

Mentor Module One: “What’s Your Story?”

Due by Christmas 2025

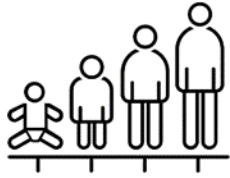
1. *Materials Needed: a Bible, 4 pieces of blank paper, 2 pens, a willingness to share.*
2. **Begin together with a warm up of “rose, bud, and thorn.”**
 - a. Rose: Something great that stands out to you from your life recently.
 - b. Bud: Something you are looking forward to in the near future.
 - c. Thorn: Something hard that stands out to you from your life recently.
3. **Read Psalm 139:1-18 together.**
 - a. When have you felt that God was near you?
 - b. When have you felt far from God?
 - c. How do you experience God’s presence / do you experience God’s presence?
 - d. What about you lets you know that you are “fearfully and wonderfully made”?
4. **Life Journey Exercise**
 - a. Using a blank sheet of paper, make a list of the important events in your life (the good, the bad, and the in-between). Just write them down as they come to you. Don’t forget to include your faith experiences as well.
 - b. Here is a partial list of events you may or may not choose to include in your list:
 - i. Birth, baptism, divorce, travel, significant relationships, surprises, family events, school events, pets, marriage, struggles, friendships, church events, deaths, jobs, life passages
 - c. When you have completed your list, number the events in the order in which they occurred, then list your age at which they occurred beside each event.
 - d. Next, on a blank sheet of paper, draw a life line corresponding to each event on your list. Your life line may travel to high points or low points.
 - e. Share your life line with your partner, and be prepared to share your thoughts and feelings as you reflect on these events together.
 - f. Have conversation about what you hope will find its way into your life journey in the future.

5. Getting to Know Each Other

- a. Respond to the following prompts together:
 - i. What is your favorite TV show, sport, color, book, musical artist, season...why?
 - ii. Explain why you picked your mentor, and why you agreed to mentor this particular person.
 - iii. Name one thing you like about yourself.
 - iv. Name one thing you would like to change about yourself.
 - v. Name one question you have about your faith.
 - vi. Name one thing you like about church.
 - vii. Name one thing you would like to change about church.
 - viii. Describe the person you trust most.
 - ix. Describe the place where you feel safe.

6. Pray together:

God, we give you thanks for the gift of a new relationship. Give us courage to share, grace to listen, and awareness to notice you in one another. Bless us and all that we have shared in this time together, in the name of Jesus Christ. Amen.



Mentor Name:

Teen Name:

Mentor: What was the most surprising thing you learned from your partner?

Mentee: What was the most surprising thing you learned from your partner?

Mentor: What part of this exercise helped you get to know your partner?

Mentee: What part of this exercise helped you get to know your partner?

How long did your time together last?

Please complete this questionnaire at the end of your time together and return it to the confirmation box. **Due by Christmas 2025.**