

# Go Deeper - Choosing a Mentor

A mentor is an adult Catholic who builds a relationship with a disciple through faith sharing, prayer, and service. Ideally, this person will serve as the disciple's Confirmation sponsor sharing his/her faith throughout the formation process.

Each disciple chooses a Catholic adult whom he/she knows and respects and who is willing to work on a consistent basis with the disciple. The mentor must be an active, practicing Catholic who is at least sixteen years old and has received the Sacraments of Baptism, Eucharist and Confirmation. The mentor may not be a parent, and siblings are discouraged. A mentor should:

- be committed to the Church through participation and service.
- demonstrate what it means to be a disciple of Jesus through his/her words and actions.
- pray regularly.
- attend Mass regularly.

## **A mentor is required to:**

1. Pray for the disciple they are mentoring.
2. Review the "Go Deeper: A Discipleship Mentoring Process" found at [ssrmparishes.org](http://ssrmparishes.org)
3. Have a monthly conversation with the disciple following the "Go Deeper" structure provided at [ssrmparishes.org](http://ssrmparishes.org)
4. Attend occasional Wednesday Discipleship Sessions with the disciple when requested or available.
5. Attend four Confirmation Classes with the disciple, held four weeks prior to Confirmation. A parent or other relative may substitute for the mentor when distance or schedule prohibits the mentor from attending.
6. Attend Confirmation and the rehearsal (held immediately prior to Confirmation).