

Session IV

PRE-WORK INSTRUCTIONS

4 Requirements

- Complete a **practicum – 3 practice spiritual mentoring sessions.**
- Complete the **School of Faith course: Salvation History.**
- Answer **6 short-essay questions.**
- Using CSM III Practicum D materials, complete your **Personal Salvation History** if you didn't finish it during Session III and you're on track to graduate in September.
- **Note: ALL pre-work must be completed before receiving your graduation certificate.**

Practicum Homework (Due March 31, April 30, May 31)

Hold a practice mentoring session with the *same* person 3 times – once a month for the next 3 months for approximately 1 hour each time. Please hold these sessions in March, April and May. It's important that the sessions are spaced about a month apart to give the "mentee" time between sessions for spiritual growth. If you need any guidance on these sessions, please don't hesitate to reach out to your in-residence spiritual mentor. **When choosing a practice mentee, please follow the guidelines below:**

- Mentee must be your same gender (unless you are a priest, sister or deacon).
- Mentee must be 18 years or older.
- Should be someone who is interested in growing in his/her spiritual life.
- Mentee may not be a family member or a close friend.

You must share with your mentee the purpose of this assignment and explain that you are required to provide confidential feedback to your evaluator. Please make sure your mentee understands that the *content* of your sessions and his/her name will *not* be disclosed, only feedback on the *method*.

After each session (please don't wait to turn them in all at once), complete the on-line Mentoring Session Feedback Form for *each* session found at this link: <https://form.jotform.com/230617937241153>. Your responses should be 500 words or less. (Feel free to look at the form ahead of time to know what will be asked.)

Note: Review the Code of Conduct and helpful Guidelines for the Spiritual Mentoring Session located at the bottom of these instructions.

Course

In preparation for the Catholic Spiritual Mentors Session IV, your pre-work includes the following School of Faith course:

Salvation History (watch all 23 lessons) and read the accompanying material.

Salvation History: Short-Essay Questions

(Due June 30 or earlier)

The following essay questions are based on the written *and* recorded content of the Salvation History course. Keep the answers to 150 words or less per question.

1. What does it mean that you are created in the image and likeness of God?
2. What is the difference between a contract and a covenant?
3. Explain the cycle of covenant, sin, suffering, and renewal that we see in the Bible.
4. Why does a good God allow evil?
5. Pick one of the following figures and explain the parallels between his life and the life of Jesus: Abraham, Moses, David.
6. What event took place in 587 B.C. and how does that affect Israel to this day?

Please submit your answers on the form at this link:

<https://form.jotform.com/230536519820152>

As soon as you turn these questions in, you will receive an email with the Answer Key. No need to wait until the due date to submit them.

Code of Conduct

As a reminder, the following Code of Conduct (that was part of your signed application) sets the parameters for your mentoring sessions.

I understand that if accepted into the Catholic Spiritual Mentors Program, I am expected to:

- complete the required pre-requisite distance learning course prior to each of the in-residence sessions.
- have a spiritual director/mentor during the program and upon completion of it.
- be faithful to the teachings of the Magisterium of the Roman Catholic Church.
- maintain confidentiality with regard to the mentee* during the program and upon completion of it.
- exercise prudence before, during, and after the spiritual mentorship sessions with the mentee. This includes:
 - not offering spiritual mentorship to persons of the opposite gender.
 - not consuming alcohol during the spiritual mentorship session.
 - not offering spiritual mentorship to minors**.
- understand that this code of conduct is subject to change.

*"Mentee" is the person to whom spiritual mentorship is being offered

**The Catholic Spiritual Mentors Program is not designed specifically to equip you to offer spiritual mentorship to minors. To do this, you will need additional training, for example Virtus Training.

Guidelines for a Spiritual Mentoring Session

A. Pre-Meeting Preparation

1. Pray for the mentee and ask the Holy Spirit to guide the meeting
 - a. Remember the idea: Spiritual mentoring is like “one beggar telling another beggar where to get food.”
2. Secure location & prepare room, if needed

B. Greeting

1. Human (i.e., warm handshake or embrace)
2. Spiritual (Opening prayer: ask if they have any intentions to pray for)

C. Content of Meeting

1. **Ask what his/her expectations are for spiritual mentoring.**
 - a. The goals for spiritual mentoring are:
 - i. to accompany the mentee to grow in holiness.
 - ii. to help the mentee establish a habit of daily mental prayer because that’s how transformation occurs.
2. **Ask mentee to give you a snapshot of his/her prayer life and spiritual journey.** This will help you establish where they’re at and how best to proceed.
3. **Teach Mental prayer: the 3 R’s.**
4. **Work with them to set a spiritual goal for next month** based on what they’ve shared.
5. To name a few possibilities for homework that you could suggest:
 - a. Take a few minutes each day to read, reflect, and resolve
 - b. Building on the mental prayer you already have, increase the time.
 - c. Practice the sacraments more regularly & with greater devotion: confession, Mass
 - d. Create a Plan of Life to incorporate more balance.
 - e. Take some time to reflect on how God has worked in your life. (Optional: write down your Salvation History.)

D. Closing

1. Summarizing meeting and “homework”
2. Close with a prayer and set up the next date.

E. Post-Meeting

1. Prayer of thanksgiving, entrusting the conversation and mentee to the Lord

F. Reminders

- The Holy Spirit is the real mentor
- LISTEN to your mentee
- Avoid being judgmental
- Ask open-ended questions
- Don’t try to fix every issue
- Point out progress in virtue and prayer