



## Spiritual Mentoring

### Hebrew Bible

#### Numbers 11:

**יא** ויאמר משה אל-יהוה למה הרעת לעבדך ולמה לא-מציתי חן בעיניך לשוים את-משא כל-העם הזה עלי. **יב** האנכי הריתי את כל-העם הזה אם-אנכי ילדתיהו כי-תאמר אלי שאתה בחרת באיש ישרא האמן את-הינק על האדמה אשר נשבעת לאבותיו. **יג** מאין לי בשר לתת לכל-העם הזה כי-יבכו עלי לאמר תנה-לנו בשר ונאכלה. **יד** לא-אוכל אנכי לבדי לשאת את-כל-העם הזה כי כבוד ממני. **טו** ואם-ככה את-עשה לי הרגני נא הרג את-מצאתי חן בעיניך ואל-אראך ברעתי. {פ}

**טז** ויאמר יהוה אל-משה אספה-לי שבעים איש מזקני ישראל אשר ידעת כי-הם זקני העם ושטריו ולקחת אתם אל-אהל מועד והתיצבו שם עמך. **יז** וירדתי ודברתי עמך שם ואצלתי מן-הרוח אשר עליך ושמתי עליהם ונשאו אתך במשא העם ולא-תשא אתה לבדך. **יח** ואל-העם תאמר התקדשו למחר ואכלתם בשר כי בכיתם באזני יהוה לאמר מי יאכלנו בשר כי-טוב לנו במצרים ונתן יהוה לכם בשר ואכלתם. **יט** לא יום אחד תאכלו ולא יומים ולא חמשה ימים ולא עשרה ימים ולא עשרים יום. **כ** עד חדש ימים עד אשר-יצא מאפקם והיה לכם לזרא יען כי-מאסתם את-יהוה אשר בקרבכם ותבכו לפניו לאמר למה זה יצאנו ממצרים. **כא** ויאמר משה שש-מאות אלה רגלי העם אשר אנכי בקרב ואתה אמרת בשר אתם להם ואכלו חדש ימים. **כב** הצאן ובקר ישחט להם ומצא להם אם את-כל-דגי הים יאסף להם ומצא להם. {פ}

**כג** ויאמר יהוה אל-משה הניד יהוה תקצר עתה תראה הקרח דברי-אם-לא. **כד** ויצא משה וינדבר אל-העם את דברי יהוה ויאסף שבעים איש מזקני העם ויעמד אתם סביבת האהל. **כה** וירד יהוה בענן וינדבר אליו ויאצל מן-הרוח אשר עליו ויתן על-שבעים איש הזקנים ויהי כנות עליהם הרוח ויתנבאו ולא יספו. **כו** וישארו שני-אנשים במחנה שם האחד אלדד ושם השני מידד ונתנה עליהם הרוח והמה בפתבים ולא יצאו האהלה ויתנבאו במחנה. **כז** וירץ הנער ויגיד למשה ויאמר אלדד ומידד מתנבאים במחנה. **כח** ויען יהושע בן-נון משרת משה מבחריו ויאמר אדני משה בלואם. **כט** ויאמר לו משה המקנא אתה לי ומי יתן כל-עם יהוה נביאים כי-יתן יהוה את-רוחו עליהם.

#### Numbers 11:

<sup>11</sup> Moses said to the LORD, “Why have you dealt ill with your servant? And why have I not found favor in your sight, that you lay the burden of all this people on me?” <sup>12</sup> Did I conceive all this people? Did I give them birth, that you should say to me, ‘Carry them in your bosom, as a nurse carries a nursing child,’ to the land that you swore to give their fathers?” <sup>13</sup> Where am I to get meat to give to all this people? For they weep before me and say, ‘Give us meat, that we may eat.’ <sup>14</sup> I am not able to carry all this people alone; the burden is too heavy for me. <sup>15</sup> If you will treat me like this, kill me at once, if I find favor in your sight, that I may not see my wretchedness.” <sup>16</sup> Then the LORD said to Moses, “Gather for me seventy men of the elders of Israel, whom you know to be the elders of the people and officers over them, and bring them to the tent of meeting, and let them take their stand there with you. <sup>17</sup> And I will come down and talk with you there. And I will take some of the Spirit that is on you and put it on them, and they shall bear the burden of the people with you, so that you may not bear it yourself alone.” <sup>18</sup> And say to the people, ‘Consecrate yourselves for tomorrow, and you shall eat meat, for you have wept in the hearing of the LORD, saying, “Who will give us meat to eat? For it was better for us in Egypt.” Therefore the LORD will give you meat, and you shall eat. <sup>19</sup> You shall not eat just one day, or two days, or five days, or ten days, or twenty days, <sup>20</sup> but a whole month, until it comes out at your nostrils and becomes loathsome to you, because you have rejected the LORD who is among you and have wept before



him, saying, “Why did we come out of Egypt?””<sup>21</sup> But Moses said, “The people among whom I am number six hundred thousand on foot, and you have said, ‘I will give them meat, that they may eat a whole month!’<sup>22</sup> Shall flocks and herds be slaughtered for them, and be enough for them? Or shall all the fish of the sea be gathered together for them, and be enough for them?”<sup>23</sup> And the LORD said to Moses, “Is the LORD’s hand shortened? Now you shall see whether my word will come true for you or not.”

<sup>24</sup> So Moses went out and told the people the words of the LORD. And he gathered seventy men of the elders of the people and placed them around the tent. <sup>25</sup> Then the LORD came down in the cloud and spoke to him, and took some of the Spirit that was on him and put it on the seventy elders. And as soon as the Spirit rested on them, they prophesied. But they did not continue doing it.

<sup>26</sup> Now two men remained in the camp, one named Eldad, and the other named Medad, and the Spirit rested on them. They were among those registered, but they had not gone out to the tent, and so they prophesied in the camp. <sup>27</sup> And a young man ran and told Moses, “Eldad and Medad are prophesying in the camp.” <sup>28</sup> And Joshua the son of Nun, the assistant of Moses from his youth, said, “My lord Moses, stop them.” <sup>29</sup> But Moses said to him, “Are you jealous for my sake? Would that all the LORD’s people were prophets, that the LORD would put his Spirit on them!”

## New Testament

### John 21:15-19

<sup>15</sup> Ὅτε οὖν ἤρισθησαν λέγει τῷ Σίμωνι Πέτρῳ ὁ Ἰησοῦς, Σίμων Ἰωάννου, ἀγαπᾶς με πλέον τούτων; λέγει αὐτῷ, Ναί, κύριε, σὺ οἶδας ὅτι φιλῶ σε. λέγει αὐτῷ, Βόσκει τὰ ἀρνία μου. <sup>16</sup> λέγει αὐτῷ πάλιν δεῦτερον, Σίμων Ἰωάννου, ἀγαπᾶς με; λέγει αὐτῷ, Ναί, κύριε, σὺ οἶδας ὅτι φιλῶ σε. λέγει αὐτῷ, Ποίμηνε τὰ πρόβατά μου. <sup>17</sup> λέγει αὐτῷ τὸ τρίτον, Σίμων Ἰωάννου, φιλεῖς με; ἐλυπήθη ὁ Πέτρος ὅτι εἶπεν αὐτῷ τὸ τρίτον, Φιλεῖς με; καὶ λέγει αὐτῷ, Κύριε, πάντα συοἶδας, σὺ γινώσκεις ὅτι φιλῶ σε. λέγει αὐτῷ [ὁ Ἰησοῦς], Βόσκει τὰ πρόβατά μου. <sup>18</sup> ἀμὴν ἀμὴν λέγω σοι, ὅτε ἢς νεώτερος, ἐζώννυες σεαυτὸν καὶ περιεπάτεις ὅπου ἤθελες; ὅταν δὲ γηράσῃς, ἐκτενεῖς τὰς χεῖράς σου, καὶ ἄλλος σε ζώσει καὶ οἶσει ὅπου οὐ θέλεις. <sup>19</sup> τοῦτο δὲ εἶπεν σημαίνων ποίῳ θανάτῳ δοξάσει τὸν θεόν. καὶ τοῦτο εἰπὼν λέγει αὐτῷ, Ἀκολούθει μοι.

### John 21:15-19

<sup>15</sup> When they had finished breakfast, Jesus said to Simon Peter, “Simon, son of John, do you love me more than these?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Feed my lambs.” <sup>16</sup> He said to him a second time, “Simon, son of John, do you love me?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Tend my sheep.” <sup>17</sup> He said to him the third time, “Simon, son of John, do you love me?” Peter was grieved because he said to him the third time, “Do you love me?” and he said to him, “Lord, you know everything; you know that I love you.” Jesus said to him, “Feed my sheep. <sup>18</sup> Truly, truly, I say to you, when you were young, you used to dress yourself and walk wherever you wanted, but when you are old, you will



stretch out your hands, and another will dress you and carry you where you do not want to go.”<sup>19</sup> (This he said to show by what kind of death he was to glorify God.) And after saying this he said to him, “Follow me.”

## Qur'an

### Surah Kahf (The Cave), 18:66-82

قَالَ لَهُ مُوسَىٰ هَلْ أَتَّبِعُكَ عَلَىٰ أَنْ تُعَلِّمَ مِنَّمَا عَلَّمْتَ رُشْدًا ﴿٦٦﴾ قَالَ إِنَّكَ لَنْ تَسْتَطِيعَ مَعِيَ صَبْرًا ﴿٦٧﴾  
وَكَيْفَ تَصْبِرُ عَلَىٰ مَا لَمْ تُحِطْ بِهِ خُبْرًا ﴿٦٨﴾ قَالَ سَتَجِدُنِي إِن شَاءَ اللَّهُ صَابِرًا وَلَا أَعْصِي لَكَ أَمْرًا ﴿٦٩﴾  
قَالَ فَإِنِ اتَّبَعْتَنِي فَلَا تَسْأَلْنِي عَن شَيْءٍ حَتَّىٰ أُحَدِّثَ لَكَ مِنْهُ ذِكْرًا ﴿٧٠﴾ فَانطَلَقَا حَتَّىٰ إِذَا رَكِبَا فِي  
السَّفِينَةِ خَرَقَهَا ۗ قَالَ أَخْرَقْتُهَا لِتُغْرِقَ أَهْلَهَا لَقَدْ جِئْتَ شَيْئًا إِمْرًا ﴿٧١﴾ قَالَ أَلَمْ أَقُلْ إِنَّكَ لَنْ تَسْتَطِيعَ  
مَعِيَ صَبْرًا ﴿٧٢﴾ قَالَ لَا تُؤَاخِذْنِي بِمَا نَسِيتُ وَلَا تُرْهِقْنِي مِن أَمْرِي عُسْرًا ﴿٧٣﴾ فَانطَلَقَا حَتَّىٰ إِذَا لَقِيَا  
غُلَامًا فَاقْتَلَهُ ۗ قَالَ أَقْتَلْتَنِي نَفْسًا زَكِيَّةً بِغَيْرِ نَفْسٍ لَقَدْ جِئْتَ شَيْئًا نُكْرًا ﴿٧٤﴾ ۖ قَالَ أَلَمْ أَقُلْ لَكَ إِنَّكَ لَنْ  
تَسْتَطِيعَ مَعِيَ صَبْرًا ﴿٧٥﴾ قَالَ إِن سَأَلْتُكَ عَن شَيْءٍ بَعْدَهَا فَلَا تُصَحِّبْنِي ۗ قَدْ بَلَغْتَ مِن لَدُنِّي عُذْرًا ﴿٧٦﴾  
فَانطَلَقَا حَتَّىٰ إِذَا أَتَيَا أَهْلَ قَرْيَةٍ اسْتَطَعَمَا أَهْلَهَا فَأَبَوْا أَنْ يُضَيِّفُوهُمَا فَوَجَدَا فِيهَا جِدَارًا يُرِيدُ أَنْ  
يَنْقُضَ فَاقَامَهُ ۗ قَالَ لَوْ شِئْتَ لَتَّخَذْتَ عَلَيْهِ أَجْرًا ﴿٧٧﴾ قَالَ هَذَا فِرَاقُ بَيْنِي وَبَيْنِكَ ۚ سَأُنَبِّئُكَ بِتَأْوِيلِ مَا  
لَمْ تَسْتَطِعْ عَلَيْهِ صَبْرًا ﴿٧٨﴾ أَمَّا السَّفِينَةُ فَكَانَتْ لِمَسْكِينٍ يَعْمَلُونَ فِي الْبَحْرِ فَأَرَدْتُ أَنْ أَعِيبَهَا وَكَانَ  
وَرَاءَهُمْ مَلِكٌ يَأْخُذُ كُلَّ سَفِينَةٍ غَصْبًا ﴿٧٩﴾ وَأَمَّا الْغُلَامُ فَكَانَ أَبَوَاهُ مُؤْمِنَيْنِ فَخَشِينَا أَنْ يُرْهِقَهُمَا  
طُغْيَانًا وَكُفْرًا ﴿٨٠﴾ فَأَرَدْنَا أَنْ يُبَدِّلَهُمَا رَبُّهُمَا خَيْرًا مِنْهُ زَكَاةً وَأَقْرَبَ رُحْمًا ﴿٨١﴾ وَأَمَّا الْجِدَارُ فَكَانَ  
لِغُلَامَيْنِ يَتِيمَيْنِ فِي الْمَدِينَةِ وَكَانَ تَحْتَهُ كَنْزٌ لَهُمَا وَكَانَ أَبُوهُمَا صَالِحًا فَأَرَادَ رَبُّكَ أَنْ يَبْلُغَا أَشُدَّهُمَا  
وَيَسْتَخْرِجَا كَنْزَهُمَا رَحْمَةً مِّن رَّبِّكَ ۗ وَمَا فَعَلْتُهُ ۗ عَن أَمْرِي ۗ ذَلِكَ تَأْوِيلُ مَا لَمْ تَسْطِعْ عَلَيْهِ صَبْرًا ﴿٨٢﴾



**Surah Kahf (The Cave), 18:66-82**

66 Moses said to him, 'May I follow you so that you can teach me some of the right guidance you have been taught?' 67 The man said, 'You will not be able to bear with me patiently. 68 How could you be patient in matters beyond your knowledge?' 69 Moses said, 'God willing, you will find me patient. I will not disobey you in any way.' 70 The man said, 'If you follow me then, do not query anything I do before I mention it to you myself.' 71 They travelled on. Later, when they got into a boat, and the man made a hole in it, Moses said, 'How could you make a hole in it? Do you want to drown its passengers? What a strange thing to do!' 72 He replied, 'Did I not tell you that you would never be able to bear with me patiently?' 73 Moses said, 'Forgive me for forgetting. Do not make it too hard for me to follow you.' 74 And so they travelled on. Then, when they met a young boy and the man killed him, Moses said, 'How could you kill an innocent person? He has not killed anyone! What a terrible thing to do!' 75 He replied, 'Did I not tell you that you would never be able to bear with me patiently?' 76 Moses said, 'From now on, if I query anything you do, banish me from your company— you have put up with enough from me.' 77 And so they travelled on. Then, when they came to a town and asked the inhabitants for food but were refused hospitality, they saw a wall there that was on the point of falling down and the man repaired it. Moses said, 'But if you had wished you could have taken payment for doing that.' 78 He said, 'This is where you and I part company. I will tell you the meaning of the things you could not bear with patiently: 79 the boat belonged to some needy people who made their living from the sea and I damaged it because I knew that coming after them was a king who was seizing every [serviceable] boat by force. 80 The young boy had parents who were people of faith, and so, fearing he would trouble them through wickedness and disbelief, 81 we wished that their Lord should give them another child— purer and more compassionate— in his place. 82 The wall belonged to two young orphans in the town and there was buried treasure beneath it belonging to them. Their father had been a righteous man, so your Lord intended them to reach maturity and then dig up their treasure as a mercy from your Lord. I did not do [these things] of my own accord: these are the explanations for those things you could not bear with patience.'