

# THE FOUNDATION

Creating a Life  
Centered on Jesus

HOW TO RUN  
A SESSION

## HOW TO RUN A SESSION

You are officially a Foundation Mentor, and we couldn't be more excited for how God is going to use you in the life of your mentee over the next several weeks and months. We believe that He has gifted, called, and equipped you to speak life into young adults, and now given you an incredible opportunity to lead one closer to the heart of Jesus. We want to do everything we can to assist you along the way, which is why we've provided the "session guides" included in this document. Before you begin to use them, we wanted to give you a bit of an overview of how exactly to run a session.

As you begin working through your session guides, you will notice that each guide is broken down into two sections:

- 1. Session Prep**
- 2. The Session**

The first section, "Session Prep," is meant to be filled out before each meeting with your mentee and then brought to the session. It breaks down into five (5) very simple and easy to follow parts:

- 1. Become familiar with the desired outcomes**

- > For each meeting you have with your mentee, there are anywhere from 2-3 desired outcomes for that session. These desired outcomes will give you a framework (or a north star) for what exactly we hope the session accomplishes in the life of the mentee.

- 2. Notes from the chapter**

- > At the end of each chapter there is space inside of the book to jot down any notes or takeaways you had while reading the chapter. We also have provided space within your session guide to take notes there instead, so that all your thoughts are able to be in the same place.

- 3. Reflection activity from the chapter**

- > Similarly to the notes, there's a reflection activity at the end of each chapter the mentees are encouraged to do. We ask that you also do this activity in your session guide, so that you're able to share your experience with your mentee if you feel led to do so.

- 4. Additional questions to ask**

- > As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to the chapter. Space is provided within this section to write them down if you'd like.

## HOW TO RUN A SESSION

### 5. Pray over the session

- > In *The Foundation*, we don't want prayer to be an afterthought, but central to everything we do. We ask that before each session you spend time in prayer for your mentee, asking God to move in your time together and to allow the conversation to be transformational for them.

The second section of your session guide, then, is called "The Session." This is meant to help you facilitate the meeting itself, giving you a structure and a flow for how each session is designed to operate. It breaks down into six (6) very simple and easy to follow parts, most of which will mirror your Session Prep. Each part will have an allotted amount of time next to it to serve as a guideline for you (not a strict format), to help give context to how long each one should take. The six parts are as follows:

#### 1. Relational time (10 minutes)

- > Given that one of our Foundation Rules is valuing a personal connection over content, we want each session to start with relational time. Ask your mentee how their day is going, what's happened in the last week or so, even highs and lows of their life since you last met. This should ideally be a fun space to connect before you dive into the content of the chapter.

#### 2. Notes from the chapter (10 minutes)

- > Once you can tell you've connected well, you can transition to discussing the notes you each took at the end of the chapter. Here you can discuss what your takeaways were, thoughts the content sparked in your mind, or lingering questions from the content.

#### 3. Reflection activity from the chapter (25 minutes)

- > Discussing the reflection activity should generally take up the bulk of the time in each session. This should be what your mentee engaged with the most on an emotional and spiritual level, and so we encourage you to not only ask them about their answers to the questions, but to dig deep into how God is working in their hearts.

#### 4. Additional questions to ask (5-10 minutes)

- > If you wrote down extra questions for your mentee in your Session Prep, now is the time to ask them. How long this portion takes will likely vary based on the questions you felt compelled to ask, so plan accordingly for each meeting.

#### 5. Mentor challenge (5 minutes)

- > Included in your session guide is something that your mentee does not have included in their book – a mentor challenge. At the end of each meeting, you will be able to give them a challenge to complete between your current

## HOW TO RUN A SESSION

session and the next. They've been given space in their books to write down what each challenge is, but they will have to come to the meeting to find out what it is.

### 6. Prayer (5-10 minutes)

- > We always encourage you to not just pray generally for your mentee at the end of the session, but to ask them what their prayer needs are. Some may be related to the content and the discussion during the session, but there may also be needs they have outside of what was talked about for the last hour or so. Space is included in your session guide to write down their prayer needs so that you can continue to pray for them in the weeks to come.

The rest of this document includes session guides for all eighteen (18) chapters of this book, and a final section on "How to End *The Foundation*." Again, our role is to simply assist you along this mentoring journey. If at any point these session guides become a hindrance to the relationship, we encourage you to press pause on their use and to do what you feel is necessary for God to work in the life of your mentee. More than our content, we believe your relationship with this young adult is the thing that will impact their life the most.

Also, any time you come across a situation you are unsure of how to handle or have a question, you can always refer to our "Mentoring FAQs" at [www.awakencampuses.com/thefoundationmentor](http://www.awakencampuses.com/thefoundationmentor). If our FAQs don't address your specific need, you can contact us through the web page just below the FAQs.

May God bless your journey through *The Foundation*!

# THE FOUNDATION

Creating a Life  
Centered on Jesus

MENTOR  
SESSION GUIDES

## CHAPTER ONE - TESTIMONIES

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentee begins to see the hand of God over their entire life
2. Mentee begins to bond with mentor, growing in comfortability and relationship

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to list out the 5-7 of the most significant “testimony” moments of their lives. These could be moments they saw God come through, heard him speak clearly, or felt Him use them in a powerful way. Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you’d like to ask your mentee related to “Testimonies.” Use the space below to write any questions you don’t want to forget to ask:

---

---

---

---

#### Part 5: Pray over the session

## CHAPTER ONE - TESTIMONIES

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has been the last few weeks. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, your mentee is given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section, and share with them anything you felt prompted to write down in your session prep if you'd like.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to list out the 5-7 of the most significant “testimony” moments of their lives. These could be moments they saw God come through, heard him speak clearly, or felt Him use them in a powerful way. Ask them to share these 5-7 moments and how they influenced their faith journey. If you think it would be beneficial in this mentoring session to share with your mentee your own top 5-7 “testimony” moments as well, feel free to share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge them to share their testimony with at least one person within the next week.** Feel free to brainstorm creative ways to do this and who they can do it with!

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER TWO - YESTERDAYS

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentor sets the tone for vulnerability in the relationship
2. Mentee begins to be vulnerable with mentor
3. Mentee continues to bond with mentor, growing in comfortability and relationship

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to list out the 5-7 most significant “yesterday” moments of their lives. These could be moments they experienced significant disappointment, fell into sin, or had a traumatic experience. Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you’d like to ask your mentee related to “Yesterdays.” Use the space below to write any questions you don’t want to forget to ask:

---

---

---

---

#### Part 5: Pray over the session



## CHAPTER TWO - YESTERDAYS

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, your mentee is given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section, and share with them anything you felt prompted to write down in your session prep if you'd like.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to list out the 5-7 most significant "yesterday" moments of their lives. These could be moments they experienced significant disappointment, fell into sin, or had a traumatic experience. Ask them to share any of these 5-7 moments they're comfortable sharing, along with how those moments shaped them. If you think it would be beneficial in this mentoring session to share with your mentee your own 5-7 most significant "yesterday" moments as well, feel free to do share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge them to share their list of yesterdays with a trusted friend, family member, significant other, or mentor (other than you).** Feel free to brainstorm creative and safe ways they can go about this!

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER THREE - IDENTITY

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees have truth spoken over them (by themselves and their mentor)
2. Mentees have a deeper understanding of what God's Word has to say about them
3. Mentees can speak identity into others because they have identity themselves

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to answer three questions: (1) What is unique about who you are? (2) What are your favorite things about yourself/What are you insecure about? (3) What do you think was on God's mind while He was creating you? Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "Identity." Use the space below to write any questions you don't want to forget to ask:

---

---

---

#### Part 5: Pray over the session

## CHAPTER THREE - IDENTITY

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to answer three questions: (1) What is unique about who you are? (2) What are your favorite things about yourself/What are you insecure about? (3) What do you think was on God's mind while He was creating you? Ask them to answer each question one at a time, and speak encouragement into them as they answer these. If you think it would be beneficial in this mentoring session to share with your mentee your own answers to these questions, feel free to do so.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge them to spend 30 minutes writing a journal entry about how God sees them. Encourage them to pray beforehand, use Scripture throughout, and to send the journal entry to you and a trusted friend, family member, or significant other when they finish.** Don't tell them you're going to, but you also spend 30 minutes writing a journal entry about how God sees your mentee. When they send you their entry, send them back the one you've written.

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER FOUR - HOLINESS

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees have a renewed desire to follow God's instructions for holy living
2. Mentees begin to trust God's plan for their life and God's heart for them even when they don't understand

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to answer the following questions: (1) When it comes to following Jesus, are there any boundaries that you see as buzzkills? (2) Are there any commands of holiness that you don't understand, or you disagree with? They were also asked to write down any areas they struggle to submit to Christ, and why they feel like it may be difficult for them. Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "Holiness." Use the space below to write any questions you don't want to forget to ask:

---

---

---

#### Part 5: Pray over the session

## CHAPTER FOUR - HOLINESS

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to answer the following questions: (1) When it comes to following Jesus, are there any boundaries that you see as buzzkills? (2) Are there any commands of holiness that you don't understand, or you disagree with? They were also asked to write down any areas they struggle to submit to Christ, and why they feel like it may be difficult for them. If you think it would be beneficial in this mentoring session to share with your mentee your own answers, feel free to share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "Holiness." Use the space below to write any questions you don't want to forget to ask.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, have them identify an area in which they'd like to grow in holiness. Make a plan including at least two action steps for how they can pursue holy living in that area over the next 10 days.**

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER FIVE - THE WORD

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees begin to have a deep desire and expectation to encounter the living God through His word
2. Mentees see reading scripture as relational time with God – not another task to complete

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to list out the top 5-7 things that have their attention the most in a given week and answer the following questions: Based on what has your attention, what do you expect the fruit of your life to taste like? Do the things that currently have your attention need to change? If so, how can you change them? Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "The Word." Use the space below to write any questions you don't want to forget to ask:

---

---

#### Part 5: Pray over the session

## CHAPTER FIVE - THE WORD

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to list out the top 5-7 things that have their attention the most in a given week and answer the following questions: (1) Based on what has your attention, what do you expect the fruit of your life to taste like? Do the things that currently have your attention need to change? If so, how can you change them? Ask them to share their list and answer each question one at a time. If you think it would be beneficial in this mentoring session to share with your mentee your own answers, feel free to share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge them to read the Word for the next 10 days. Develop a plan for a time and a location to read and have daily check-ins for 10 days to help build a healthy habit.**

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER SIX - PRAYER

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees are honest about the current state of their prayer life
2. Mentees see purpose in having a vibrant prayer life and begin to grow in desire for it.
3. Mentees take tangible steps in finding a consistent time and place to enjoy God's presence.

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to answer the follow questions: (1) Have you had any significant prayer moments in your life, whether alone or with others? (2) What were these moments like? (3) What is one area of prayer you want to grow in? Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "Prayer." Use the space below to write any questions you don't want to forget to ask:

---

---

---

#### Part 5: Pray over the session



## CHAPTER SIX - PRAYER

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to answer the follow questions: (1) Have you had any significant prayer moments in your life, whether alone or with others? (2) What were these moments like? (3) What is one area of prayer you want to grow in? Ask them to answer each question one at a time, and ask good follow-up questions as they do. If you think it would be beneficial in this mentoring session to share with your mentee your own answers, feel free to share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge them to keep a prayer journal for the next 10 days. Develop a plan for a time and a location to read and have daily check-ins for 10 days to help build a healthy habit.**

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER SEVEN - CHARITABLE LOVE

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees have a strong, biblical definition of love and can articulate it.
2. Mentees don't only have the ability to define love, but also desires to live out and reflect this selfless love in their spheres of influence.

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to answer the following questions: (1) What are some of the biggest obstacles for you in receiving agape love? (2) What are some of the biggest obstacles in you giving it? Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "Charitable Love." Use the space below to write any questions you don't want to forget to ask:

---

---

---

---

#### Part 5: Pray over the session

## CHAPTER SEVEN - CHARITABLE LOVE

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to answer the following questions: (1) What are some of the biggest obstacles for you in receiving agape love? (2) What are some of the biggest obstacles in you giving it? Ask them to answer each question one at a time, and ask good follow-up questions as they do. If you think it would be beneficial in this mentoring session to share with your mentee your own answers, feel free to share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge them to commit three (3) random acts of kindness over the next 10 days, and to journal what the experience was like and how they saw God's *agape* love in it (paying for someone's coffee, leaving a bigger tip, raking someone's leaves, writing a kind note, etc.).**

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER EIGHT - FORGIVENESS

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees understand the depth of God's forgiveness for them
2. Mentees are motivated to forgive others in their own lives

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to answer the following questions: (1) Is there a person that you have had a difficult time forgiving in the past, or currently do? (2) What would it look like (or did it look like) for you to "release them?" (3) As you think through the concept of forgiving someone else, reflect on a time you were forgiven. How did you feel? (4) How can you give this grace to the person you struggle to forgive? Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "Forgiveness." Use the space below to write any questions you don't want to forget to ask:

---

---

---

#### Part 5: Pray over the session

## CHAPTER EIGHT - FORGIVENESS

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to answer the following questions: (1) Is there a person that you have had a difficult time forgiving in the past, or currently do? (2) What would it look like (or did it look like) for you to “release them?” (3) As you think through the concept of forgiving someone else, reflect on a time you were forgiven. How did you feel? (4) How can you give this grace to the person you struggle to forgive? If you think it would be beneficial in this mentoring session to share with your mentee your own answers, feel free to share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge them to write a letter to someone they have struggled to forgive. In the letter, have them be honest about what has hurt them, and be honest about their desire (or lack thereof) to “release them” before God. Have them share the letter with you when they’re done, and you can decide together if it’s something they should share with that person.**

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had:

---

---

## CHAPTER NINE - CONFESSION

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees are ready to experience healing by practicing vulnerability through confession
2. Mentees commit to practicing confession with someone they feel safe with, or praying about someone they can practice confession with

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to answer the following questions: (1) Would you describe yourself as an open or more reserved person? (2) What areas of your life are most difficult for you to share with others? (3) What areas of your life do you enjoy talking about with others? (4) Is there an area of your life you've never shared with others? Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "Confession." Use the space below to write any questions you don't want to forget to ask:

---

---

---

#### Part 5: Pray over the session

## CHAPTER NINE - CONFESSION

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to answer the following questions: (1) Would you describe yourself as an open or more reserved person? (2) What areas of your life are most difficult for you to share with others? (3) What areas of your life do you enjoy talking about with others? (4) Is there an area of your life you've never shared with others? Ask them to answer each question one at a time, and ask good follow-up questions as they do. If you think it would be beneficial in this mentoring session to share with your mentee your own answers, feel free to share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge your mentee to identify something within the next 10 days that is heavy on their heart. This could be a past or current hurt, sin, or a lie they believe about themselves. Encourage them to confess it to a trusted friend, family member, or confidant (offer yourself to be that as well if you're comfortable doing so).**

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER TEN – ACCOUNTABILITY

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees are able to clearly see the nuances of accountability and the intentionality it takes to create these relationships
2. Mentees see accountability as a benefit – not a detriment – to their lives
3. Mentees commit to the hard work it takes to live out true accountability

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to answer the following questions: (1) When thinking about stepping into deeper levels of accountability in a given relationship, does anything sound exciting? (2) Does anything sound a bit scary? (3) Is there anything in your heart that feels resistant to the idea? If so, take some time to write why you think that is. Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "Accountability." Use the space below to write any questions you don't want to forget to ask:

---

---

#### Part 5: Pray over the session



## CHAPTER TEN - ACCOUNTABILITY

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to answer the following questions: (1) When thinking about stepping into deeper levels of accountability in a given relationship, does anything sound exciting? (2) Does anything sound a bit scary? (3) Is there anything in your heart that feels resistant to the idea? If so, take some time to write why you think that is. Ask them to answer each question one at a time, and ask good follow-up questions as they do. If you think it would be beneficial in this mentoring session to share with your mentee your own answers, feel free to share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge them to identify an area of their spiritual life in which they'd like to be held accountable. Over the next 10 days, brainstorm with them how they can implement more accountability and who they can do it with.**

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER ELEVEN - THE CHURCH

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees understand the purpose of the local church, and make an intentional commitment to participate in the life of a specific local church
2. Mentees become aware of the ways they can serve the mission of their local church, possibly going from an observer to a high-level participant

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to answer the following questions: (1) If you've ever been a part of a church community, what have been the best parts of it? (2) What have been the most difficult? (3) What is one step you can take in deepening your commitment to a Christian community? If anything is holding you back, take some time to write it down. Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "The Church." Use the space below to write any questions you don't want to forget to ask:

---

---

#### Part 5: Pray over the session

## CHAPTER ELEVEN - THE CHURCH

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to answer the following questions: (1) If you've ever been a part of a church community, what have been the best parts of it? (2) What have been the most difficult? (3) What is one step you can take in deepening your commitment to a Christian community? If anything is holding you back, take some time to write it down. Ask them to answer each question one at a time, and ask good follow-up questions as they do. If you think it would be beneficial in this mentoring session to share with your mentee your own answers, feel free to share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge them to identify a way in which they can step further into the life of their local church. Over the next 10 days, encourage them to take whatever that next step may be (commitment to attending, commitment to serving, commitment to a group, commitment to giving, etc.).**

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER TWELVE - RELATIONSHIP RULES

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees understand the ways in which we're called to operate in our relationships with one another as Christians
2. Mentees see areas they can grow in Christ-likeness in their meaningful relationships
3. Mentees are prompted to have healthy conversations with their family, friends, or significant other as a result of this session.

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to answer the following questions: (1) Which of the Four Relationship Rules have others violated the most in your life? How has that hurt you or affected the way you relate to others now? (2) Additionally, which of the Four Rules are you the most prone to break? How have you seen that hurt and affect others? Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "Relationship Rules." Use the space below to write any questions you don't want to forget to ask:

---

---

#### Part 5: Pray over the session

## CHAPTER TWELVE - RELATIONSHIP RULES

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to answer the following questions: (1) Which of the Four Relationship Rules have others violated the most in your life? How has that hurt you or affected the way you relate to others now? (2) Additionally, which of the Four Rules are you the most prone to break? How have you seen that hurt and affect others? Ask them to answer each question one at a time, and ask good follow-up questions as they do. If you think it would be beneficial in this mentoring session to share with your mentee your own answers, feel free to share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge them to identify the five (5) strongest relationships in their life, and list out ways they can better honor the Four Relationship Rules in each of these crucial relationships.** Have them send you the list when they're done!

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER THIRTEEN - ROLE OF THE SPIRIT

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees grasp who the Holy Spirit is and can better articulate His role in the Trinitarian Godhead
2. Mentees grow in awareness of how the Holy Spirit can guide them to remember, apply, and share the Gospel in their lives

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to do the following: (1) Take a moment to think about any times you know the Holy Spirit spoke clearly to you. What was that like? (2) If you can, list up to three moments you sensed him speaking. (3) When you're done, write down the top two questions you still have about who the Holy Spirit is or how he empowers us as Christians. Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to the "Role of the Spirit" Use the space below to write any questions you don't want to forget to ask:

---

---

---

#### Part 5: Pray over the session

## CHAPTER THIRTEEN - ROLE OF THE SPIRIT

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to do the following: (1) Take a moment to think about any times you know the Holy Spirit spoke clearly to you. What was that like? (2) If you can, list up to three moments you sensed him speaking. (3) When you're done, write down the top two questions you still have about who the Holy Spirit is or how he empowers us as Christians. If you think it would be beneficial in this mentoring session to share with your mentee your own answers, feel free to share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, you'll be participating in the challenge with them. Together, the two of you choose a day you'll be intentionally inviting the Holy Spirit into together. Throughout the day, pay attention to how the Spirit is speaking (in the car, at work, etc.) and journal your experience afterwards. When the day is over, compare notes and experiences with one another.**

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER FOURTEEN – SPIRITUAL GIFTS

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees have a clear picture of how God has intentionally gifted them
2. Mentees see how their gifts can benefit the greater community of God around them
3. Mentees are inspired to live into their gifts to further God's kingdom in the world

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to do the following: Saddleback Church, located just south of Los Angeles, CA, helped develop what is known as the S.H.A.P.E. Test – an activity that helps you uncover the ways that God has gifted you through the Spirit. To take the test, go to [www.freeshapetest.com](http://www.freeshapetest.com) and be prepared to spend anywhere from 30-60 minutes filling it out. When you're finished, print off or take a screenshot of your results and bring them to your next meeting with your mentor to go over them.

As the mentor, we encourage you to also take a S.H.A.P.E. Test, and bring your results to the meeting so that you are familiar with the test, and can dialogue about the uniqueness of your and your mentee's giftings.

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "Spiritual Gifts." Use the space below to write any questions you don't want to forget to ask:

---

---

---

#### Part 5: Pray over the session



## CHAPTER FOURTEEN – SPIRITUAL GIFTS

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to do the following: Saddleback Church, located just south of Los Angeles, CA, helped develop what is known as the S.H.A.P.E. Test – an activity that helps you uncover the ways that God has gifted you through the Spirit. To take the test, go to [www.freeshapetest.com](http://www.freeshapetest.com) and be prepared to spend anywhere from 30-60 minutes filling it out. When you're finished, print off or take a screenshot of your results and bring them to your next meeting with your mentor to go over them. Ask them to share their S.H.A.P.E. results with you and ask them if they feel like the results are accurate descriptors of who they are. If you think it would be beneficial in this mentoring session to share with your mentee your own results, feel free to share them.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge them to write a journal entry about how they've seen God use their spiritual gifts throughout their life. Which ones have they seen Him use the most? The least? Have them share their journal entry with you afterwards.**

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had:

---

---

## CHAPTER FIFTEEN - EVANGELISM

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees believe evangelism is something they've been commissioned by God to do, growing a sense of "relaxed urgency"
2. Mentees are aware of the people in their lives they can share the Gospel with and begin practicing this call. They make commitments to grow in momentary, consistent, and long-term evangelism.

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to answer the following questions: (1) Which of the three categories of evangelism are you the most comfortable with? (2) Which comes the least naturally to you? (3) Take some time to reflect and write down one way you can grow in each of the three categories (momentary, consistent, and long-term). Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "Evangelism." Use the space below to write any questions you don't want to forget to ask:

---

---

#### Part 5: Pray over the session

## CHAPTER FIFTEEN - EVANGELISM

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to answer the following questions: (1) Which of the three categories of evangelism are you the most comfortable with? (2) Which comes the least naturally to you? (3) Take some time to reflect and write down one way you can grow in each of the three categories (momentary, consistent, and long-term). Ask them to answer each question one at a time, and ask good follow-up questions as they do. If you think it would be beneficial in this mentoring session to share with your mentee your own answers, feel free to share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge them to identify at least one person in each category of evangelism (momentary, consistent, and long-term) that they can share Jesus with over the next 10 days. Brainstorm with them creative ways to do this and have them report their experiences back to you!**

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER SIXTEEN - DISCIPLING OTHERS

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees are familiar with what it means to both be a disciple of someone else and to lead/disciple others.
2. Mentees identify those they have influence over, and take practical steps to lead/disciple someone specific

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to answer the following questions: (1) Is there anything that scares you or is holding you back from discipling others? What is it, and why do you think it's holding you back? (2) Who have been the greatest influences along your discipleship journey? What did each of them do that made an impact in your life? Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "Discipling Others." Use the space below to write any questions you don't want to forget to ask:

---

---

#### Part 5: Pray over the session

## CHAPTER SIXTEEN - DISCIPLING OTHERS

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to answer the following questions: (1) Is there anything that scares you or is holding you back from discipling others? What is it, and why do you think it's holding you back? (2) Who have been the greatest influences along your discipleship journey? What did each of them do that made an impact in your life? Ask them to answer each question one at a time, and ask good follow-up questions as they do. If you think it would be beneficial in this mentoring session to share with your mentee your own answers, feel free to share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge them to grab a meal or coffee with someone they have influence with. Encourage them to ask that person how they're doing in their walk with Jesus, and report back to you how it went.**

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER SEVENTEEN - SECOND CALLING

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees are familiar what a second calling is and begin the process of identifying what theirs may be.
2. Mentees feel empowered to step into whatever God may be calling them to do, overcoming fear or feelings of inadequacy.

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to answer the following questions: (1) What brings you the most joy in life? (2) What makes you feel the most anger or sorrow? (3) What in life are you good at? Once you've answered these, write down any commonalities or intersections you notice. Use the space below to do the same:

---

---

---

---

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "Second Calling." Use the space below to write any questions you don't want to forget to ask:

---

---

---

#### Part 5: Pray over the session

## CHAPTER SEVENTEEN - SECOND CALLING

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to answer the following questions: (1) What brings you the most joy in life? (2) What makes you feel the most anger or sorrow? (3) What in life are you good at? Once you've answered these, write down any commonalities or intersections you notice. Ask them to answer each question one at a time, and ask good follow-up questions as they do. If you think it would be beneficial in this mentoring session to share with your mentee your own answers, feel free to share what you wrote in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, challenge them to take an active step into the intersection of their greatest joy, anger/sorrow, and gifting. Whether it is writing a blog post, serving in a city, donating money, or volunteering somewhere, have them step into what God might be stirring up in them sometime in the next 10 days.**

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

---

## CHAPTER EIGHTEEN - THE LONG GAME

### SESSION PREP:

#### Part 1: Become familiar with the desired outcomes

1. Mentees see and establish spiritual rhythms, and relationships that can sustain their faith journey over a lifetime.
2. Mentees create a 'rule of life' not as something they ought to do, but out of a desire to pursue the fulness of life with Jesus for their whole life.

#### Part 2: Notes from the chapter

In each chapter, your mentee is given space at the end to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Use the space below to do the same:

---

---

---

---

#### Part 3: Reflection activity from the chapter

For this chapter, your mentee was asked to do the following: We've intentionally provided an example PDF of what a Rule of Life can look like, as well as downloadable templates for you to edit and print off to keep for your spiritual formation journey. These documents can be found at [www.awakencampuses.com/foundationruleoflife](http://www.awakencampuses.com/foundationruleoflife). Take the time to fill one out to the best of your ability and bring it to your next meeting with your mentor.

As the mentor, we'd like for you to also take the time to create a rule of life and bring it to your next meeting with your mentee. This will help you become more familiar with it, and also allow you to dialogue about the uniqueness and similarities of the rhythms you both chose.

#### Part 4: Additional questions to ask

As you prepare for the session with your mentee, you may have additional questions come to your mind you'd like to ask your mentee related to "The Long Game." Use the space below to write any questions you don't want to forget to ask:

---

---

---

#### Part 5: Pray over the session



## CHAPTER EIGHTEEN - THE LONG GAME

### THE SESSION:

#### Part 1: Relational Time (10 minutes)

Ask your mentee how their life has since your last meeting. Have they had any major life highlights recently? Difficulties?

#### Part 2: Notes from the chapter (10 minutes)

In each chapter, you and your mentee are given space at the end of the chapter to write down any questions they have from the chapter, something new that they learned, or something they feel God is highlighting in their heart. Ask them if they wrote anything in the notes section and share with them anything you felt prompted to write down as well.

#### Part 3: Reflection activity from the chapter (25 minutes)

For this chapter, your mentee was asked to do the following: We've intentionally provided an example PDF of what a Rule of Life can look like, as well as downloadable templates for you to edit and print off to keep for your spiritual formation journey. These documents can be found at [www.awakencampuses.com/foundationruleoflife](http://www.awakencampuses.com/foundationruleoflife). Take the time to fill one out to the best of your ability and bring it to your next meeting with your mentor. Ask them to share their rule of life with you, and to explain why they chose the rhythms they did. If you think it would be beneficial in this mentoring session to share with your mentee your own rule of life, feel free to share what you put together in your session prep.

#### Part 4: Additional questions to ask (5-10 minutes)

Ask any additional questions you wrote down in your session prep.

#### Part 5: Mentor Challenge (5 minutes)

At the end of the chapter, your mentee has been given space to write down a challenge from you to complete before your next meeting. **For this session, you and the mentee will be doing the challenge together. Over the next 10 days, each of you should take 30 minutes to write a journal entry of how you've seen the mentee grow throughout *The Foundation*. After you've written them, share the journal entries with each other to encourage the mentee.**

#### Part 6: Prayer (5-10 minutes)

As you bring your mentoring session to a close, ask your mentee what they would like prayer for. Use the space below to write down any prayer requests they had so you can be praying for them until your next meeting:

---

# THE FOUNDATION

Creating a Life  
Centered on Jesus

HOW TO END  
THE FOUNDATION

## HOW TO END THE FOUNDATION

If you've made it to this part of the document, it means that you've done something special. You've successfully met with your mentee for eighteen sessions, some of which were likely easy and enjoyable while others were much more raw, vulnerable, and even difficult at times. Regardless of the ups and downs of the journey to this point, one thing is for certain – you did it. Before anything else, we want to celebrate your commitment to your mentee, acknowledge your investment in the mission of God, and say one great *thank you*. You have officially made *The Foundation* what it was intended to be.

As crazy as it may seem, we now want you to turn your attention to what comes next. After everything that you've sacrificed, this next decision is entirely up to you as the mentor. You may have enjoyed your experience and your mentee so much that you don't want the meetings to end, which is amazing if that's the case. It's also possible you enjoyed mentoring a young adult and are ready for the time commitment to come to an end so you can invest it elsewhere, which is extremely valid. And, while we hope it's not the case, you may be grateful to be done because of a difficult experience with your mentee. No matter where you find yourself right now, we still celebrate, honor, and thank you.

Given that the structure of the eighteen sessions has officially run out, we wanted to provide one final framework of how to transition in your relationship with your mentee. This framework consists of four (4) simple steps:

### 1. Decide

- > The first step, "Decide," is where you as the mentor will spend time reflecting on your experience and your relationship with your mentee. As you do this, we encourage you to spend some time in prayer, discerning God's leading for how to handle this relationship moving forward. Truthfully, your options are plentiful. You could choose to continue to meet with the same frequency and go through a different book, podcast, or just talk about life. You could choose to continue to meet with less frequency, but still stay intentionally attached to your mentee. You could offer a relationship where they can call or text as needs arise, but not have any regularly scheduled meetings, or you could choose to let them know that you're incredibly grateful for the time you've spent together and that this is the end of the road.

No matter what you decide, we want you to know that no one option is holier or more spiritual than another. You've invested a great deal, and what you choose to do moving forward is between you and the Lord. All we ask is that you come to a firm decision that you're comfortable with and able to communicate.

### 2. Meet

- > It may seem obvious, but step two is to meet with your mentee one final time for *The Foundation*. We don't want relationships fizzling out without clarity, communication, or closure. In your final meeting, we encourage you to have

## HOW TO END THE FOUNDATION

fun. Get a meal, do something you both enjoy, or have your mentee over to your house. Discuss things such as how they've seen growth in themselves over the entire program, reflect on the most meaningful sessions that you had, and spend time encouraging them.

### 3. Define

- > Within this final meeting, we encourage you to define for them what the relationship will look like going forward. There are quite a few potential trouble-spots with opening up a dialogue with your mentee about what the relationship should look like (such as them wanting far more than you're willing to offer), so we recommend you setting the tone for the future. You can be the one to extend an invitation for continued meetings and mentorship, or to formally end the relationship at least in the way it's been structured during *The Foundation*. Your mentee hasn't been promised anything by us beyond the structure of this program, so defining the relationship moving forward is a blank slate for you to draw on. Just remember to be clear and communicate honestly – this will help them get excited about a continued relationship or to receive the closure you're offering.

### 4. Commission

- > No matter what type of future relationship you've defined for them, we want you to commission your mentee as an official closing to *The Foundation*. The commissioning includes two very important pieces to it: (1) Prayer, (2) A gift.

The first piece, prayer, is exactly what it sounds like. We want you to have a meaningful time in prayer with your mentee as everything comes to an end. Spend time thanking God for what He's done in the relationship, praying a blessing over your mentee's future, and finally take a moment to speak words of encouragement over them in prayer. Remind them how God sees them, and the wonderful things He has in store for them.

After you're done praying, we want you to give your mentee a gift. We're not asking you to go out and spend money on them, although you can if you'd like to. Instead, we want you to do something incredibly meaningful – write them a letter. Back in your very first meeting, you asked your mentee to share their goals and their fears of stepping into this type of mentoring relationship, and you took notes that you were encouraged to tuck away in a safe place. We'd love for you to pull your first meeting notes out, and to write them a letter that details out ways you've seen them accomplish those goals and overcome those fears. Encourage them with the pieces of God's heart you've seen in them, the gifts they clearly have, and of course any personal things you'd like to add. This type of letter will help bring a degree of finality to *The Foundation* that will be powerful, allowing them to have a sense of

## HOW TO END THE FOUNDATION

accomplishment in their discipleship journey and a sense of love and appreciation from someone they respect so much – you.

That is *officially* all we have to offer. Again, we are beyond grateful for you and your commitment to invest in the next generation in this way. You have planted seeds that will bear more fruit than you could imagine, and we hope that you get to see glimpses of it in the years to come.

Thank you for taking this journey with us. Whether you choose to do it again with another young adult or not, you are forever a part of *The Foundation* family.

With love,

Marcus DePeal and AJ Wilk.