

THE 21-WEEK CHALLENGE



DAVID ROBERTSON

Accelerating Spiritual Development
Through Godly Mentoring



INTRODUCTION

I love mentoring!

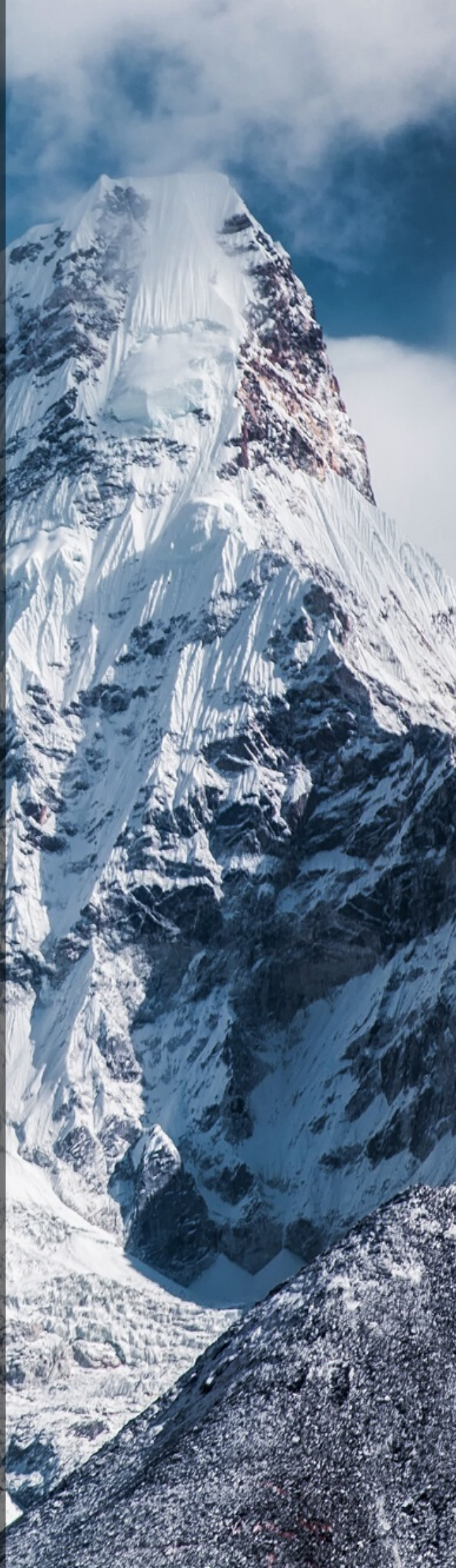
I have had some outstanding men of God who paused long enough to let me catch up to them and ask some questions. They filled in the blanks for me of truth I was missing that my youth and inexperience could not see or discern. In the area of my spiritual life development, I can only say I am who I am today because of godly mentors who allowed me to benefit from their hindsight, insight, and foresight. For a season, I invited them to have oversight over me as well. Because I was teachable, trainable, moldable, and shapeable, these kind men gladly invested in me and imparted wisdom to me.

My friend, I want my story to be your story! I want you to go further than I have gone and faster than the decades it took me to get there. This Challenge can offer an accelerated pathway than can reduce years to months of spiritual advancement, and months into weeks.

Heck, let's go for it and ask God to increase your rate of spiritual growth to the point that things that would normally take weeks to gain and glean will merely take days or hours.

As I type these words on my computer, I'll be sixty years old my next birthday. It took me a long time to get with the program of realizing I need help, advice, and mentoring. Finally, and thankfully, I waved the white flag and raised my hand and surrendered my pride and self-made man mentality to older, wiser men whose faith life demonstrated the success I longed for.

Now at this stage of my life, I have personally mentored hundreds of men face-to-face throughout my over thirty years of ministry. I feel so strongly about the value of mentoring that I am devoting the remainder of my natural life to becoming a Virtual Mentor to as many men around the world as the Holy Spirit will direct my way. With that in mind, I have created the 21-Week Challenge.



WHAT IS THE 21-WEEK CHALLENGE?

The 21-Week Challenge provides a man with a turnkey out-of-the-box ready to go now planner to introduce him to mentoring, find a mentor, and be mentored in a one (1) hour meeting together for 21-consecutive weeks. The bulls-eye in this mentoring time-period is moving you forward in your faith. This mentoring Challenge focuses on your spiritual life, and leading you to go further faster than you ever dreamed possible. Sound good? Read on.

WHAT IS MENTORING?

This short eBook is not an exhaustive deep dive into mentoring. It is intentionally designed to serve as a quick reference guide to get you up and running rapidly. Rather than taking an online course or reading a book on mentoring (I will recommend some at the end), I propose that you experience it first hand and grow as you go.



We sort of already get the big idea of mentoring by simply looking around our everyday world. It is common to see the mentoring relationship in the form of coaches & players, teachers & students, experts & apprentices, and pastors & parishioners. For our purposes, we will work with this terminology:

- *Mentor* a man you will entrust to lead you for 21 weeks
- *Mentee* you

WHY DO I NEED IT?

Here's what I know about me: I'm smart enough to know that I'm not smart enough to know it all. Wisdom won't die with me. I don't have a monopoly on making good and godly decisions every single time. Hence, I need (you need / we need) a go-to guy to bounce stuff off of. But not just any guy.

A good guy. And not just any good guy, but a godly good guy. This is the key to go further faster in your faith.

You need mentoring to:

- Know God better
- Find freedom faster
- Discover your purpose & calling
- Make a difference in your world

IS IT BIBLICAL?

You bet it is. A few examples include:

- Moses & Joshua
- Elijah & Elisha
- Naomi & Ruth
- Paul & Timothy
- Jesus & the Twelve Apostles

2 Timothy 2:2 is one of my favorite mentoring scriptures: "...and what you have heard from me in the presence of many witnesses entrust to faithful men,[who will be able to teach others also" (ESV).




HOW DO I FIND A GODLY MENTOR?

This is not rocket science. Don't over-complicate it. Forget looking for the perfect guy who has all his crap together. To be sure, those men are out there, and if you can locate one who will agree to spend time with you for 21-weeks, go for it. However, it's OK to adjust the bar to men who are in hot pursuit of God but still may be a work in progress. Like you. Like me.

Having said that, you do want to take care to avoid men that are currently struggling through toxic issues like pornography, addiction, anger, or dishonesty. Remember, our focus for this Challenge is on leveraging this strategic mentoring relationship to help lead you further faster in your faith in Jesus Christ. Therefore, this person needs visible evidences of:

- A man who knows the Word of God
- A man who can hear the voice of God
- A man who worships God genuinely
- A man obedient to tithe and paying his bills
- A man who serves on a team at church
- A man full of the Holy Spirit

- 
- A man whose reputation is good within the church community
 - A man whose wife is flourishing under his leadership
 - A man whose children respect him
 - A man who lives his life in balance
 - A man who can be trusted to tell the truth
 - A man who can hold a confidence

QUALITIES OF A GODLY MENTEE

I have found that men will joyfully sacrifice their time and effort for you if your heart is good soil. Here are a few qualities that you should be willing to demonstrate to make it worth their while:

Teachable

you listen well and take notes

Responsible

you follow through on any assignment your mentor gives you

Accountable

you take constructive advice without being offended

Reliable

you show up to each scheduled meeting faithfully

Prompt

your motto is “early is on time, on time is late, and late is unacceptable”

Inquisitive

you ask thoughtful questions (which you prepare in advance)

Appreciative

you express your gratitude in word and deed

Generous

you buy their coffee or meal sometimes just because

Attentive

you put your phone away when you are in session with him

Obedient

you do what he suggests if you both agree it's the path forward

Receptive

you are hungry to learn from, more so than to trying to instruct him

Consistent

as this Challenge is concerned, you commit to start strong, stay strong, and finish strong

WHAT DO WE TALK ABOUT WEEKLY?

First, this eBook contains 21-weekly worksheets to help guide the conversations and capture priceless feedback. Once again, this Challenge doesn't focus on improving your golf swing or bench press, this is devoted entirely toward building your faith life.

Once your mentor has the prime directive of the mission firmly in mind, he can share out of his knowledge base things like:

- Insights into assignments you may be reviewing that week
- Faith building tips
- Best practices & tools
- Pitfalls to avoid
- Answers to your questions
- Best rituals, routines, and rhythms
- Encouragement
- Celebrating wins
- Good fellowship
- Prayer

LOGISTICS

When can we start?

Today, tomorrow, this weekend or next. Just set a time to start, block it off on your calendars, and guard that time.

What if we miss a week?

If you must miss a weekly meeting for whatever reason, no big deal. Just pick up where you left off the following week. It may take you 25 weeks to complete the 21-Week Challenge since it spans several months and vacations and other things may come up. No problem at all! You are not on anyone's time clock but yours.



How often do we meet?

On the same day each week for one hour.

Where do we meet?

Anywhere as long as the venue affords privacy. I like Chik Fil A, Panera Bread, or Starbucks. These locations are convenient, offer food & beverages, have a bathroom, and all have Wi-Fi.

When do we meet?

The best time is when it's best for both of you. Early is generally better than later in the day. Some mentors like to meet before work or after their weekday workout and still get to work on time. Others prefer a weekend time since their job may make a weekday meeting impossible. The main thing is to choose a suitable time and then stick with it.

My favorite time to meet is 6:30 am at Chik Fil A on Saturday mornings. The rationale is it beats the crowd, breakfast is cheap, and we're done and back home usually before the family is out of their pajamas.



Do we do study assignments during our meeting?

No. Do that on your own time. Reserve the face-to-face time for great conversation. Does my mentor need his own copy of The 21-Day Challenge eBook? While not required, it certainly would be helpful for him to see exactly what you are using to track along weekly. Additionally, there are assignment themes and My Virtual Mentor (MVM) recommendations that you both can choose from if your mentor doesn't have a preferred resource on the theme weekly focus topic.

What are the theme topics we will cover?

We will divide the Challenge into seven focus themes allowing 3 weeks to review each one. Again, the mentor has the liberty to choose any assignment material within that category.

Weeks 1-3

My Daily Meeting with God

Weeks 4-6

YouVersion Bible Plans

Weeks 7-9

Read a book of your mentor's choosing

Weeks
10-12

Podcasts

Weeks
13-15

Websites

Weeks
16-18

Inspirational video clips

Weeks
19-21

Movies

For suggested resources to use in most of the categories listed above, download my free eBook *Your Discipleship Toolbox*. [\[HYPERLINK THE TITLE\]](#).



THE 21-WEEK PLANNER

This is the nuts & bolts of your Challenge. For 21 consecutive weeks, you will use one worksheet for each week IN ADVANCE of your one-on-one meeting to review with your mentor. Ideally, this would be in person. If, however, your chosen mentor is remote, you can take a photo of your completed worksheet and text or email it to them to discuss. Each weekly worksheet includes:

- Focus theme
- The Weekly Review – How did you do on your assignments from last week?
- Where are you winning?
- What's hindering you?
- Questions to ask my mentor
- Assignments given by mentor
- The Weekly Preview - what do you want to accomplish this coming week? Prayer

MY WEEKLY PREVIEW

- Review next week's focus theme
- Record the assignment(s) your mentor assigns
- Ask your mentor to pray over you and your family
- Confirm next meet date & time



Let's Get
Started!



THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 1 OF 21

My Theme: My Daily Meeting with God

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 2 OF 21

My Theme: My Daily Meeting with God

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 3 OF 21

My Theme: My Daily Meeting with God

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 4 OF 21

My Theme: YouVersion Bible Plans

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 5 OF 21

My Theme: YouVersion Bible Plans

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 6 OF 21

My Theme: YouVersion Bible Plans

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 7 OF 21

My Theme: Read a book of your mentor's choosing

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 8 OF 21

My Theme: Read a book of your mentor's choosing

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 9 OF 21

My Theme: Read a book of your mentor's choosing

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 10 OF 21

My Theme: Podcasts

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 11 OF 21

My Theme: Podcasts

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 12 OF 21

My Theme: Podcasts

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 13 OF 21

My Theme: Websites

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 14 OF 21

My Theme: Websites

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 15 OF 21

My Theme: Websites

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 16 OF 21

My Theme: Inspirational video clips

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 17 OF 21

My Theme: Inspirational video clips

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 18 OF 21

My Theme: Inspirational video clips

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 19 OF 21

My Theme: Movies

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 20 OF 21

My Theme: Movies

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?

Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

THE 21-WEEK CHALLENGE

MY WEEKLY PLANNER | WEEK 21 OF 21

My Theme: Movies

My Goals

- _____
- _____
- _____

My Assignments

- _____
- _____
- _____

My Accountability

Write these down and share with your mentor:

Where did you win this week?


Where did I struggle this week?

I have a question for you...

Here's what I need from you this next week...

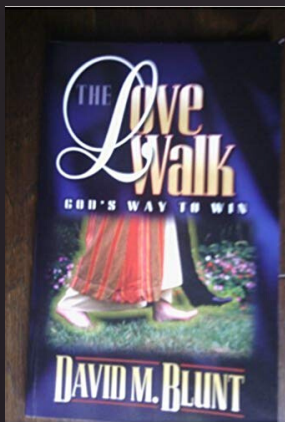
HOW DO I BECOME A MENTOR?

Simple. Pay it forward by finding a man wants to go further faster in his faith and offer to do for him what was done for you in this Challenge. You take on the mentor role and offer a "mentee" an opportunity to walk with you for another round of The 21-Week Challenge. Pay it forward.

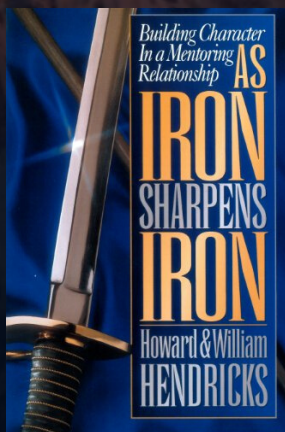


TO GO DEEPER

Two excellent books on mentoring I recommend:



"Mentoring: How to Invest Your
Life in Others" by Tim Elmore



"As Iron Sharpens Iron: Building
Character in a Mentoring Relationship"
by Dr. Howard Hendricks

WHAT'S BEST NEXT?

If you enjoy a challenge, I would love to encourage you to join me and hundreds of other men who have taken a 21-Day Challenge. I have created a map to your best spiritual growth year ever using the framework of 21-Day Challenges. I call this “My Journey.”

Check it out at this link [here](#).

I hope we can take the spiritual adventure of a lifetime together!



ABOUT THE AUTHOR

David Robertson is the founder of My Virtual Mentor, an online platform leading man to go further faster in their faith. David has over thirty years of Christian ministry experience and is a triathlete. He and his wife Monica live in Middle Tennessee, and together they have one adult daughter, Abigail Grace. To explore a map to your best spiritual growth year ever, visit www.myvirtualmentor.org.

RECOMMENDED RESOURCES

FOCUS THEME 1 - WEEKS 1-3 - MY DAILY MEETING WITH GOD

- Bible reading – Daily Audio Bible podcast
- Prayer – Abide app
- Worship – Explore pandora

FOCUS THEME 2 - WEEKS 4-6 - YOUVERSION BIBLE PLANS

- [Stormproof Men – 5 days](#)
- [Stormproof Men – Part II – 9 days](#)
- [Stormproof Men – Part III – 7 days](#)

FOCUS THEME 3 - WEEKS 7-9 – READ A BOOK OF YOUR MENTOR’S CHOOSING

- [“Celebration of Discipline: The Pathway to Spiritual Growth” by Richard Foster](#)
- [“The Purpose Driven Life” by Rick Warren](#)
- [“Model Man: From Integrity to Legacy” by Larry Stockstill](#)

FOCUS THEME 4 - WEEKS 10-12 – PODCASTS

- [Life Church](#) with Pastor Craig Groeschel
- [Elevation](#) with Pastor Steven Furtick
- [Your Move](#) with Pastor Andy Stanley

FOCUS THEME 5 - WEEKS 13-15 – WEBSITES

- [ExploreGod.com](#) – Explore God in a culturally relevant way
- [Pursuegod.org](#) – Ready-to-use Bible studies & talk it over questions
- [ChristianAnswers.net](#) – Vast resource to get answers from a biblical worldview

FOCUS THEME 6 - WEEKS 16-18 – INSPIRATIONAL

VIDEO CLIPS

- [The BEAT](#) with Allen Parr
- [Crossexamined](#) with Frank Turek
- [Real Truth Real Quick](#) with Todd Wagner

FOCUS THEME 6 - WEEKS 16-18 – INSPIRATIONAL

VIDEO CLIPS

- [The Butterfly Circus](#) – a short film on YouTube (22:36)
- [The Jesus Film](#) – The greatest story ever told (2:08:05)
- [Courageous](#) – trailer for a moving movie for all men