

# JUST FOR MENTORS

Tips, inspiration and encouragement as you mentor men and women in prison



JUNE 2021

Dear Mentor,

Hendrina and I recently replaced the flooring in our home. Going into the project, we thought the only issue with our floor was its worn and dated surface. We are both handy, and we felt the job was straightforward, so we tackled it ourselves.

But as we peeled back the old flooring, we unearthed problems beneath the surface. We discovered dry rot near the sliding patio door. Then we noticed that black mold from an old refrigerator leak had spread across the kitchen floor and down the hall. Our simple project turned out to be much more complicated than we had anticipated.

As I scrubbed away the black mold and cut out the dry rot, I started thinking about the stuff that can grow beneath the surface of our lives. What starts as a little unforgiveness or bitterness can quickly spread and begin to eat away at our souls—and sometimes, we don't even realize it's happening.

For many years, the surface of my life is all that I allowed others to see. In fact, I often avoided looking beyond my happy exterior that I showed the public. But little did I know that struggles with self-esteem, grief and losses were hidden deep within my heart. My inability to forgive myself and my unforgiveness toward others also stayed hidden and unaddressed.

But then, people I trusted began asking me deep questions. And these questions were the tools that allowed me to pull back the layers so I could see inside myself. The love, kindness and compassionate curiosity of my friends made this painful process easier.

At first, these questions were uncomfortable, but I slowly learned to open up and share from the hidden recesses of my heart. Bringing everything out into the open created space to receive healing from God. Now I understand myself better and live with more peace and joy.

As mentors, we have the opportunity to ask our students meaningful questions that invite them to look beneath the surface of their lives. Before asking these kinds of questions, express how much you care for them and offer assurance of God's love. Remind them that nothing in our past, present or future can "separate us from the love of God that is in Christ Jesus our Lord" (Romans 8:38–39).

Then, try asking some compassionately curious questions that may encourage the student to look inward. For example:

- What do you love or appreciate about yourself that the world or your self-critic may not recognize?
- What did you struggle with today, and how did you deal with it?
- What lies might you be telling yourself about goals or dreams you used to have?
- Would you be willing to share any grief or pain you may be experiencing? I (or your next Tier 1 mentor) would be honored to pray for you.

*(Continued on back page)*

Questions like these can help students bring their true emotions, questions, fears and doubts to the surface, where God can do His restorative work.

Serving alongside you,



A handwritten signature in black ink that reads "Douglas Cupery".

Douglas Cupery  
Church Mobilization Director

**Have a question?** You can contact the mentor support team at [mentor@cpministries.org](mailto:mentor@cpministries.org) or 800-668-2450.

## NEWS & NOTES

### Mentor Community Gatherings

Please join us as we gather virtually to equip and empower one another to serve our students well.

Tuesday, June 15, at 8:00 p.m. (EST)

Wednesday, June 16, at 3:00 p.m. (EST)

URL: <https://us02web.zoom.us/j/84182956475?pwd=QWs10GIYZTZlejVOSkcyOEc5NW9SUT09>

Meeting ID: 841 8295 6475

Passcode: 329410

### Curriculum Updates

#### *Who Is Jesus?*

We launched this course last month! Tier 1 mentors may begin to receive lessons from this course later this summer.

#### *What Is the Bible?*

We will launch this course at the end of June. Tier 1 mentors may begin to receive lessons from this course later this summer.

#### *Survey of the Bible*

This course will move to Tier 2 with its new name, *God's Story of Redemption*, at the end of the month. Students currently taking *Survey of the Bible* as a Tier 1 course will finish it as part of their Tier 1 studies; they will not repeat it when they begin Tier 2.

### Follow Crossroads on Social Media!

Check out our Facebook and Instagram pages for student testimonies, ministry updates, artwork and poetry, encouraging Bible verses, prison statistics and more!

Facebook: [CrossroadsPrisonMin](https://www.facebook.com/CrossroadsPrisonMin)

Instagram: [cpministries](https://www.instagram.com/cpministries)