



STORIES **AND** RITUALS

Meaningful **MENTORING**

LESSON 7

Stories & Rituals: Meaningful Mentoring

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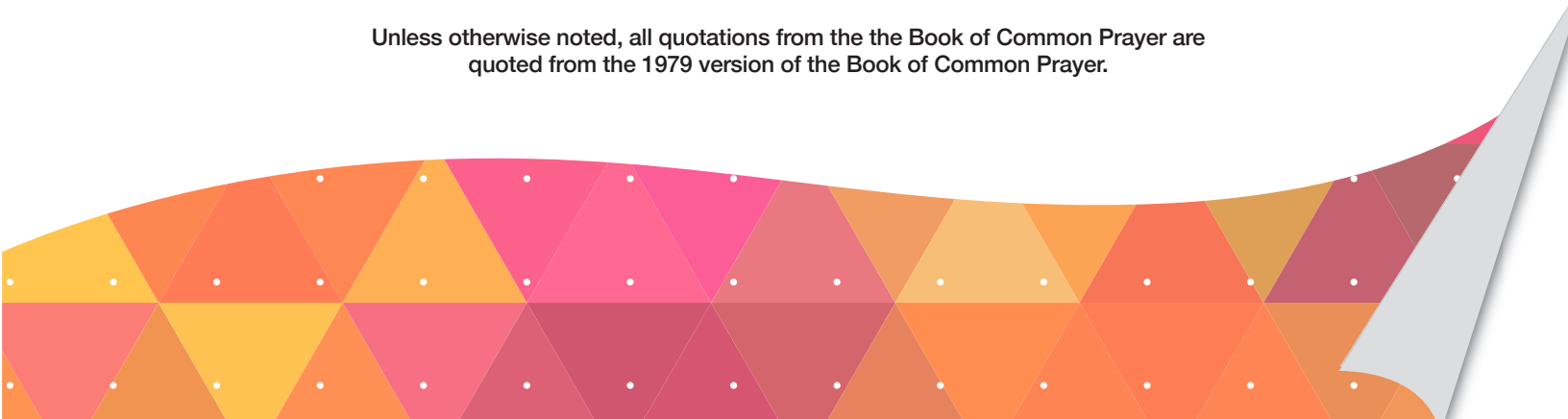
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MEANINGFUL MENTORING

Stations of the Cross

Lesson Focus: Jesus' Story

Lesson Goal: To engage in and reflect on the story of Jesus' crucifixion.

Activity: Complete the Stations of the Cross with your mentee.

Duration of Lesson: 30-60 minutes

Materials Needed

- Camera or phone with the ability to take pictures (*optional*)

LESSON OVERVIEW



The Story and the Ritual

Today you and your mentee will engage in the story of Jesus' crucifixion through the Stations of the Cross. The earliest traces of Stations of the Cross date back to the fifth century. It looks very different today than it did when it first started. Today's tradition dates back about 600 years to the fifteenth century. The Stations of the Cross, also known as The Way of the Cross, recounts the final hours of Jesus' life, leading up to his crucifixion. It started in Jerusalem, actually following in Jesus' footsteps: they would have stopped at each site.

As you experience the Stations of the Cross, you and your mentee will be invited to think, reflect, and pray together. Completing these stations can be a very spiritual experience for people. It is meant to be a time of exploration and reflection.



What's the Focus?

It is best to approach the stations with an open heart and an open mind. Through the soft repetition of the prayers, one is invited into the near presence of Christ during the final hours of his life on earth. The story of Jesus' life is our story, too. As Christians, it is important for us to remember the sacrifice that Jesus made for all of us.

Stations of the Cross are intended for Christians so that we can walk with Christ in the final hours of his life. They are done throughout the world. By walking the Stations of the Cross, you are joining millions of Christians throughout the world. Many churches have built the stations into walls of their building. The stations can be icons, statues, paintings, and even sculptures.



What's the Point?

Showing commitment to your mentee and commitment to this activity is very important. The experience in which you and your mentee will engage may be new and different to them. Some students may not have experienced this kind of spiritual exercise before. Your mentee will look to you during this experience. They will be questioning what they are seeing, hearing, and feeling. Be there for them; let them know that they are not alone. Remind them that we are doing this to remember that God loves us.



Preparing for Your Lesson

Make arrangements for you and your mentee to engage in the Stations of the Cross. If your church does not offer the Stations of the Cross, find another local church that does. Although Stations of the Cross are traditionally a Lenten practice, there are some places that offer the stations year round.

THE LESSON

- Meet with your mentee on your designated date and time. If you are travelling to your Stations of the Cross location together, follow all necessary Safe Church policies and procedures (*see the Suggested Safe Church Guidelines supplement for sample policies and procedures*).
- Actively participate in your Stations of the Cross experience. Go to the first station. As you are at the station, discuss the following questions:
 1. What part of the story is being told at this station?
 2. How does this part of the story make you feel?
 3. What do you think comes next in this story?
- After you have discussed the questions, say a silent prayer.
- Move on to the next station. Ask the questions above and pray.
- Move on to each of the other stations, asking questions and praying. If both you and your mentee are truly engaged in the Stations of the Cross experience, there won't be a need to reflect immediately. If needed, reflect on the following questions after you complete the stations, or call your mentee three or four days later and check in on them::
 1. What did you think of the Stations of the Cross?
 2. What really stuck with you?
 3. What surprised you?
 4. Did you see God at any point in the stations? Where?
 5. Would you do it again? Why or why not?
- If possible, plan the next date and time you will meet and write these times in the space. Also set a date that can serve as a "Plan B," or backup, meeting (*just in case something happens and you can't meet on the first date you picked*).
- If you want to document your time together, 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. What did you observe in your mentee while doing the Stations of the Cross?
2. What did you observe of yourself?
3. How did your student react to the Stations?
4. Were there particular moments in this mentoring session that impressed you or surprised you?
5. Where did you see God during your session?
6. Based on your conversations and experience, do you have any new insights on your mentee? What are these insights?

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

LOOKING AHEAD

Your next session will be exploring a church cemetery together. As you explore the cemetery, you will complete a questionnaire activity. If your church doesn't have a cemetery, find a local church or cemetery where you and your mentee can meet. The cemetery should be in a public place.