

2026 Mentoring Session #4

Lord's Prayer/Sacraments/Lutheran Year

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

✚ SHARE:

Highs/Lows-Both mentor and student share your highs / lows for the week. These should be things that happened over the last week or so.

Share and Listen

GTKY (Getting To Know You)

Play two truths and one not. Come up with two things that are true about yourself and something that is not true about your life. Make it challenging so that the other person struggles to figure which two are true. Both mentor and student should take a turn.

Share and Listen

✚ READ:

Matthew 26:26-28 "As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, 'Take this and eat it, for this is my body.' And he took a cup of wine and gave thanks to God for it. He gave it to them and said, 'Each of you drink from it, for this is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice to forgive the sins of many.'"

✚ TALK:

- When did you receive your first communion?
- What questions do you have about Holy Communion? (*Mentors and students can name questions and don't worry if you do not know the answers.*)
- Which kind of bread do you like best at communion? (Real bread, wafer, flat communion bread, gluten free)
- What do you like to do during communion (sing, listen to music, watch people, pray, or zone out)?

Share and Listen

Catechism Connection

In Session 3, we talked about how sacraments are physical elements and God's Word.

- What are the physical elements in Holy Communion?

In Luther's Small Catechism, Luther says the gifts or benefits Baptism are that *"It brings about forgiveness of sins, redeems from death and the devil, and gives eternal salvation to all who believe it, as the words and promise of God declare."*

- What do you receive in Holy Communion (beyond bread and wine)?

In Holy Communion, God comes to us. Remember this gift the next time you receive Holy Communion.

Share and Listen

8th Grade Only – Faith Statement Start Up

As you prepare to write your faith statement and take part in the Affirmation of Baptism service, talk about the following questions together. Take notes and hang onto these sheets to help you write your faith statement.

Describe your relationship with God/Jesus and the church.

✚ PRAY:

Both mentor and student name a person or situation to pray for at the end of this gathering. Mentor can pray for what the student names. The student can pray for what the mentor names. You can use this format (or your own words).

Dear God, thank you for this time together. Help us to keep growing in our understanding of who you are and your love for us. Today we pray for (student prays for mentor) and (mentor prays for student). Hear our prayers today and always. Amen.

✚ BLESS:

Share these words with each other as mentor blesses student and student blessed mentor: "(Name) may God bless you this week."

****Schedule the next meeting time***