

Lenten Mentor Discussion Sheet

Orientation Week – February 11th, 2026



SHARE – Weekly Highs & Lows

→ Each week you will begin your conversation by 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. You can do them in any order!

READ – Overview of Worship

→ This is where you will review the Bible text from worship.

Tonight read the Mentor/Mentee Covenant on the last page of this packet. You will turn in the signed Covenant before you leave tonight, but you can keep the rest of the packet!

TALK – Diving into Discussion Questions

→ This is when you will talk about what you heard in worship and think about how it might relate to you and your life. Each week you'll check in with one another on what "level" of questions you want to tackle: "treading water" surface level question about the service, a "snorkeling" question that requires some personal reflection, and a "deep dive" question that really asks you to connect your life/spiritual journey to what was talked about in worship that day. Today, answer these questions:

1. What are your hopes for Lenten Mentoring?
2. What do the words *available*, *authentic*, and *affirming* - mean to you? What might that look like in your mentor/mentee relationship? Sound like? Feel like?
3. What is something you would like your mentor to know about you? What is something you would like your mentee to know about you?

✓ Sign, date, and fill in the rest of the information on the Lenten Mentoring Covenant.

✓ Take a picture of your Covenant. (Then you'll have your mentor/mentee contact information.)

✓ **Turn in your signed Covenant to Rory Jean before you leave tonight.**

PLAY – Find the Commonality

Together, mentor and mentee must find at least 5 things in common with one another! Write those things below:

- 1.
- 2.
- 3.
- 4.
- 5.

PRAY 🙏

➡ *This is when you will 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 😊

➡ *Each week you can decide together how you'd like to close your time. A blessing or a new made-up handshake would work great! You choose!*

Sample blessing for this week: Make the sign of the cross on the back of one another's hand or forehead saying, "Jesus help you walk his way and all you do and all you say. Blessings and peace as you go your way!"

VIBE CHECK-IN

➡ *Each week, to "turn in" your conversation sheet by **scanning the QR code** and submitting a response to a form. Do it now and see!*

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

See you next week for Ash Wednesday.

Orientation



Scan this to access the form!

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

Peace – The CYF Team



Lenten Mentoring Covenant 2026

Congratulations on forming a new relationship (or rekindling an old one, or even growing an old one deeper)! We take this commitment seriously and we want you to as well. This is a covenant for the Lenten Mentoring program between the youth and their mentor. The agreement will serve as a guide in forming, framing, and finalizing this relationship.

Mentor:

- I will be available to you, emotionally, physically and spiritually. I will make time for you and make you a priority in my life. I will listen to you without judgment. I will put my phone away during our time and truly listen to you.
- I will be authentic with you. I will be who God has called me to be in your life. I will share my life with you, telling you my opinions, hopes, fears and dreams. I will speak truthfully to you and not pretend to know all the answers.
- I will be affirming of you, I will encourage you to explore who God is calling you to be. I will not always understand everything you do and say, but I will try to be respectful of who you are and how you express that.

Youth:

- I will be available to you, emotionally, physically and spiritually. I will make time for you and make you a priority in my life. I will listen to you without judgment. I will put my phone away during our time and truly listen to you.
- I will be authentic with you. I will be who God has called me to be in your life. I will share my life with you, telling you my opinions, hopes, fears and dreams. I will speak truthfully to you and not pretend to know all the answers.
- I will be affirming of you, I will encourage you to explore who God is calling you to be. I will not always understand everything you do and say, but I will try to be respectful of who you are and how you express that.

Mentor Name: _____

Mentor Signature: _____ Date: _____

Youth Name: _____

Youth Signature: _____ Date: _____

Parent Name: _____

Parent Signature: _____ Date: _____

Best Email for Mentor: _____

Best Email for youth/parent: _____