

**First Lutheran Church  
Confirmation Mentor Guide  
Session #1**

**Goal: To provide the student with the opportunity to explore questions of the faith with other adult role models. What does it mean to be an adult Christian in the world today?**

**Today's Topic – Getting to Know You**

- I. Both Mentor and Confirmand finish the following statements:
  - My family is made up of...
  - When I was a child, I enjoyed...
  - I enjoy spending time doing...
  - I have always wanted to...
  - A highlight of my last year would be...
  
- II. The Mentor shares some memories about background and life history:
  - Early years: family, home town, school experiences, friends, etc.
  - Teenage life: Junior High, High School, Activities, First Job, Worries, Dating, Pressures, Parents, etc.
  - Adult Years: Work Experiences, Family, Decisions, etc.
  - Last 5-10 years: Current Activities in community or church, Joys, Concerns, etc.
  - Future: What would life look like 10 years from now?
  
- III. The Confirmand shares some memories about background and life history:
  - Early years: hometown, family, friends, parent's work, etc.
  - Current life: Hobbies, Extracurricular activities, friends, jobs, joys, concerns, etc.
  - Future: What would life look like 10 years from now?
  - What do you like most about your life today?
  - What do you like least about your life today?
  
- IV. Closing: Both Mentor and Confirmand share the best thing that has happened to you in the last two weeks.
  
- V. Share any prayer concerns that each of you might have in the coming week.

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**Session #2**

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**Today's Topic – The journey of faith, “Where have you been?”**

Sometimes we refer to our faith as a journey filled with a wide variety of experiences. There are times in our life when our faith in God seems strong and there are periods filled with struggle and doubt. Today's session will explore some of the ups and downs of our faith journey so far. We will also talk about some of the ways God brought us through life to this point.

Take turns answering the following questions:

- 1) Where did your faith journey begin? Where were you baptized? Do you remember it? Who baptized you? Who were your baptismal sponsors? What does your baptism mean to you today?
- 2) What was your confirmation experience like? When did you start thinking about God and your relationship with God? Is there any relationship between your baptism and confirmation?
- 3) What are some of your biggest doubts or struggles in the faith? Where is God when we are experiencing doubts or struggles?
- 4) What are some of the “spiritual” high points in your life? When has God seemed to be closest to you?
- 5) There are many images of Jesus in the Bible. Here is a list of some of them: King, Lord, Savior, Redeemer, Friend, Shepherd, Son of God, Bread of Life, etc. Please choose a couple of these images that mean the most to you and explain why.
- 6) Make a list of people who have been important examples to you of life and faith. After each name, write a brief note about how that person has affected you. Then list one quality that you admire and would like to have in your life.
- 7) Share a meaningful event or experience that you have had in your local congregation. How did it affect you? How have you been involved in your congregation? Are there other ways that you would like to be involved?

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**Session #3**

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**Today's Topic – The journey of faith, “Where are you going?”**

No matter how old we are, God calls us to lifelong learning. Lifelong confirmation is exactly that – learning for one's entire life. Be thinking about the future, where you are going and what God might have in store for you during the rest of your life.

(Read this verse out loud) Philippians 3:12-14, *“Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.”*

- 1) This verse is definitely pointed to the future. What do you suppose Paul means when he urges us to forget about what lies behind and press on to what lies ahead?
- 2) What or who keeps you from a positive view of the future?
- 3) What or who can help us keep a positive view of the future?
- 4) How can fellow Christians or your congregation encourage your hope in the future?
- 5) In baptism, God gives all people unique gifts and talents. Make a list of at least 5 of your gifts, talents, and personal qualities.
- 6) How can you imagine using these gifts in the future?
- 7) Is there a particular vocation that interests you in the future?
- 8) How do you see yourself using your gifts in service to others or in the congregation?

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**Today's Topic – Faith and Life**

Describe one of the biggest challenges you face at school or work in terms of living out your faith or putting it into practice.

What strength do you receive from your faith in your job/school when facing:  
Difficult issues?  
Times of joy?  
Concern for others?

What negative and positive pressures do you experience from your peers?

How does your faith help you deal with social pressures you feel from co-workers or classmates such as gossiping, stereotyping, prejudice or putting people down?

What does being a disciple of Christ have to say about how you reach out to another student or co-worker who doesn't feel very good about himself/herself?

How does the fact that you have been forgiven by Christ enable you to be forgiving of others on the job or at school?

Do others involved in your occupation/school know you are a Christian?

Do you find it easy or difficult to share your faith in your job/school or to invite someone to worship/church activities? Give examples:

Discuss the following quote:

*“Every follower of the Lord has the same vocation, no matter what his/her job. Each of us who goes out to follow Jesus must be concerned for other people. We are to love them as he loved us. This is the over-arching command – and job.” -Alvin Rogness*

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**Today's Topic – Faith and Family**

As you think of your family, what does Colossians 3:12-17 say to you? *“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.”*

What events or celebrations do you do as a family that provide a sense of togetherness?

How has your family grown in trusting each other?

How do you feel when your family is tolerant, encouraging, praising, fair, appreciative or approving of you?

How do you feel when your family accepts you after you have hurt them?

If you could, you would change \_\_\_\_\_ about your family.

How did your parents experience Christian faith as they were growing up? Was it through baptism as a child, an adult conversion or a crisis experience? If not known, explore and discuss with each other next session.

When do you pray together as a family?

Your family (worships) (does not worship) together because...

Which best describes your family? (Choose all that apply and discuss)

- Close, but we don't say it.
- Close, and we say it all the time.
- We talk about what we did that was wrong.
- We don't say, "I forgive you," but we know when it's over.
- I know my parents have faith in God, but we never talk.
- We talk about matters of faith frequently.

When you have your own family, your faith will be expressed by doing...

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**Today's Topic – Hope and Growth**

No matter how old we are, God calls us to lifelong learning. Lifelong Confirmation is exactly that – learning for one's entire life.

Who or what keeps you from hope and a positive view of your future?

Who or what in your congregation helps you grow in faith and encourages your hope?

What are some of the unique gifts and talents God has given you?

Is there a particular vocation that interests you?

How do you see yourself using your gifts in service to others?

The creed sums up our Christian beliefs and is recited each Sunday during worship. Discuss each of the three faith statements in the creed. How are they tools for your faith now and into the future?

I believe in God the Father Almighty, Maker of heaven and earth.

And in Jesus Christ his only Son our Lord, who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; He descended into hell; the third day He rose again from the dead; He ascended into heaven and is seated at the right hand of the Father; He will come to judge the living and the dead.

I believe in the Holy Ghost, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.