

A BEAUTIFUL GIFT OF SERVICE

Youth Mentorship & Volunteer Guide

Serving in Sunday School, Faith Formation, Sports Coaching & Youth Ministry

"Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."

— Matthew 19:14

INTRODUCTION: A WELCOME TO MINISTRY

Welcome to one of the most rewarding journeys you can undertake: the mentorship of youth. Whether you are stepping onto a soccer field, walking into a Sunday School classroom, or sitting in a circle for youth group, you are accepting a profound invitation—a sacred calling to participate in the formation of young disciples. As St. John Bosco, patron saint of youth, taught us: *"It is not enough to love the young; they must know that they are loved."* You are choosing to be a steady presence in a rapidly changing world.

We operate on a key philosophy here: **Forming the will and character is as important—even more so—than intellect.** Information can be Googled; wisdom must be modeled. Children and teenagers inherently follow the example of role models who authentically care, who take an interest in their well-being, and who show up consistently in their lives.

Please remember a vital truth as you begin: *Knowledge shared sharpens the teacher.* Teaching is a way of learning twice. As Proverbs 27:17 reminds us, "Iron sharpens iron, and one person sharpens another." However, it is also true that pouring yourself out can deplete your own reserves. Even Christ withdrew to pray and renew His spirit (Luke 5:16). This guide is designed not just to equip you with skills, but to encourage your spirit for the road ahead.

SECTION 1: THE HEART OF YOUTH MENTORSHIP



Why do youth need mentors? In an age of digital saturation, the human connection is more vital than ever. Young people are looking for adults who are not their parents but who treat them with parental care and respect. The Catechism of the Catholic Church (CCC 2223) reminds us that "parents have the first responsibility for the education of their children," but it also acknowledges the vital role of the broader faith community in forming young Catholics.

"Train up a child in the way he should go; even when he is old he will not depart from it."

— *Proverbs 22:6*

The Power of Presence

Your greatest tool is not your lesson plan, your whistle, or your theology degree—it is your presence. Just being there, week after week, sends a message that says, "You are worth my time."

Character Over Information

While we want children to learn specific skills or tenets of faith, our primary goal is character formation—helping them develop the **virtues**. The Catholic tradition identifies the seven virtues: the three theological virtues (Faith, Hope, and Charity) and the four cardinal virtues (Prudence, Justice, Fortitude, and Temperance). We are modeling patience when things go wrong, forgiveness when feelings are hurt, and integrity in small matters. This foundation of trust is the bedrock upon which all other learning is built. As St. Paul writes: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind" (Romans 12:2).

SECTION 2: GETTING STARTED

Before the first handshake or high-five, there are essential steps to ensure safety and preparedness.

- **Background Checks & Safety Training:** This is non-negotiable. Every adult working with minors must undergo a background check and complete Safe Environment training. This protects the children, and it protects you.
- **Finding Your Fit:** Not everyone is made for toddlers, and not everyone can keep up with teenagers.
 - *Early Childhood:* Requires high energy, patience, and simple repetition.
 - *Elementary:* Requires storytelling skills, structure, and fun.
 - *Middle School:* Requires thick skin, authenticity, and a sense of humor.
 - *High School:* Requires listening ears, honesty, and consistency.



- **Connection:** Meet with your coordinator early. Ask about the culture of the program and specific needs.

SECTION 3: SUNDAY SCHOOL & FAITH FORMATION

Teaching faith is less about downloading information and more about inviting wonder. We are forming young hearts to know, love, and serve God—echoing the timeless mission of Catholic education. As Jesus commissioned His disciples: *"Go therefore and make disciples of all nations... teaching them to observe all that I have commanded you"* (Matthew 28:19-20).

Preparing Lessons vs. Being Present

It is better to have a partially covered lesson where every child felt heard, than a completed lesson where children felt rushed. Prepare thoroughly so you can be flexible in the moment.

Interactive & Engaging Experiences

- **Storytelling:** Do not just read; narrate. Use voice inflection, props, or have the kids act it out. The Gospels and lives of the saints are full of drama, adventure, and heroism!
- **Memory Verse Games:** Turn memorization into a relay race or a puzzle challenge. Consider teaching key prayers like the Our Father, Hail Mary, and Apostles' Creed.
- **Art with Purpose:** Ensure crafts are not just "busy work" but connect tangibly to the lesson's theme—perhaps creating rosaries, saint medals, or stations of the cross illustrations.
- **Sacramental Preparation:** If preparing children for First Communion or Confirmation, incorporate reverence, practice, and meaning behind the sacred rituals.

Sample Lesson Flow (60 Minutes)

1. **Welcome & Sign of the Cross (5 mins):** Begin in the name of the Father, Son, and Holy Spirit. "Highs and Lows" of the week.
2. **Opening Activity (10 mins):** A game or object lesson related to the theme.
3. **The Core Lesson (15 mins):** Gospel reading, saint story, or catechism teaching.
4. **Discussion/Application (15 mins):** "What does this look like in real life? How can we live this virtue?"
5. **Closing Prayer (10 mins):** Petitions and intercessions. End with a Hail Mary or Glory Be.
6. **Optional:** Introduce a "Saint of the Week" or liturgical calendar awareness.



SECTION 4: SPORTS COACHING & RECREATION MINISTRY

The playing field is one of the most effective classrooms for character development. As St. Paul writes, "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize" (1 Corinthians 9:24). We coach not just for earthly victory, but for the eternal crown.

Coaching with Character

We teach sportsmanship over winning. A trophy gathers dust, but learning how to lose with dignity or win with humility lasts a lifetime.

Practical Tips for Coaches

- **The Prayer Huddle:** Start or end every practice and game with a brief prayer. Consider an Our Father or a simple team prayer: "*Lord, help us play with courage, joy, and respect. Amen.*" It centers the team in what truly matters.
- **The Bench Rule:** Ensure every child plays. Your job is to build confidence, not just a winning record. Remember Christ's words: "Whatever you did for one of the least of these brothers and sisters of mine, you did for me" (Matthew 25:40).
- **Handling Pressure:** You set the tone. If a referee makes a bad call, your reaction teaches the team how to handle injustice with grace. If a parent is aggressive, your calm de-escalation teaches peacemaking—one of the Beatitudes (Matthew 5:9).

SECTION 5: OTHER MENTORSHIP OPPORTUNITIES

Service comes in many shapes. Consider where your gifts might best be used:

Role	Primary Focus	Time Commitment
Confirmation Sponsor	Walking alongside a candidate, sharing your faith journey, attending Mass together, and standing as a witness at the sacrament.	Monthly meetings + ceremony
Small Group Leader	Facilitating discussion and community.	Weekly
Retreat Chaperone	Safety, presence, and logistical support.	Weekend intensive
Tutor / Homework Help	Academic support and encouragement.	Weekly / Bi-weekly



SECTION 6: THE ART OF CONNECTION

How do you actually build a relationship with a young person? It starts with simple intentionality. Jesus modeled this perfectly—He called His disciples by name, shared meals with them, and invested in their formation. He showed us that *accompaniment* is at the heart of discipleship.

- **Learn Names Fast:** There is no sweeter sound than one's own name. Use name tags if needed, but memorize them quickly.
- **Listen More, Speak Less:** Kids are often told what to do. Be the person who asks, "What do you think?"
- **Celebrate Small Wins:** Did they get an 'A' on a test? Did they make the team? Celebrate it.
- **The "Callback":** If a student tells you their grandmother is sick one week, *ask about her the next week*. This proves you were listening.

SECTION 7: PRACTICAL TIPS FOR SUCCESS

- Arrive 15 minutes early to set up the space and settle your heart.
- Have a "Back Pocket" plan (a simple game or discussion starter) for when technology fails or a lesson runs short.
- Keep it interactive—kids learn by doing, touching, and moving.
- Use humor and joy; faith should not be dour.
- Set clear, loving boundaries immediately. Chaos is not kindness.
- **Never** embarrass a child in front of their peers. Correction should be private and gentle.
- Communicate with parents regularly—they are your partners.
- Pray for your students by name during the week.

SECTION 8: CHARACTER FORMATION IN ACTION

You are a living curriculum. Your students are watching how you live. As St. Francis of Assisi famously said: "*Preach the Gospel at all times; when necessary, use words.*"

- **Integrity (The Virtue of Honesty):** Do what you say you will do. Let your yes be yes (Matthew 5:37).



- **Service (The Corporal Works of Mercy):** Let them see you picking up trash or helping set up chairs. Model servant leadership as Christ did when He washed the disciples' feet (John 13:14-15).
- **Forgiveness (The Spiritual Works of Mercy):** If you lose your cool or make a mistake, apologize to the students. This is a powerful lesson in grace and reconciliation. "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you" (Ephesians 4:32).
- **Empathy (The Virtue of Compassion):** Validate their feelings, even if the problems seem small to an adult. To them, they are mountains. Jesus wept with those who mourned (John 11:35).

SECTION 9: WHEN KNOWLEDGE GETS DEPLETED

Pouring out requires filling up. Volunteer burnout is real, but preventable.

Refilling Your Cup

- **Self-Care:** You cannot give what you do not have. Ensure you are resting. "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28).
- **Community:** Connect with other volunteers. Share stories, challenges, and prayer requests. The early Church thrived on this fellowship (Acts 2:42-47).
- **Own Formation:** Continue your own spiritual journey. Attend Mass faithfully, pray the Rosary, read Scripture, go to Confession regularly, and seek spiritual direction. You cannot lead where you have not been.
- **Eucharistic Adoration:** Spend time in the presence of the Blessed Sacrament. Let Christ refill what you have poured out.

SECTION 10: THE LONG VIEW—PLANTING SEEDS

In youth ministry and mentorship, we often plant seeds that we will never see bloom. That is okay. As St. Paul writes: *"I planted the seed, Apollos watered it, but God has been making it grow"* (1 Corinthians 3:6). You may teach a child for a year and feel you made no impact, only for them to look back twenty years later and remember your kindness as a turning point.

Trust the process. Trust that the love you show is never wasted. The ripple effect of faithful service is eternal. As the parable of the mustard seed reminds us, even the smallest acts of faith can grow into something magnificent (Matthew 13:31-32).



CONCLUSION

Thank you for offering this beautiful gift of service. In a world that often prioritizes achievement over character, you are doing the quiet, essential work of building souls. You do not need to be perfect; you just need to be present.

Start where you are. Use what you have. Do what you can.



APPENDIX A: FIRST DAY CHECKLIST

- Review lesson plan or coaching schedule the night before.
- Pack necessary supplies (Bible, whistle, markers, snacks).
- Pray for the students you will meet.
- Arrive early to check the environment (unlock doors, check lights/heat).
- Put on your nametag.
- Greet parents as they drop off their children.
- Take attendance.
- Have fun!

APPENDIX B: ICEBREAKER IDEAS

1. **Two Truths and a Lie:** Each person shares three statements; the group guesses which is false.
2. **The M&M Game:** Pass around a bowl of candy. For every color they pick, they answer a specific question (Red = Favorite Saint, Green = Favorite Bible Story, Blue = Favorite Prayer, etc.).
3. **Line Up:** Without talking, the group must line up by birthday, height, or shoe size.
4. **Saint Charades:** Act out a saint's life or virtue; others guess who it is.
5. **Scripture Scramble:** Provide a jumbled Bible verse; teams race to unscramble it.

APPENDIX C: A PRAYER FOR YOUTH MINISTERS

"Lord Jesus, You welcomed the children and blessed them. Grant me the patience of a saint and the energy of a toddler. Help me to see these young people as You see them—full of potential, beloved sons and daughters of God. Let my words be kind, my boundaries be clear, and my heart be open. May I be a reflection of Your light in their lives. Through the intercession of St. John Bosco, St. Thérèse of Lisieux, and all the patron saints of youth, I offer this ministry to You. Amen."

APPENDIX D: KEY CATHOLIC TEACHINGS FOR YOUTH FORMATION



Teaching	Scripture Reference	Application
The Great Commandment	Matthew 22:37-39	Love God with all your heart, soul, and mind; love your neighbor as yourself.
The Beatitudes	Matthew 5:3-12	Blessed are the poor in spirit, the meek, the merciful, the peacemakers—teach these as a way of life.
The Seven Sacraments	CCC 1210-1666	Baptism, Confirmation, Eucharist, Reconciliation, Anointing of the Sick, Holy Orders, Matrimony—pathways of grace.
The Works of Mercy	Matthew 25:35-40	Corporal (feed, clothe, visit) and Spiritual (counsel, instruct, forgive)—concrete ways to serve.
The Dignity of the Human Person	Genesis 1:27, CCC 1700	Every person is made in the image and likeness of God and deserves respect.

