

Mentor Formation Guide

As we begin to look at intentionally planning for formation nights with our mentors, it is important to remember that formation is personal. We don't want to simply "push" our mentors through a training program. Instead, we hope that this time of formation helps our mentors to grow in relationship with God and in authentic Christian community with each other.

This resource is not made to be a manual for mentor formation. It merely offers some resources and sample outlines to help you to build your own mentor nights, based on where your mentors are and what they need. It is our hope to continue to build this list so that it becomes a library of resources for you. The first two sample nights include a possible timeline and flow of the night. As we move deeper into the list, you will begin to see just the resources listed. Those resources are there to help you build a night similar to the samples. Once you have discerned what your team needs and which resource is most appropriate, consider crafting some discussion questions and prayer opportunities to round out the night. Don't forget to leave time to connect with each other and foster community!

SAMPLE MENTOR FORMATION NIGHT:

RESOURCES FOR A NIGHT ON **RELATIONSHIP-IDENTITY-MISSION:**

Theme: **Relationship. Identity. Mission.**

[20 min] Fellowship

- Share a meal together
- Get to know one another
- Develop friendships
- Foster community

[25 min] Teach: Relationship - Identity - Mission

- Together, watch Summit Video: “Relationship, Identity, Mission with Kristin Neidbala”
 - <https://htdiocese.org/0720-rim-part-1-kristin-niedbala>
 - From the beginning until the 21:30 minute mark
- Or have someone present the information to your group. (They can use the video as a resource to prepare.)

[20 min] Discuss

- Opportunity to share feedback
- What stands out from the teaching?
- What can you relate to?
- Do you notice that in your own life?
- Do you notice that in your parish?
- What is it you desire in relationship with God?

[25 min] Prayer

- We can't bear fruit unless we are rooted in relationship. Take some time for individual prayer time. Here are some suggestions to pray with during that time:
 - Jeremiah 9:11-14
 - John 15: 1-16
 - Isaiah 43: 1-7
 - Isaiah 55
 - Luke 12:22-32
 - Psalm 63
 - John 20: 19-29
 - Psalm 212
 - Psalm 91
 - Psalm 139
 - Psalm 104

SAMPLE MENTOR FORMATION NIGHT:

RESOURCES FOR A NIGHT ON COMMUNITY & DISCIPLESHIP:

Theme: “The Chair”, Community, and Discipleship

[20 min] Fellowship

- Share a meal together
- Get to know one another
- Develop friendships
- Foster community

[15 min] Teach: “The Chair”, Community, and Discipleship

- Together, watch Summit Video: “Relationship, Identity, Mission with Kristin Neidbala”
 - <https://htdiocese.org/0720-rim-part-1-kristin-niedbala>
 - Beginning at the 35:30 minute mark
- Or have someone present the information to your group. (They can use the video as a resource to prepare.)

[20 min] Discuss

- Opportunity to share feedback
- What stands out from the teaching?
- Can you identify the things that “pull you out of the chair”?
- What might it look like if this community was committed to “keeping each other in the chair?”

[35 min] Prayer

- Consider a brief teaching on prayer (lectio devina, A.R.R.R, or discernment rosary) followed by some intentional prayer time

RESOURCES FOR A NIGHT ON PRAYER:

1. "Man is in search of God. In the act of creation, God calls every being from nothingness into existence. 'Crowned with glory and honor,' man is, after the angels, capable of acknowledging how majestic is the name of the Lord in all the earth.' Even after losing through his sin his likeness to God, **man remains an image of his Creator, and retains the desire for the one who calls him into existence. All religions bear witness to man's essential search for God.**
- *Catechism of the Catholic Church* no. 2566
2. "Many Christians are aware of the necessity and the beauty of contemplative prayer and have a sincere yearning for it. Yet, **apart from tentative efforts soon abandoned**, few remain faithful to this mode of prayer, and even fewer are really convinced and satisfied by their own practice of it.... We would like to pray, but we cannot manage it."

"Our time of prayer passes leaving us distracted, and since it does not seem to yield any tangible fruit, we are tempted to give up. From time to time we take up a book on 'meditations' which presents us, ready-made contemplations we ought to produce ourselves ... Often fear robs us of the confidence to take steps on our own."
- Hans Urs von Balthazar, *Prayer*
3. "He was praying in a certain place, and when he ceased, one of his disciples said to him, 'Lord, teach us to pray.'" - Luke 11:1
4. "God calls man first. Man may forget his Creator or hide far from his face; he may run after idols or accuse the deity of having abandoned him; yet the living and true God tirelessly calls each person to that mysterious encounter known as prayer. In prayer, God's initiative of love always comes first; our own first step is always a response."
- *Catechism of the Catholic Church* no. 2576
5. "Prayer. We take the word for granted but ought we to do so? What do we mean by prayer? Almost always when we talk about prayer we are thinking of something we do and, from that standpoint, questions, problems, confusion, discouragement, illusions multiply. For me, it is of fundamental importance to correct this view. Our Christian knowledge assures us that prayer is essentially what God does, how God addresses us, looks at us. **It is not something we are doing to God, something we are giving to God but what God is doing for us.** And what God is doing for us is giving us the divine self in love."
- Sr. Ruth Burrows, O.C.D., *Essence of Prayer*
6. "Prayer is a **personal response to the presence of God.**" - Fr. Armand Nigro, S.J.

- a. Resting in silence... in presence... where the prayer is sometimes “too deep for words” (Sr. Thelma Hall, R.C.)
- b. “Contemplative prayer is also the pre-eminently intense time of prayer. In it the Father strengthens our inner being with power through his Spirit ‘that Christ may dwell in [our] hearts through faith’ and we may be ‘grounded in love.’” - Catechism of the Catholic Church no. 2714

For prayer:

- Isaiah 55... come to the Lord with nothing to give
- Isaiah 43:1-7 ... we are loved by God
- Psalm 63... our desire for more
- Psalm 27 ... our thirst for God
- John 15:1-16 ... ask for what you want
- Luke 12:22-32 ... do not worry

As you pray with one of the above passages, ask yourself the following:

- The “strongest” thought or feeling during prayer was...
- My heart “rested” when...
- I sense the Lord was telling me...
- I ended the prayer wanting...

A.R.R.R.

- **Acknowledge:** What’s going on in your heart? Did you notice any resistance? Nothing happening? How do you feel about it?
- **Relate:** Don’t just think about God, talk to God. Be aware. Be honest. Nothing is off limits. Pay attention to what you don’t want to say.
- **Receive:** Listen. Listen with your spiritual senses. Be patient. Don’t be afraid of silence. Could be a voice, a song, a memory, an image, a sensation in your body, a Scripture passage.
- **Respond:** Respond to what you received. Could be more conversation... question... laughter... tears... a “yes”

RESOURCES FOR A NIGHT ON MISSIONARY DISCIPLESHIP:

- Unified purpose and vision : Missionary Discipleship
 - <https://htdiocese.org/strategic-planning-a-z-the-heart-of-the-plan>
- Nine Characteristics of a Mature Missionary Disciple
 - <https://htdiocese.org/mature-disciple-nine-characteristics>
- The Formation Life Cycle
 - Video: <https://htdiocese.org/formation-life-cycle-1>
 - Graphic: <https://htdiocese.org/formation-life-cycle>

COMING SOON:

RESOURCES FOR A NIGHT ON COMMUNITY

RESOURCES FOR A NIGHT ON TEEN CULTURE

RESOURCES FOR A NIGHT ON RELATIONAL MINISTRY

RESOURCES FOR A NIGHT ON PLANNING A LIFE NIGHT

RESOURCES FOR A NIGHT ON HOW TO LEAD A SMALL GROUPS

RESOURCES FOR A NIGHT ON SMALL GROUP PERSONALITIES

RESOURCES FOR A NIGHT ON RECALLING GRACES