

Lenten Mentor Discussion Sheet

Ash Wednesday Week – February 18th, 2026



SHARE – Weekly Highs & Lows

Take turns sharing your Rose, Bud, and Thorn. **Rose:** a high of your week. **Bud:** something you are looking forward to. **Thorn:** a low from your week.

READ – Overview of Worship

Now after John was arrested, Jesus came to Galilee proclaiming the good news of God and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

Mark 1:14-15

Ash Wednesday is the first day of Lent, a special season in the Christian church that lasts for 40 days (not counting Sundays) leading up to Easter. Today we gather to remember our human mortality and our need for God's forgiveness. During the service, the pastors will mark your foreheads with the sign of the cross. Traditionally, the ashes are made by burning palm branches from last year's Palm Sunday. The ashes remind us that we all sin, and the cross reminds us that Jesus died to forgive our sins and bring us new and eternal life. We are called to use this Lent to see what's really blocking God's light from reaching us.

TALK – Diving into Discussion Questions

Treading Water – Surface Level Questions

1. What are some distractions you face that keep you from focusing on what matters the most to you? (i.e. school, sports, family, church, etc.)
2. What are some parts of Pastor John's message that stood out to you?

Snorkeling – Relational Questions

3. What distractions keep you from focusing on your relationship with God?
4. What is one way you could fix your eyes on Jesus during the season of Lent? (What is one daily action, habit, or commitment you could practice for the next 40 days?) How can your mentor/mentee support you?

Deep Dive – Reflective Questions

5. What are some parts of tonight's service that raise questions in your mind? What are some of those questions and why do you think they are important?
6. Where do you see God at work in you and those around you? How do you recognize that it is God? What do you think God is up to in the world today?

PLAY – Mind Meld

Mind Meld is a fast-paced word-association game where two players attempt to say the same word simultaneously to achieve a "meld". Players count to three and shout words, then try to find a common, bridging word based on previous answers, repeating until their words match.

Example: Players count to 3 and share their words simultaneously; Player A says “puppy” and Player B says “fire”. Both take a moment to think of a commonality and try again. Players count to 3 and share their words simultaneously; both players say “hotdog”. The game concludes. Start a new round.

What do you think this game has to do with tonight's sermon?

PRAY 🙏

Close your time together with a PTA Prayer. PRAISE - THANK - ASK. Pray with gratitude and thankfulness for your ‘buds’ and ‘roses’. Ask for support and guidance with your ‘thorns’. Sometimes we will also provide an optional prayer you could pray together.

BLESS 😊

Close your time with a blessing or closing ritual.

Sample blessing for this week: Make the sign of the cross on the back of one another's hand or forehead saying, “Remember that you are dust, and to dust that you shall return.”

VIBE CHECK-IN

Now is the time to “turn in” your conversation sheet by **scanning the QR code** and submitting a response to a form.

Thank you all for going BEYOND your comfort zones and spending time building up your faith as a community!

See you next week!

Ash Wednesday



Scan this to access the form!

You DO NOT need to turn this sheet in. Take the sheet with you each week in case those at home are curious about what you talked about!

Peace – The CYF Team