

QUICK START GUIDE

A guide to help you launch a Flourish mentoring journey — as an individual or as a church.

WHAT IS FLOURISH?

Flourish is a one- or two-year mentoring journey designed to help women grow in their relationship with God through intentional discipleship and authentic community. The journey is centered around the truth of God's Word and the strength of meaningful mentoring relationships. It uses the Flourish book as both a Bible study and a mentoring guide.

The Flourish book includes a Scripture-based daily guide designed to help women build a consistent habit of being in God's Word—encouraging them to engage with Scripture five days a week and grow in their understanding of who God is and who they are in Him.

At the center of Flourish is a commitment to:

- Study Scripture consistently (5 days a week)
- Meet regularly in a mentoring relationship (recommended once a month)
- Encourage spiritual growth through reflection, accountability, application, and prayer



HOW THE FLOURISH BOOK WORKS

Overview

- **6 Sessions** – designed to be completed over 12 months (~2 months per session).
- **Entirely Scripture-based** – most sessions guide you through an entire book of the Bible.
- **Personal Bible Study** – 5 times per week.
- **Reflection Questions** – for deeper individual study and monthly mentor/mentee discussions.
- **Mentor Training Section** – clear guidance and expectations for both mentors and mentees.

STARTING FLOURISH AS AN INDIVIDUAL

If you are already connected as mentor and mentee, you're set to launch your Flourish journey!

- Make sure both mentor and mentee have a copy of the Flourish book.
- Decide on a start date and monthly meeting rhythm.
- On day one of your start date, begin Flourish in Week 1, Session 1.
 - Read the passage of Scripture and complete the prompt for Day 1.
 - On day 2, return to the prompts and complete the Day 2 prompt.
 - Do the same for day 3-5.
 - For week 2, read the new passage of Scripture and follow the same rhythm above.
- Use the reflection questions and Scripture study prompts in the book to guide your meetings.
- Stay consistent, remain prayerful, and walk the journey together with grace and purpose.

STARTING FLOURISH AS A CHURCH

If you're launching Flourish in your church or ministry, here are the key steps:

Pray and Plan

Ask God for vision, wisdom, and the right leaders to guide the process.

Build a Leadership Team

Gather spiritually mature women who are passionate about discipleship to serve as mentors or help coordinate the program.

Open Applications for Mentors and Mentees

Use forms to collect helpful information such as:

- Name, age, marital status, life stage, children
- Location and availability
- Personal faith story

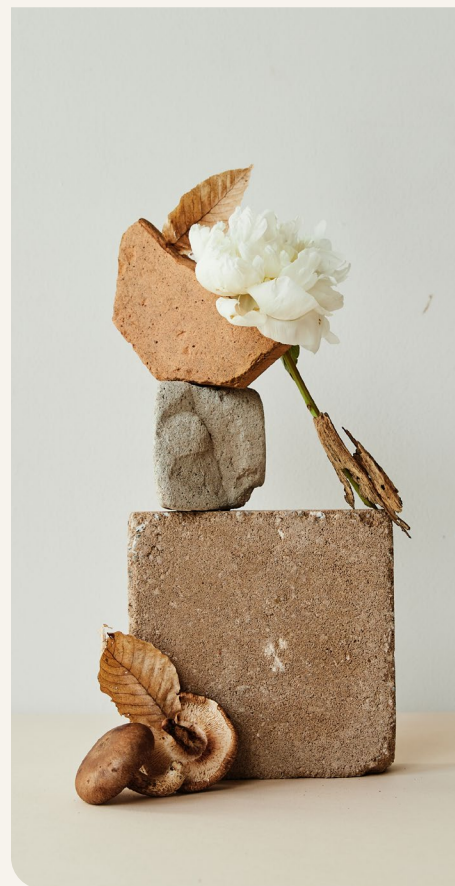
Interview New Mentors

Conduct interviews with first-time mentors to ensure clarity of expectations and readiness for the commitment.

Pray Over Matches and Pair Thoughtfully

Consider:

- Age (mentors should be older/more spiritually mature)
- Life stage
- Location/proximity
- Availability



Train Your Mentors

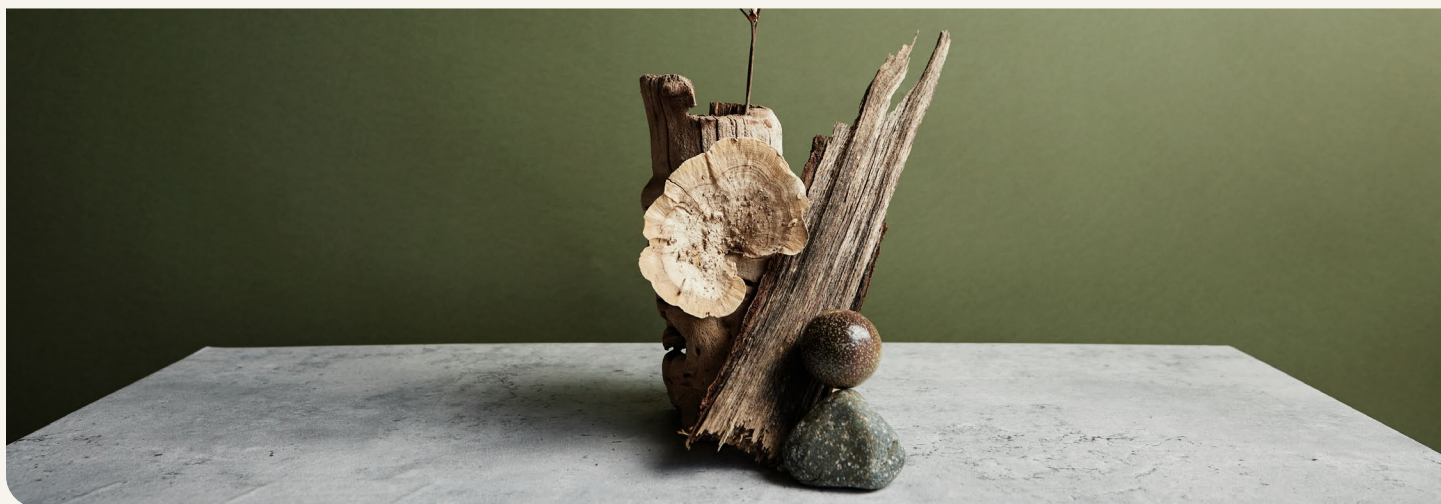
Use the mentor training section of the Flourish book. It includes clear instructions and best practices for leading a mentee well.

Host a Kickoff Gathering

Launch the mentoring year with an event where mentors and mentees can meet, connect, and hear vision and expectations

Create Ongoing Rhythms

Consider offering check-ins, encouragement emails, or celebration events throughout the year to help participants stay engaged and supported.



FINAL ENCOURAGEMENT

Flourish is an incredible tool, but the true power comes from the Holy Spirit working in and through your life. This journey is not about perfection; it's about presence, consistency, and a heart to know Jesus more deeply. We're cheering you on as you begin your Flourish journey!

PROMOTION & LAUNCH

Need help getting started?

[Click here for a suggested Launch Timeline](#)

CONNECT WITH US

Have a question or need support?

Email Our Team:

flourish@passioncitychurch.com

Want to talk with someone on our team?

Set up a Zoom or phone call:

[Click here to book a time](#)