

MENTOR ME

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STUFF YOU WILL NEED

- markers
- a large sheet of paper
- Bibles
- paper
- pens
- stationery
- fabric or yarn

CHECKING IN

Before you meet together, take a few minutes to be still and to pray. Pray for each person in your group.

Before the session, write on a large sheet of paper the poem below and display it in your room:

What Is a Mentor?

One who guides
me on the path
yet to come,
one who points
out the stones on
which I could stumble,
one who urges
me to continue
when I become
weary of the walk,
one who shares
the journey with me.

—from *devozine* (May/June 2009, page 59). Used with permission.

Provide markers. Invite group members to read the poem and then to create a border around it by drawing images and writing the names of people who come to mind as they reflect on the poem.

When everyone is finished, talk together about these questions:

When have you been unsure of the path before you?

Why does talking with someone else offer help for the journey?

When have you been a mentor to someone who has stumbled or become weary?

EXPLORING THE WORD

Scripture: 1 Thessalonians 1:2–10

Distribute Bibles, paper, and pens. Invite group members to read aloud 1 Thessalonians 1:2–10, with each person in turn reading one verse.

Encourage people to think about the mentors in their life.

Read aloud the passage a second time (from *The Message*, if possible). Invite people to listen as you read and to reflect on their relationships with their mentors. When you finish reading, ask people to write down words or phrases that capture the blessings their mentors have given them. Invite people to reflect on how their mentors encourage them, show patience with them, or help them to discover their gifts and graces.

Read the passage a third time, asking people to call to mind a person for whom they could be a mentor. When you finish reading, ask them to write down words or phrases that reveal the kind of encouragement this person needs to hear or that the way his or her life reflects the image of God.

Distribute the stationery. Encourage people to write a letter either to their mentor or to the person for whom they imagined becoming a mentor.

SHARING IN PRAYER

Give each person three strands of yarn or fabric, tied together at one end. Ask if anyone needs a quick lesson in how to braid. If so, offer assistance.

Invite group members into a time of silent prayer in which they think about either a person who has been their mentor or someone younger or older for whom they could be a mentor. Ask them to begin braiding their strands of yarn or fabric into a single cord as they reflect on the strength of the relationship they are (or will be) building with God, themselves, and the person they have called to mind.

When everyone has finished braiding a cord, close the session by inviting group members to pray together the words of Ecclesiastes 4:12 (NIV): **“Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”**

Encourage group members to mail their letters this week.

TAKING IT FURTHER

Send your letter to your mentor. Give the braided rope to someone you mentor. Let them both know that you are praying for them.