

## Preparing to Be a Mentor

### **Mentor: A wise and trusted friend and guide**

Mentoring is one of the most effective ways you can make a positive difference in the life and faith of a young person.

- Please read through the guided sheets before you begin each session.
- Take time to reflect and center yourself before you engage in mentoring with your student.
- Please ensure that both the mentor and the student have a mentoring sheet for each session.

This sheet is an example of the format of the following sessions.

### **Opening Prayer**

Please begin with prayer. *Mentors/ student should take turns*

### **Sharing Highs / Lows**

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

*Make note of these and add something for 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 she / he....

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 as you share your responses. 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 scripture reading., but they won't always be printed for you.*

### **1 John 3: 23 – 24**

*“And this is his commandment that we should believe in the name of his Son Jesus Christ and love one another, just as he has commanded us. All who obey his commandments abide in him, and he abides in them. And by this we know that he abides in us, by the Spirit that he has give us.”*

### ***Discussion***

This scripture suggests that if I am to be an effective mentor, I will....

For me to care for a young person in the way Christ would means that I will ....

### ***Share and Listen***

### **The Role of a Mentor**

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

Some of the feelings or questions I have about being a mentor include...

More than anything young 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 Christina 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...

### ***Share and Listen***

### **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.*