



STORIES **AND** RITUALS

Meaningful **MENTORING**

LESSON 10

Stories & Rituals: Meaningful Mentoring

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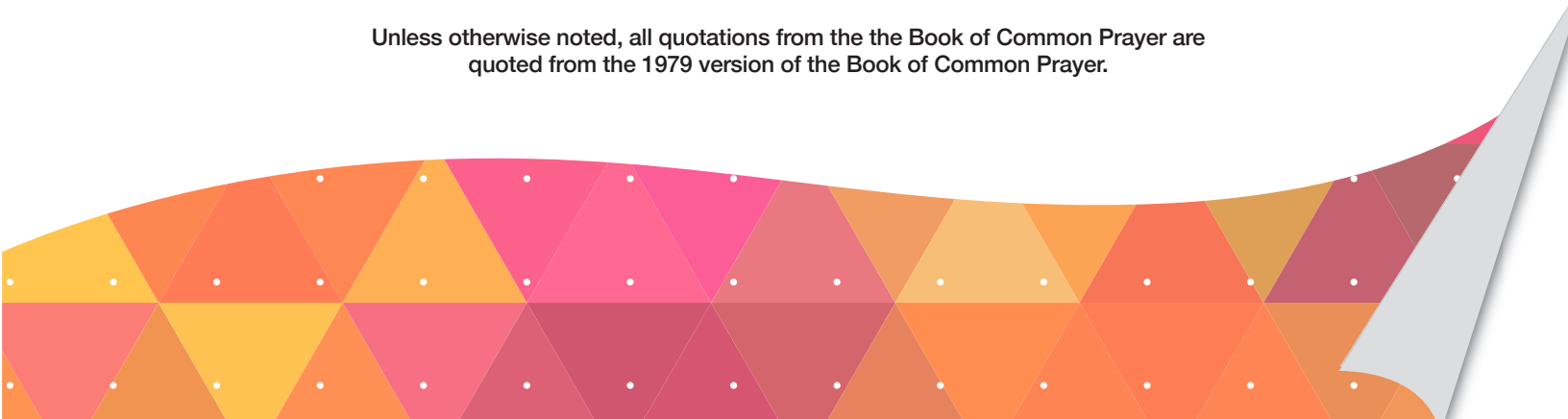
Editor

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MEANINGFUL MENTORING

Rule of Life

Lesson Focus: Baptismal Covenant (Ephesians 4:1-6)

Lesson Goal: Understand and apply the Baptismal Covenant to daily living.

Activity: Work with your mentee to create a Rule of Life paper.

Duration of Lesson: 60 minutes

Materials Needed

- Book of Common Prayer
- Lesson Sheet 10.1
- Pencils or pens
- Camera or phone with the ability to take pictures (optional)

A SPECIAL NOTE ABOUT THIS LESSON: This lesson is designed to help mentors and their mentees engage in the Baptismal Covenant in the Episcopal Book of Common Prayer. If you are working from a different Christian tradition, you may wish to adapt this lesson to include your own community's baptismal promises.

LESSON OVERVIEW



The Story and the Ritual

Our story in the family of God begins at the waters of Holy Baptism. At the time of our baptism, we make promises (or promises are made on our behalf) to learn about and live in the light and love of God. Then, we recommit ourselves to these promises at various times in our faith journey.

Today you and your mentee will create a "Rule of Life" paper. Many of us take time (usually once a year) to sit down, reflect, and write goals for the coming year. "Rule of Life" paper can be compared to a goals sheet. Together, you and your mentee will reflect on the Baptismal Covenant and use it as a framework for developing your own Rule of Life.



What's the Focus?

As Christians, we are called into community through the waters of baptism, and are encouraged to live out this calling in our everyday life (Ephesians 4:1-6). The promises of the Baptismal Covenant help us focus on what it means to live out this calling in our daily lives. Sometimes it takes intentional reflection to consider how we are (or are not) living into the promises to which we have committed.

Although you will be creating a Rule of Life paper, the intent is not to write a dissertation on the Baptismal Covenant. Your mentee can answer these questions in a manner that is most comfortable to them. Some will want to write an essay, others will want to simply make bullet points. Both methods work. It just needs to be legible, so that it can be referenced in the future.



What's the Point?

The Rule of Life paper will consider the following question: "How will you live into your Baptismal Covenant in the next year of your life?" The importance of this question is multi-layered. First, it is to invite both you and your mentee to review the Baptismal Covenant and help them consider how they can live into the Baptismal Covenant daily. In order to answer the question correctly, one must become familiar with the Baptismal Covenant and understand it. Second, it focuses on the next year. This is not a five or ten year game plan; it's for the next year. It's meant to focus their attention. As life changes and transitions occur, the Rule of Life paper has the intent of helping your mentee confront their feelings and emotions about these transitions and provides a steady "heading" in "choppy" waters.

This is the culminating project from a series of mentoring meetings. Review what you have done together and share your experiences and thoughts. This is a good opportunity for you to join your mentee in writing your own Rule of Life paper. You may find that many of your answers are the same. That's fine. Write them down, check-in with each other on occasion and keep one another accountable.



Preparing for Your Lesson

Familiarize yourself with the contents of this lesson and with the Baptismal Covenant (p. 304 in the Book of Common Prayer). Connect with your mentee to set a date, time, and location to meet. Make two copies of Lesson Sheet 10.1: One for your mentee, and one for yourself.

THE LESSON

- Meet with your mentee on your designated date and time. If you are travelling to your meeting location together, follow all necessary Safe Church policies and procedures (see the Suggested Safe Church Guidelines supplement for sample policies and procedures).
- Start by discussing the following questions with your mentee:
 1. What changes might you encounter in the next year?
 2. What are you most looking forward to in the upcoming months?
 3. What are you most nervous about in the upcoming months?
- Open a Book of Common Prayer to page 304. Read the Baptismal Covenant aloud.
- Using Lesson Sheet 10.1, review the Baptismal Covenant together. As you read over each promise, ask the following questions:
 1. Is this something that you can and will do in the next year?
 2. What did you learn by serving?
- Review the Rule of Life with your mentee. Read it back to them so that they can hear their own answers. If something doesn't make sense, ask them to clarify and if needed, have them clarify on their worksheet.
- Ask your mentee where they will post their Rule of Life worksheet, so that they can have a consistent reminder of where their goals are posted. Sharing the location will help keep your mentee accountable in posting and living into this Rule of Life.
- If you want to document your time together, take a photo of you and your mentee, take a photo of you and your mentee before you leave your meeting.
- If you are transporting your mentee home, follow all necessary Safe Church policies and procedures.

WRAPPING UP

Take a few moments to reflect on your mentoring experience. Ask yourself the following questions. You may wish to write your answers down in a journal.

1. Was your mentee able to articulate their understanding of the promises in the Baptismal Covenant? How?
2. Were both you and your mentee able to be open and honest with each other during this session?
3. Were there particular moments in this mentoring session that impressed you or surprised you?
4. Where did you see God during your session?
5. Based on your conversations and exp

If necessary, report any new insights, issues or concerns to church leadership.

LOOKING AHEAD

The mentor/mentee relationship lasts long after you have completed the Meaningful Mentoring sessions. Even if you have completed all of the mentoring sessions in this curriculum, continue to meet at least monthly with your mentee. Remember that the relationship you are developing with this student will last forever. Your student will remember your dedication and commitment to their lives!

LESSON SHEET 10.1

Rule of Life Worksheet

How will you live into the promises of the Baptismal Covenant in the next year of your life? Write your answers below:

Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?

Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

Will you proclaim by word and example the Good News of God in Christ?

Will you seek and serve Christ in all persons, loving your neighbor as yourself?

Will you strive for justice and peace among all people, and respect the dignity of every human being?

