

Teresa of Ávila the Mentor

Week 5 in our series *Heroes of the Church*

Pastor Gayleen Barnes Myer

July 26, 2026

Since the world is full of people who draw us away from God, those who wish to serve Him ought to seek out company and make friends with one another, to support them and help them grow.

Teresa of Ávila lived in Spain from 1515 to 1582 AD

- Jesus asks His followers to _____ others. (Matthew 28:18-20)

- When you feel inadequate, _____ to bring the growth. (1 Corinthians 3:7-8)

Who could you mentor?

Remember!

The Daily Connections (Good Morning God, Spiritual Boost, Good Night Review) open our lives to God's love and direction and power.

Good Morning God should be the first thing we do every day when waking up. The *Spiritual Boost* connects us with God's words in the Bible during the day sometime when we have 10 minutes of quiet. Finally, we finish our day with *Good Night Review*, and this allows God's joy and forgiveness to come to us as we drift into sleep.

These three spiritual exercises take only 20 minutes each day, and you will be amazed at how they affect your life. Give it a try and see how you are fundamentally changed by time with God!

Here are suggested readings in the Bible for your **Spiritual Boosts** this week:

Day 1: Read Matthew 28:18-20

- ✳ Why can we have confidence in our ability to make disciples?

Day 2: Read I Thessalonians 2:8

- ✳ What is the motivation for sharing the Good News and your life?

Day 3: Read I Corinthians 3:7-8

- ✳ What do these verses say about spiritual growth?

Day 4: Read Philippians 3:17

- ✳ Pastor Paul wasn't perfect, but he still asked people to imitate him. How do you feel about asking someone to imitate your spiritual life?

Day 5: Take some quiet time to talk with God about mentoring.

- ✳ Thank him for people who have mentored you.
- ✳ Is there someone He is nudging you to mentor?
- ✳ Should you look for a mentor in this season?