

# Lenten Mentor Discussion Sheet

Wednesday Service Week 3 – March 4th, 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

*“After he had washed their feet, had put on his robe, and had reclined again, he said to them, “Do you know what I have done to you? You call me Teacher and Lord, and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. For I have set you an example, that you also should do as I have done to you.”*

**John 13:3-15**

**Beyond Expectations:** Jesus washing His disciples’ feet, even though he is their teacher and Lord, created great shock as they were not expecting Jesus of all people to do something so lowly... especially during a meal! This was a job usually done by servants, so his actions surprised everyone and showed true humility. By serving in this unexpected way, he teaches his followers to love others through actions, not just words, and to serve even when they don’t have to. He is teaching us to go out into the world and show kindness, doing more than what is expected, just as he did.

## TALK – Diving into Discussion Questions

### Treading Water – Surface Level Questions

1. What are some parts of the High School Story that stood out to you?
2. Why do you think Jesus chose to wash the disciples’ feet instead of just telling them to serve others?

### Snorkeling – Relational Questions

3. What do you think is a modern-day equivalent of washing feet? What would be a really surprising, or even shocking, way to serve someone?
4. What is something that you see others do for you every day? How can you go beyond expectations to serve them?

### Deep Dive – Reflective Questions

5. Why can it sometimes feel uncomfortable to receive acts of kindness? Why can it also feel uncomfortable to give them?
6. 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?



## PLAY – Acts of Kindness Challenge!

Take a moment to scan this QR Code and watch this video of youth responses to the prompt: Share a time YOU received an act of kindness.

Challenge: What is one way you can go Beyond Expectations and serve this week with a random act of kindness?

What do you think this challenge 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'.

## 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, "May you have a mind full of wonder, feet to move with the spirit, hands to serve and praise, and a heart that feels God's Love. Bless you as you learn and grow today."

## 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!

## March 4th



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**