare for your time together. Our recommendation is for everyone to work through the devotional separately and then come together to discuss it.

When you meet, consider following this loose agenda, designed for an hour-long connection, ideally over coffee or ice cream:

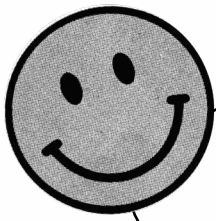
CONNECT: Spend time sharing how your week has been. An easy framework for doing this is to share highs and lows (the best and worst parts of your last week) or something that you're excited about alongside something you're worried about. Make sure each person (including you) shares during this time. You might even want to go first and model the level of vulnerability you hope characterizes your relationship.

REFLECT: Process the devotional content together (however much you've agreed to work through independently between meeting times). Give the young women you're mentoring the chance to share what stood out to them about the devotional, what made them think, and what questions it raised for them. Feel free to do the same.

DIG IN: Choose a few things from the devotional that you specifically want to talk about. This might be something that you found particularly thought-provoking or it might be a question or two from each devotion. We've also provided you with some additional questions—designed specifically for mentoring relationships—to aid your time together. Whatever you choose to do, make this a discussion. Listen more than you talk.

PRAY: Ask your mentees to share how you can be praying for them between now and the next time you meet. Ask them to pray for you as well. Give them some specifics so they can do that. Then (and this is critically important!) actually spend time praying together. Give your mentees an opportunity to pray for you during this time as well. Invite one person to start your time of prayer, either prayer silently or aloud, but ending with "Amen" either way. Once that person says Amen, that's someone else's cue to pray. Continue praying until every person (including you!) has prayed. Alternatively, invite a mentee to pray one of the written prayers found in the devotional and then pray for the group.

As you continue growing in this relationship with one another, we pray that you'll encounter God in ways that will exceed your wildest imagination!



ADDITIONAL QUESTIONS & DISCUSSION PROMPTS

Here are additional questions designed specifically for mentoring relationships:

Loneliness Devotional Questions:

- In Part 3, it says, “Hiding yourself is like telling God he doesn’t do good work.” Do you agree or disagree with this? Why?
- When have you felt the need to hide?
- Do you ever feel like you need to hide at church? If so, when and why?
- Imagine you’re having a conversation with God. What do you think God would say to you during those times you felt you needed to hide? How might imagining God’s response give you the courage to reveal yourself to others?
- In Part 3 it says, “You bring honor to the Creator of the entire universe just by being the real you!” Where and with whom do you feel like you’re most able to be the real you? Why do you think this is?
- This devotional reminds us that even our imperfections can help others. Knowing that what you say stays here, what are some of your flaws? How might those flaws help others? How might knowing how those flaws might help others enable you to show yourself grace?

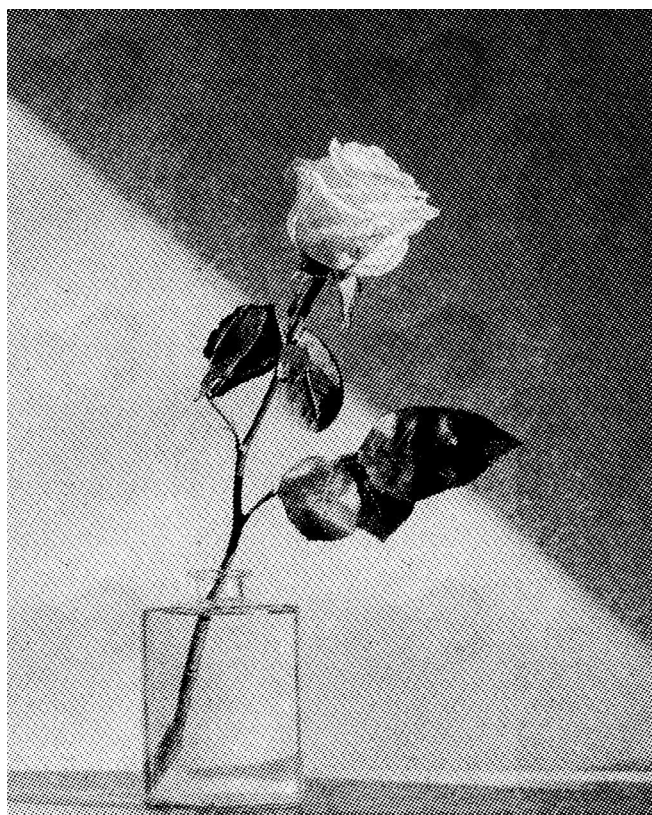
Identity Devotional Questions:

- Look at the list of who God says we are in Part Two. Which of these do you struggle to believe? Why?
- According to Genesis 12:2, God has blessed us so we can bless others. What does this mean to you? What are some of the ways you've experienced God's blessing? How can you use those blessings to bless others?
- In Part 3, it says, "As you learn new skills, develop new interests, and have more experiences, where you are led to serve others and bring glory to God may change over time."
- God will equip you with exactly what you need for the job!" Where do you currently feel led to serve? What skills has God given you for that job?
- Part 3 asks us, "What is something you do well?" Share as much or as little from your list as you feel comfortable doing. (This can be another great opportunity for you to affirm and encourage your mentee!)
- In Part 4, we read, "God made you just the way you are to equip you for the purpose he has for you. That's true whether you're eight or 80." Do you really believe that God has a purpose for you RIGHT NOW? Who or what has shaped your answer to this question?
- How has your purpose changed already in your life over the last couple of years? How do you hope it might continue to change and develop in the future?



Relationships Devotional Questions:

- As Part 1 reminds us: “Your relationships have a tremendous influence on how you make choices, discover your talents, and live your entire life.” Which of your relationships has most impacted you? Why?
- In the Part 1 #LifeHacks, we said, “Being a loving friend isn’t just about saying yes all the time.” How easy or difficult is it for you to believe this? Why is it important not to say YES all the time, even to your friends?
- In the Part 1 #LifeHacks, we talk about empathy, which we define as “putting yourself in the other person’s shoes.” Think about a relationship you’re currently struggling with. How might empathy help you to see that relationship differently?
- When it comes to prayer, “the more honest you are with God, the deeper your friendship will be” (Part 2). What, if anything, makes it hard for you to be honest with God in prayer? How might your relationship with God grow if you were able to be more honest with him?
- In Part 3, it says, “Your closest friends should encourage you to walk with Jesus, support you in hard times (not just the fun times), and challenge you to be your best and to go for your dreams.” How do your closest friends encourage you to walk with Jesus? How do you encourage them to walk with Jesus?
- In Part 4, it says, “Forgiveness isn’t saying that what the other person did was okay. It means that you choose to give the matter over to God.” To you, what does it mean to “give the matter over to God”? Practically speaking, how can you give something to God?



Propel Girl is a free resource for teens published by Propel Women for TENx10.
To download your free Propel Girl devotionals, please visit [TENx10](https://www.tenx10.com).

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