

## Mentoring Session #6

\*\*Take TWO sheets, one for the student and one for the mentor.\*\*

**Opening Prayer** Students - Please begin with prayer.

### Sharing Highs / Lows

Share your highs / lows for the week or since you last met.

### **Faith Talks**

*How can you stay spiritually alive and committed? Just as a body needs food to keep going, you need to fill yourself regularly with the things that give your faith energy to grow. May you discover the personal satisfaction that comes when you commit yourself to those things that feed your relationship with God and keep it growing and strong.*

*Take time to answer each question in writing, then take turns sharing & listening to each other as you share your responses.*

### Spiritual Fitness

#### **FRIENDS can help me grow spiritually.**

Friends know us, accept us, and help us. A friend of mine who has helped me grow as a Christian is \_\_\_\_\_. We both benefit from our friendship in the following ways...

Our mentor / student relationship has helped me grow in the following ways...

#### **PRAYER can help me grow spiritually.**

Spending time with God helps our relationship with God to grow. Prayer is focusing our attention on God. If someone asked me to describe my "prayer life" right now, I'd say...

#### **The BIBLE can help me grow spiritually.**

The Bible is "God's Word." (Not Sure) 1 2 3 4 5 6 7 8 (I'm Sure!)  
Explain:

Some questions I have about the Bible include...

#### **WORSHIP can help me grow spiritually.**

For me the best parts of our church's worship service is...

If someone asked me to define 'worship', I'd say *Worship is...*

**Share and Listen**

### Scripture Talk

*Jesus says, "If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free." John 8:31*

When I hear that I am to "*continue in my word,*" it means that I need to...

What do you think Jesus means when he says that the "truth will make you free?"

**Share and Listen**

### Spiritual Growth Goals

Each of the following spiritual activities will help you grow in your faith. Write a personal goal for each one:

#### Spiritual Discipline

#### My Goal

Attending Worship

Daily personal time with God / prayer

Reading / Studying the Bible

Giving money to God's Work

Serving others

Witnessing and inviting others to church

**Share and Listen**

#### Evaluating our Talks?

*"I'm not afraid of storms, for I'm learning how to sail my ship."* Louisa May Alcott  
What do you think this quote means to your life?

During this time together, I have especially enjoyed...

One of the important things I've learned during our discussions is...

Some of the things I appreciate about you include...

### 8<sup>th</sup> Grade Only – Faith Statement Start Up

As part of your Affirmation of Baptism you will need to pick a Bible Verse that is meaningful for you and tell why you picked it.

Discuss with your mentor different Bible Verses that are meaningful to both of you and why

### Closing Prayer

Students & Mentors - Close in Prayer with one another.

*(Make sure you exchange information so you can keep in touch with one another)*