

Expectations of an Adult Mentor

BE A DISCIPLE.

Programs don't make disciples; only a disciple can make other disciples. As a mentor who discipled young people, you must prioritize your own walk with the Lord, especially through daily prayer and frequenting the sacraments.

LOVE YOUNG PEOPLE.

Young people need to belong in order to believe. Your small group should be a place where they are known, loved, and cared for. Take a genuine interest in their lives. They will come to know the love of God through the love you demonstrate. At the same time, you should maintain healthy boundaries, remembering that you are a mentor and not a friend.

FOSTER DIALOGUE.

Young people need to engage in critical thinking about faith and its application to their lives. Teaching the faith is an essential part of your mentoring relationship, but it should always be done in the context of an authentic conversation in which you listen more than you speak. You must earn the right to be heard.

BE PREPARED.

The quality of your small group often depends on your own preparation. Familiarize yourself with the content and questions before you meet. Don't forget to communicate with the group and their parents ahead of time and prepare your meeting space and snacks, as well. Above all, prepare your heart by praying for your group.

ENGAGE PARENTS.

Always keep in mind that parents are the primary influencer in a teenager's faith. At the very least, share the Parent Sheet and other resources before or after every small group meeting. At best, you can be a bridge of communication between teens and their parents.

AFFIRM THE CATHOLIC FAITH.

It is important that our answers come from the heart of the Church and not from our own opinions. If you don't know the answer to a question about Church teaching, ask your parish leader or consult a trusted source, like the Catechism. If you are personally struggling with a certain teaching, continue to wrestle and seek guidance. Just avoid sharing personal grievances in your small group.

COMMUNICATE WITH PARISH LEADERS.

Communicate openly with parish leadership, making sure they are aware of what is happening in your small group. You should always be in compliance with your local Safe Environment policies.