

✕ Other Adult Relationships ✕

SEEKING A MENTOR WILL ENRICH YOUR LIFE SPIRITUALLY.

By Krista Costin

Edited by Lyle Griner and Marie Sundet © 2006 The Youth & Family Institute, Bloomington, MN

Krista could be classified as your typical middle child. As a kid, her greatest talents of speaking in gibberish, doing impersonations, playing the organ and throwing one heck of a tea party were overshadowed by her more-than-perfect sisters. (Just kidding, she doesn't speak in gibberish. She does, however, do impersonations, play the organ and throw one heck of a tea party). She's had many adult mentors who've guided her along the road of life and is intentional about keeping in touch with each of them.

2 Timothy 1:1-14 some wise words to Timothy from his great mentor, Paul

- *How has your life been shaped by someone other than a parent?*
- *To whom do you go to besides your parents when you need to talk to someone?*
- *In what ways was Paul a mentor for Timothy? How did he set an example?*
- *In what ways was Eli a mentor to Samuel? What characteristics did he possess?*
- *What does it mean for you to suffer for the sake of the gospel like Paul did?*
- *How does your life reflect a spirit of power, of love, and of self-discipline?*
- *I met my mentor when*
- *Other adults in my life*
- *Lessons I've learned in life from my adult mentors are ...*
- *Characteristics my mentors have which I would like to have myself are*
- *In what ways do adults in your life offer you the most support?*
- *In what ways do you offer your mentor the most support?*
- *A favorite memory I've shared with my mentor is...*



So What?

Thank You!
Pass out markers, crayons, paper. Create a short thank-you note for a mentor in your life who has had an effect on you. Share to whom you wrote your note and why that person is significant.



Candle Time

The group forms a circle with their right palm turned upward symbolizing the need to receive and their left hand turned downward representing the act of giving. In a group circle the palms are placed with the left hand on top of their neighbors right hand. Prayers are prayed while hands connect in this fashion, giving thanks for mentors, for people who support us.



EXPLORE

- | | |
|----------------------|---|
| 1 Samuel 3:1-23 | The Call of Samuel |
| Matthew 3:1-17 | Baptism of Jesus |
| Philippians 2:3-4 | Do nothing out of selfish ambition or vain conceit... |
| Philippians 1:3-4 | I thank my God every time I remember you |
| Hebrews 10:24-25 | And let us consider ... |
| 1 Thessalonians 5:11 | Therefore, encourage one another... |



▣ *Leader Page* ▣

Discussion Goal

Seeking a mentor will enrich your life spiritually.

Background

Everyone wants to feel supported by their peers, their parents, their siblings. However, it is sometimes relationships with other non-family member adults in which youth feel an outside sense of support, comfort and friendship. These adults can be referred to as “mentors” or even “role models.” They can be found just about anywhere the youth can be found: church, school, work, or maybe even friends of the family. Mentors are important for youth as they help guide them in unique ways parents can’t by sharing faith stories and other experiences. They provide encouragement (1 Thess. 5:11) and support when needed, but most of all, they set an example of faith and balance in life for youth who are often led astray by their peers and the media.

Throughout this discussion, explore participants experience with mentors where they met, who they actively have in their life as a current mentor, and how mentors have shaped their faith lives, and their lives in general. By hearing individual stories, it is the hope that participants who don’t have an active mentor in their life will seek one – because they hear firsthand accounts of how much impact mentors have on other participants.

Motivate

Have participants pair up. Have one of each pair be blindfolded. Tell the pairs they are going to lead each other around blindfolded. The sighted partner cannot touch the blindfolded. They can only talk and give verbal directions, voice alone. Switch roles and give time to do again.

-What was the most difficult part?

-Was it hard to focus on your partner with all the voices around you?

Discuss with the group how having someone to guide you is like having a mentor in your life: someone who will not lead you astray, someone who will not let you get hurt, but will be there for you if and when you get hurt.



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