

Preparing to be a Mentor

A mentor is a wise and trusted friend and guide. Please read through this before you begin your first session. Take time to reflect and center yourself before you engage in mentoring with a confirmand. Mentoring is one of the most effective ways you can make a positive difference in the life and faith of a young person. Please ensure that both the mentor and confirmand have a mentoring sheet each session. This sheet is an example of the format of the sessions.

Opening Prayer

Please begin with prayer. (Mentor and confirmand will take turns)

Sharing Highs/Lows

Share your highs/lows for the week or since you last met. (Make note of these, and add them into your closing prayer.)

Faith Talks

The first session will be a get-to-know-you session. Take time to answer each question in writing. Then take turns sharing with each other your answers.

When I Was in My Early Teens...

I enjoyed (doing what?)...

One of my best friends was _____ and we used to...

A person who valued and accepted me was _____, by the way they...

One of my best days was the time...

One of my worst days was the time...

To me, the church was a place where...

Share and Listen

Share and listen to each other with each question. Actively listen to what the confirmand says. Stay in the moment with them as they speak; after they are done, you can think of how to respond.

Scripture Talk

It would be helpful to have a Bible for your sessions. Each session will have a reference to a Scripture reading, but not the Scripture text.

1 John 3:23-24

Read the passage together, out loud, at least once.

Discussion

This Scripture passage suggests to be an effective mentor, I will...

For me to care for a confirmand as Christ would, means that I...

The Role of a Mentor

I chose to be a mentor with youth because...

Some of the feelings or questions I have about mentoring are...

More than anything, young people today need (make a list)...

More than anything, older people today need (make a list)...

It's important for the faith community to take an active role in helping young people grow in their Christian faith because...

Some of the ways that I, as a mentor, can show I care for the youth I'll be mentoring include (make a list)...

Looking back on the experience a year from now I want to be able to say that I was able to help the youth to...

...and I hope the confirmand helped me to...

Closing Prayer

Close in prayer with one another. Take turns closing or each of you say a prayer for one another.

Confirm the next meeting time.