

Omega Mentoring Session Guide and Notes

Name of Mentor _____ Name of Mentee _____

Date and Time _____ Duration of Meeting _____

Do you have an established Mentoring Covenant with this person? _____

What is the focus/purpose of this session? _____

Opening Prayer (Always remember to open each session in prayer. Use this prayer as a guide.)

Our Lord and Our God, Father, Son and Holy Spirit, we come seeking your blessing and good will for our lives. Please guide, empower, and encourage us as we meet today to embrace Your presence, steward our lives from Your perspective, and realize our potential through Your power. By the power of Your Spirit we ask you to create a holy space amongst us where we can commune with You! You are the potter. We are the clay. Mold us and make us. Have absolute sway. In Jesus' name we pray. Amen.

Session Notes: _____



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Closing Prayer (Always remember to close each Session in prayer. Use the following guideline and sample covering prayer listed below to guide you. We call it the A.C.T.S.L.C. Covering Prayer Model.)

Adoration - Pray for significant issues shared during the session.

Confession - Encourage your mentee to confess any sins and significant issues shared during the session.

Thanksgiving - Encourage your mentee to Thank God for what He is doing in his/her life.

Supplication - Encourage your mentee to pray to God about whatever or whomever is on his/her heart.

Listening - Spend time in silence together listening for anything you hear God saying.

Covering Prayer - When you feel prompted, close with a covering prayer like the one below.

Covering Prayer (Based on prayers by Dr. Francis McNutt.)

“Lord Jesus, thank you for being with us today in this coaching session. Cleanse us of any sadness, negativity, or despair that we might have picked up. If this session has tempted us to anger, impatience, or lust, cleanse us of those temptations and replace them with love, joy, and peace. If any evil spirits have attached themselves to us or oppressed us in any way, we command you, to depart – now – and go straight to Jesus Christ for Him to deal with you as He will. Come Holy Spirit, renew us, fill us anew with your power, your life, and your joy. Strengthen us where we have been weak and clothe us with your light. Fill us with life. Lord Jesus, please send your Holy angels to minister to us and our families – guard us and protect us. We praise you now and forever, Father, Son, and Holy Spirit and we ask these things in Jesus’ Holy Name, that He may be glorified. Amen.”

Mentor Review - God Sightings

Here are some ways I saw God at work in the *mentee* during this session:

Here are some ways I saw God at work in *me* during this session: