



The Knights of Valor

I'll explain briefly what it's intended use was meant to be,  
Then it's yours to contextualize and enjoy, but i'll be around if you want any help.

A student will be earning their way through ranks, from a lowly peasant to a Knight. During this process, the student will connect with a mentor (Parent/guardian, friend, pastor, anyone really)

Ideally, the student would go through each document once a week with their mentor (The mentor has a prep page known as session info which aids the mentor to prepare and see what to expect, some questions, and generally help you along but certainly not control the conversation... each person has their own unique needs when mentoring or being mentored- go with your instincts for how the flow should be.

Each time the student "Ranks up" to the next level, there is always a transitional celebration, like its something to enjoy and refresh what the student learned, enjoyed, and how their perspective has changed. This curriculum will help push your boundaries and visit old folks holes, hospitals, churches, even other people groups you may not know or usually bump into, but were all human. The student will learn various skills and talents along the way and quite literally go on the most unique adventures that only you as a student can go on... the depths of you. Deep inside, you may find a Knight. The end goal is for the student to have a knighthood ceremony that is impactful for the student, and can be as basic or amazing as you like! Imagine inviting all the people you have impacted to your knighthood ceremony!

If your ready to help a student, or if your an adult wand want to read this like a book, or somewhere in between, it's yours- have fun. If you feel like it can be improved on, I will be taking suggestions as they come, and if your using this, please tell me! It's so amazingly encouraging to hear stories of what this is doing for families, mentor groups, and you.

If you want to get in touch with me, please email me- [Tim@Theknightsofvalor.com](mailto:Tim@Theknightsofvalor.com)

If anyone wants to be Knighted into the order of the Knights of Valor, You as a parent have my blessing to do that if you contact me, so that I can add a first and last name to the roster.

Cheers!

-Sir Timothy Warner

## First Week: The Test

This paper is to test the student immediately. You want to be mentored, but do you have what it takes to do this difficult challenge? Whenever you display one of the traits below in a way that has a measurable effect, fill in one of the corresponding circles. Be honest.

Love	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Joy	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Peace	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Patience	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Kindness	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Goodness	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Gentleness	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Self-Control	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○

Did you get in trouble? ○ ○ ○ ○ ○

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**Cut on dotted line (Mentor Info ONLY below)**

Place the above list on a fridge or other common area, and the mentor keeps this half.

Mentor:

See how excited the student is to progress. If they are very excited, communicate this list as “try to fill it before we meet again” this provokes a challenge. However, if you say “Lets see how many you can fill” implies there’s no punishment if you don’t meet the goal, which depending on the student’s lifestyle or personality, could be received much better. It’s not a test you can fail.

FOLLOW-UP:

The following meeting (roughly a week later), check in on the progress and ask these or any other questions you may have:

- 1) While you did these, what happened?
- 2) Which ones were difficult?
- 3) How did others react?
- 4) Where were you when you did these, and which ones made a memory?
- 5) Seeing all the marks, how do you feel, and why?

KEY Moment: Burn the paper

Talk with the student about how God doesn’t keep a list of what you do right and wrong, He loves YOU more than what you do. People keep lists and think they are awesome because of all their talents, but in truth, being authentically who God made you to be is beautiful. Don’t let anyone tell you who you are supposed to be- that’s an adventure between you and God.

# RANK: PEASANT

Addressing: Pride, imagination

Purpose: To be thankful with what you have, knock down pride.

Info for student:

Peasants were considered the lowest class of people next to the homeless. Peasants were at one time the bulk of society and even though they worked harder than the few who held higher positions, they were really the people that made society function. Everyone had a job, and most of the time, it was those jobs that were passed on from mother and father to daughter and son. Money was hard to come by, and most took pride in their individuality- many had a shelf to display things they were proud of!

Peasants rarely showered and always smelled pretty bad. This made most feel like they would never be able to be anyone special and drove some peasants to steal to get ahead in life, but most of the time it only brought sadness on their family and friends. Some peasants were angry at their life situation, and hated those in authority. Others gave into the fact that they were hopelessly lost, able to only live day to day, hoping for food tomorrow. But there were a small group of others who chose neither of those... They looked to the stars and dreamed. They danced in dirty rags with friends but felt like kings and queens, and didn't care who saw. They caught rain in their mouth and frolicked in the storms. They were the dreamers who couldn't be stopped.

You will be put in the place of a peasant for a month. You will experience small pieces of their struggle, but also understand the same joy that only those dreamers could have.

**Immediate action:** Have the student get a shirt that they don't care about if it gets thrown away. (Wait for them to return)... Have the student put it on, and understand that for the next 2 weeks, the student may only wear that shirt while at home. Understand, if you're leaving the house or having guests over, please change your shirt. Otherwise- just leave it on. Also, you can't wash the shirt until the 2 weeks is over, but this only applies to the shirt... Please wear fresh other clothes and wash your hands as needed. Also, Feel free to address the student for the next month as "Peasant".

## **Discussion Questions:**

Q: What difficulties do you see being a peasant?

Q: What good things do you expect to have at the end of this month?

Q: How would you imagine a peasant at home, school, church, or with friends?

# Mentor Notes: Peasant

The “Week test” gives you time to spend your “first” day getting to know the student and family- interacting, having fun, and asking questions while knowing better what makes the student tick, and their role in the family. Before you leave, have “Test week” printed and ready to put on the wall or fridge. This will give you a glimpse at the students personality, and parents enthusiasm.

Here’s an example process of events for the Peasant:

**Week 1:** Engage with family, understand student, leave “Test week” for student and parents.

**Goal:** To connect and understand the family dynamics, and your role in the family as a mentor.

**Thoughts:** Week 1 will build foundational pieces to how you will mentor, what roadblocks there are, how engaged the parents want to be, and what options you have to structure future sessions. This week is so full of information, it may seem like overload- That’s why we don’t recommend doing a session on week 1. But it is a great time to understand everyone and everything. Feel free to dive into that as well as plan for the party next week.

**Plan:** Party for next week. Anyone influential to the student should write an encouraging letter to them, or have prepared something likewise meaningful. You all choose How to set it up and what it would look like. Snacks, campfire, prayer, gifts, games, document signing, **peasant shirt** and info reading, inspirational quotes or video, whatever! Have fun!

**Week 2:** Party! Follow through whatever plans you schemed up with the parents.

**Goal:** To encourage student, have a fun beginning to mentoring that everyone remembers

## **Session 1: Listening**

**Prep:** Game “Blinded confusion”

## **Session 2: Growth**

**Gift:** *Devotional*

**Goal:** Student understands the pain peasants went through, and starts enjoying a devotional.

**Thoughts:** **Peasant shirt may be washed (by hand?) and cut to make the students first sash.** If the student has a devotional already, talk about it together. Does the student like it?

## **Session 3: Run to God**

**Goal:** Student understands pain peasants went through, makes a “God place” and uses it.

**Thoughts:** This one is so unique to each person. The student will be establishing a “God place” which may be a secretive little God place, or they may designate a couch in the living room as their God place, whatever it is- give them the freedom to make it how they feel it should be. This will help them feel like they are more in control and have creative freedom. Be sure to express the need for peasants to have a quiet place to recover from all sorts of issues (abuse, stress, negative emotions, etc.)

## **Session 4: Serving Others**

**Goal:** Understand why service to others is important, and how fun it can be.

**Thoughts:** This is a story based session, and the end shows how important serving can be. By the end, you have the option to dress up, and look the part of a servant or butler. As far as what and how you serve, look, and sound like is totally up to you BOTH to plan.

## S1-Peasant: Listening

Peasants did funny things in the past. Some honestly thought that if you eat the right food, you would get taller. If you stretched, you would instantly grow a bit taller... Turns out you just grow anyway, it naturally happens. But there's another part of growth that does take time and choices.

Sure it may be easy to do some chores, but some find it even more difficult to pay attention to those in authority over them, choose to listen, and have the ability to listen, follow through, and complete the task. Being able to do that is a mark of a good person, and a mark of a peasant with a good future. Any peasant who disagreed with the authority or decided to go against them meant that they were cast out to fend for themselves, or were killed. You won't be killed for not doing chores, but something in you won't grow either... As a Knight or peasant, listening is a skill everyone uses.

There's many multiplayer games that incorporate the use of communicating to each other, and when you listen, communicate, and work as a team- it affects your gameplay for the better. Have you experienced anything like this?

Being able to listen and follow through with the directions given does not mean you are not as important than the person giving you a task, in fact it means you are trusted to do something of value, and that someone believes in you. The same is true with God. The Bible says the Lord speaks to us, and if God spoke to you, would you be able to listen? Would you choose to follow through? This skill of listening is used now with your parents and is only practice for later on in life. God wants to speak to us daily. But practicing to listen and follow through is a skill that will bring you many opportunities through your whole life.

**Game: "Blindfolded confusion"** (Prep- get blindfold, cup, rocks (or other item).

Parents should be involved, minimum of student, mentor, and one other.)

**Setup:** Blindfold the student, place a rock and cup quietly in separate spots nearby. Tell the student that "someone (Point to a person as to designate role in the game) is going to be telling you the truth of where to get 2 rocks or other items, and will also be directing you verbally to put them in the cup, and the other people (Motion to others) will be lying to you, and trying to make you think the rock and cup is somewhere else- so we will all be telling you at the same time where to go- it's your job to listen and find out who is speaking truth. When the student puts the items in the cup, the student wins!

## Mentor session info S1

Some Prep / Game (3 people minimum / Parents should be involved. Gather blindfold, cup, 2 rocks or other items.

### **Discussion Questions:**

On a scale of 1-10, How well do you listen and follow through?

How could you listen or follow through better?

What distractions do you have when you need to listen or do tasks?

Do you feel listening is important?

Are there voices distracting you? Do your own thoughts say distracting things or lies about you?

### **Bible Verses:**

**James 1:19** “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry”

**Proverbs 19:20** “Listen to advice and accept discipline, and at the end you will be counted among the wise.”

**Proverbs 19:27** “Stop listening to instruction, my son, and you will stray from the words of knowledge.”

**Revelation 2:7** “Whoever has ears, let them hear what the Spirit says to the churches. To the one who is victorious, I will give the right to eat from the tree of life, which is in the paradise of God”

**2nd Corinthians 10:5** We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

### **CONTEXTUALIZE:**

**WORDING:** The idea of a peasant is a lowly one, if the student does not like being blatantly called peasant- it may bring feelings of a type of bullying, or a victim. if that's the case, questions are more honoring, like “What's it like being a peasant?” With your connection being more of a purposeful life giving connection instead of a lowly one- the student in question may respond better. It all depends on the students response.

**GAME:** The idea is that when the student listens and follows through, they ultimately win. Also- If you lie, people may not want to listen to you anymore. You should have at least one person telling the truth, and one lying. If you have the ability for more players or liars, do however you want to. If the game seems too childish, you can add obstacles or various challenges to make it more difficult or rewarding like having a time limit and/or having a reward. And as always- You don't need to play a game either.

## S2-Peasant: Growth

Many people have chosen to not plant this seed in their life because it hurts, but I can tell you now- the rewards of it are incredible, and it's so worth it.

When someone looks at you and says something like: "Hey, Why didn't you do this? I really needed this done!" they are not dishonoring you and rubbing your face in the dirt, they are sharpening you like a sword. It's a good thing to be corrected, or an opportunity to communicate better. How else will you know how to improve yourself? How will you know how to better serve? Or honor?

If someone says it differently to sound like this... "Why are you so stupid? I asked you to do this, and you forgot? You are so forgetful. You aren't good for anything." Realize that these words are dishonoring THEM, because God doesn't make anyone a mistake. But you should allow positive correction to shape you. There is a big difference between "Are you stupid?" and "Why didn't you do this?" recognize correction, and become sharpened. Being corrected shouldn't be an embarrassment, but seen as a chance to grow quickly.

Growth... the idea is like watering a plant. Some people's words are like water that helps, and other people's words are like getting leaves cut off... but the worst is when we cut our own leaves off because of what we think of ourselves. These toxic thoughts can come from others or even our own thoughts- but it's up to you to believe them or not.

You can enjoy correction just as much as words of encouragement,



## Mentor session info S2

Some Prep / Actions / Parents / Gift

### **Prep:**

Connect with a parent and have them correct the student on a real topic or concern. Record him with your phone during it all (if possible) and play it back after for the mentor and student to discuss together.

### **Gift: Devotional**

Give the gift of a devotional. The words in here will help correct and guide many different aspects of your life, heart, and attitude- if you want. Read a little but, and ask yourself if it applies to you.

### **Bible verses:**

Hebrews 12:11

Proverbs 12:1

2<sup>nd</sup> Timothy 3:16-17

James 1:19

2<sup>nd</sup> Timothy 1:7

Proverbs 13:4

Titus 1:8

Proverbs 19:20,

### **Discussion Questions:**

How did you feel when being corrected? What was different?

What's different about being called names and being corrected?

How does a positive attitude help correction?

What do you think about the devotional?

### **CONTEXTUALIZE:**

Correction can be a difficult topic. Some student are totally fine, others it can be a huge thorn in their relationship with their parents, while others may pretend its fine. Either way- Questions are important to help understand the heart in this matter. Playing back the correction and asking "What were you thinking about" could be useful. Feel and think about the student's position, and ask questions that really make you curious. In doing so, you will understand the student more, and they may have some personal breakthrough, or not. Whatever happens, enjoy the journey.

### S3-Peasant: Run to God

Running to God can be a difficult thing sometimes. Imagine you broke something important from a family member. What is the first thing you would want to do? (let student answer) For some reason, we don't want to simply run to our mom and say "I did something bad" because we fear the punishment. So we try to fix, replace, or lie to make it better so we don't get punished.

For some reason, many people think that God is an angry, long bearded old guy with lightning in his fist, ready to strike down anyone who says even a bad word. The bible is so full of the word "Love" that it's hard to imagine an old man in the clouds loving us. It's time for a new perspective. What if we took the bible verse "God is love" to be the main attribute? What would change in you, if you made an unhealthy life choice, then realized your mistake you ran to God instead of away from Him. What if God hugged you and said "There's nothing you can do that would make me love you any less... I'm angry that the world did that to you" What would you feel in that example? What is different about that kind of love? (Let student answer).

Running to God means more than going to church or making a habit of bible reading- it's spending time with God and letting Him love you, and allowing that perspective of love change you from guilt to healing, from death to life, and embarrassment to peace.

Ask parents: Have you ever felt guilty or done something wrong? Example?

## Mentor session info S3

Some Prep / Action / Parents

### **Action:**

Make your “God place” (or “War room” or “temple”)

Designate a place in the house or you're room where you deliberately choose to spend time with God. What will you do while you're there? Journal? Pray?

Spend some time in there just with God for as long as you want, then make it a habit to go in that special place when you want to- but especially when you feel like God doesn't want to talk to you. It's then you need some God love, don't be ashamed to run to Him

### **Discussion:**

Have you ever felt like you were too sinful to talk with God? When? Why?

What changes when you think of how much God loves you?

When can you run to God? Even if you made a mistake?

What do you think God thinks of you? He loves you 100%.

### **Bible:**

Psalm 103:8-14

1 John 4:8

Romans 5:8

Ephesians 3:19

Psalm 34:21-22

### **CONTEXTUALIZE:**

The game “Hide and seek” was originally a game that helped save lives from murderers to abusive family members. Having a safe place for many of those in financial depression, even in the world today would count a safe place among the top needs like food and water. Having a safe place to go saved lives and may have promoted mental health. While in this safe place, make it uniquely theirs.

It seems like every culture is different, not just from country to country, but even family to family. The idea of having your own “Temple” could appear very odd, while having a “war room” would be more appealing (there's a relevant movie about it). But knowing what kind of language may be important depending on the family. By now, you should already know what may be appropriate. If your in doubt- just have it be called “A place you pray” and give options the student may use- letting them decide what to call it would be the safest option.

## S4-Peasant: Serving others

### Story: “The selfish servant”

One day there lived a servant who was one of the most handsome, most talented, most gifted servants around. He worked at the palace of the King! He would not only serve, but also play music so beautifully; it would almost make colors dance with joy. The palace was located in a castle built on a mountain, and the tops of the castle towers would touch the clouds. Guests would arrive with the sounds of trumpets, and the servant was always there, making sure everyone was cared for, and giving love and honor to those special guests, and making them feel accepted and at home.

One day something changed. One day after tying his bow tie in the mirror, the servant started asking himself questions... “Why am I not the king? I know how to make guests happy and entertain! I am the one who plans, prepares, and places the plates of poultry by the pretty pillowed chairs people sit on for dinner! I’m the one playing music so beautifully, why am I not the king? So many in the kingdom respect me! I should have people serving ME...” The attitude of the servant kept changing, and eventually, the music didn’t sound good, the food looked different, and there were rumors around the castle that a servant was going to take over the kingdom!

A few weeks later, something happened that would shock the kingdom that very day. The servant walked boldly with a third of the kingdom behind him, entered into the palace of the king, tilted his head back with pride and started his speech...

**“I will become more powerful than you, I will make a throne that goes past the clouds and into the stars, everyone will love, honor, and respect me more than you. I will truly be a king over kings.”**

The king stood up and said ...

**“Was it not this very kingdom who trained you? Who gave you such gifts and abilities to grow and become the beacon of light you are? You speak of me as a stepping-stone to get to your next position, but I tell you that you will be trampled upon. You selfish servant who thinks only of himself, you were brought up with such position and growth, now you are removed from me and are cut down to the ground.**

And with a snap of the finger, the selfish servant was removed immediately along with the third of the kingdom that agreed with the selfish servant. They were thrown out of the gates forcefully with the doors locked, never allowed to return. The selfish servant to this day stands on the highest rock in the lowest valley, gazing at the castle in the distance, believing one day he will be king.

**The End.**

Does this story sound familiar?

It's a mirrored story to that of Lucifer. He started off wanting to serve, was the most beautiful and had gifts and talents. He was even so close to God, but in the end, he was found evil and was cast away. Oh how this story reminds us of how we should learn to serve correctly. Not to serve to make ourselves look better, but how we can serve to help others. You may already know how to serve, but remember to capture your thoughts. Attitude may be invisible, but it is so important. You can serve to look good or serve to love others- the action is identical, it's the heart attitude that is drastically different

Now its your turn to serve!

## Mentor Session Info S4

**Prep:** Plan on pretending to be butlers to others at home. What could you do?

### **Bible:**

**Isaiah 14:12-14 (What the king Actually said to the selfish servant)**

Philippians 2:3-4 (Service=interests of others)

1<sup>st</sup> John 3:17 (Have everything but don't serve, why?)

Hebrews 13:16 (Share and do good)

James 3:16 (Vile practices exists with selfishness)

### **Discussion:**

Have you ever felt like a selfish servant?

Do you think that serving makes you look bad or good?

How can you serve your family? Others? God?

What gifts or talents has God given you?

Have you seen others use their talents to get something selfish?

**ACTION IDEA:** Dress up like servants and behave as a butler, serving family members and have fun. (Hair back, towel on the arm, music, whatever! have fun!)

# RANK: TRADESMAN

It was peasants who worked the land and had little to no education, they did a lot of the backbreaking work to keep society running, but it was the tradesmen who were the arm of the economy. These people brought more money into their poor houses and communities. Sometimes there would be tradesmen who were so well educated, they were able to mix their knowledge and experience to make something that would cause great business and commerce for the whole town. Peasants kept the land prospering, tradesmen kept industry and financial security in place, ensuring a more comfortable lifestyle and possibly bring longer lives for their family! Even children had a role in working by feeding livestock, doing dishes, or taking care of younger siblings.

Working and providing was a matter of life and death for many people. But this is why the church had such a great role back then, they did what they thought was right for the whole of the country. Everyone had their role in town and some were positioning themselves to love and give what they had, while others selfishly hoarded as much money as possible, and others stole food or money to survive. Only wealthy families could afford sending children to school. For peasants and tradesmen, schooling was simply a matter of parents talking to the children about what they needed to learn.

Your rank currently is tradesman. In the coming sessions, you will dive into the life of a tradesman and begin an adventure of self discovery, what it was like to work back then, and try to live.

Discussion questions:

What kind of tradesman would you be?

If you made only \$20 a week, how would life look?

How would you plan for a family?

How would you survive?

# Mentor Notes: Tradesman

Here's a suggested process of events for Peasant:

## **Session 5: "Your skills"**

**Prep:** Student may want to research professions out of curiosity

**Goal:** To find general directions in regards to a profession the student is interested in.

**Thoughts:** This session may seem a bit boring, but when you help the student imagine what it is like by pretending what each role would be like- especially if there already interested in them. By finding a general direction of interest, this could help the student later in life, but also provide a way of thinking "How do I want to provide for myself and others as I grow?"

## **Session 6:Your chosen craft**

**Prep:** Understand all options for the student to choose.

**Goal:** (Optional) choose a small scale profession to aid in mentoring fees.

**Thoughts:** This is an "easy" and ready to focus on "jobs" that the student can opt to do if they wish and parents approve. All of the options could be a source of income that the student earns to pay directly for mentoring. There may be online groups available for any students wanting to do specific things, and if the student is disinterested- that's fine too. If they have paid all year or on scholarship, the monies earned will go back to the main scholarship fund.

**Contact Tim to set up craft chosen as well as finance options. 100% of the profit go directly to KOVA as stated in the policies and procedures manual under "Student Crafts"**

## **Session 7: Goals**

**Prep:** You will be talking with parents. Paper, pen.

**Goal:** For the student to write 10 goals they have for themselves or the world that are achievable. The mentor, and family celebrates with the student making a healthy atmosphere.

**Thoughts:** This session has the student focus about what goals they may have, and depending on the student, the time making goals may not seem by itself impactful, but it's in sharing the goals there hopefully is unity and a common feeling in the whole family of "Wow! We can make an impact on the world- even if only one is done!" This hopefully will encourage the student. Getting the parents excited may prove extra beneficial in making a healthy atmosphere. Also, When connecting with the parents, you may understand more about who they are based on the goals they have or had in the past, why they were goals, and how they were reached or dropped.

## **Session 8: Self-Discipline**

**Prep:** Plan out a place where you can blindfold student (game), blindfold, stake for ground

**Goal:** To deeply understand how your goals, choices, and actions will deeply impact.



**Thoughts:** This is a session that focuses deeply on the student, and more than what goals they may have, but what sort of impact it will have on everyone. This session will find motivation and desire to follow through.

## S5-Tradesman: Your Skills

Historically, a tradesman had a chance to be good at one thing only through apprenticeship. Maybe the parents were able to teach how to fix fishnets or make pottery or pass on a skill that was handed down to them. Even if the kids didn't want to learn, this was the best chance they had to learn a skill. They didn't have the internet, school or others in their life to help them see the potential inside them or help to explore the options around them.

Even the historical Samurai warriors were not simple warriors waiting on the command, they all had some form of side job that they related to their training as warriors. The same devotion and passion they had as warriors were funneled into their side job. Imagine meeting a Samurai cook, Samurai artist, gardener, or musician. The same passion they had to use the sword was constantly poured into whatever part of life they were engaged in. I'm sure you have thought when you were a kid what you "Wanted to be when you grew up" Some wanted to be an astronaut, while others, a scientist. But now that you're older and have had exposure to the various jobs, you have most likely thought about what you may enjoy doing.

One day you will want to pursue a profession or skill, and if you enjoy the profession, that makes it even better. Maybe you already know what you want to pursue, then again- what if you could explore multiple options?

### **Action:**

Here's a short list of professions. If you could explore some of the professions listed, would you want to? Circle skills you would love to learn more about, or underline skills you are just curious about. Leave blank any that you are not interested in.

Roofing	School teacher	Medicine	Car Repair	Website	Secretary
Plumbing	Pastor	Medical	PC Repair	Social media	Grocery
Electrical	Fireman	Forestry	IT Manager	Youtube	Boss
Painter	Ambulance	Painting	Phone repair	Apps	Restaurant
Gardener	Policeman	Locksmith	Carpenter	Life Coach	Real Estate

## Mentor session info

Discussion / Parents / Mental prep

**Prep:** Student may want to research professions out of curiosity

**Goal:** To find general directions in regards to a profession the student is interested in.

**Thoughts:** This session may seem a bit boring, but when you help the student imagine what it is like by pretending what each role would be like- especially if there already interested in them. By finding a general direction of interest, this could help the student later in life, but also provide a way of thinking “How do I want to provide for myself and others as I grow?”

### **Bible Verses:**

Colossians 3:23

2nd Thessalonians 3:10

Proverbs 14:23

Ecclesiastes 3:13

### **Discussion Questions:**

What did the mentor and parents do for work early in life?

What did it teach them? (Go ask)

What excites you about the professions you chose?

### **CONTEXTUALIZE:**

Depending on the student and their families living or work situation, the idea of work can hit various degrees of attitudes. Some family cultures disregard the need for having a “9 to 5” job while putting value on being a self made millionaire or a job that requires minimal effort for maximum reward to put more value on the person and their mental abilities to the point of working anywhere in the world with a laptop. Again others yet value getting your hands dirty for minimum wage to help understand the value of being a hard and diligent worker. Be sensitive to where the family is at, and where the student is leading. If the mentor pushes hard in a direction that the student isn't willing to go, mentoring may turn unhealthy. Talk about different jobs and the pros and cons of them all, have fun exploring the different options that the student may be leaning to. It may even be an option for the student to visit a place they are curious about! As an option, you can plan an outing with the parents to explore options just for fun.

## S6-Tradesman: Your chosen craft

Imagine back in the day of peasants and tradesmen how totally life changing the internet would be! If you wanted to learn about plumbing, wood making, cheese making, how to farm, or any form of learning, you could change the job that your parents handed down to you and get trained for a job or make your own job just by watching a few online videos! Now we are so used to the internet, it's has seemingly lost it's massive source of free life changing education, and is now overwhelmingly a place for entertainment.

You will be living that crazy life of a tradesman with the internet, and also know that any finances you make will be going to help with the costs of mentoring or towards graduation! As a tradesman, Here is a short list of crafts you can quickly get involved with, and if you want to research anything else online- go for it! Your options are endless! Any crafts physically created will be posted online for sales.

You may choose as many as you would like below.

These are items that you can be trained in that can impact your mentor costs monthly. No identifiable information will be posted. Pass this list by the parents as well to make sure choices are ok choices for their family.

- Journal Making (Training available / Website Sales)
- Wood carvings (Parents permission & supervision / Website Sales)
- Hosting Arbalest Game night and sales (Strategy Card game)
- Hosting "The Kingdom" game nights and sales (Strategy board game / Create)
- Youtube videos (vlog, kova experience, life, etc)
- Blogging
- Event butler (When there's 10 students in your area)
- Door to door handout gift for donations (with parents)
- Other: \_\_\_\_\_
- Decline / Not right now

Parents may choose what happens to any funds raised:

- 1) Finances go toward monthly mentor fees.
- 2) Finances go toward graduation costs (type of savings)
- 3) Finances go toward other students' scholarship needs.

## Mentor session info

Discussion / Parents / Mental prep

**Prep:** Research any options above your unfamiliar with.

**Goal:** To find general directions in regards to a profitable hobby the student is interested in.

**Thoughts:** This is an “easy” and ready to focus on “jobs” that the student can opt to do if they wish and parents approve. All of the options could be a source of income that the student earns to pay directly for mentoring. There may be online groups available for any students wanting to do specific things, and if the student is disinterested- that’s fine too. If they have paid all year or on scholarship, the monies earned will go back to the main scholarship fund.

**Contact the office to set up craft chosen as well as finance options any crafts made will be sold online. We will take care of the details for you. 100% of the profit go directly to KOVA as stated in the policies and procedures manual under “Student Crafts”**

### **Bible Verses:**

### **Discussion Questions:**

What made you decide on your choice(s)?

3 months down the road, where do you see those choices being?

How can your parents help you?

What hobbies did the parents or mentor have growing up?

What kinds of hobbies would your parents like to learn now?

### **CONTEXTUALIZE:**

Some options available options may be very exciting to the student while not exciting to the parents... For instance, if the student would love to have a blog, but the parents don't like the idea because finances are not assured at all, where wood carvings would be. If finances is the drive, see what else the student may be also interested in, but see if it's possible to strike a balance. Maybe an option would be to present the student with the idea of blogging about wood carvings? This would increase the value of the item and possibly excite the student with the idea of capturing it all in a blog. Either way- nurture the students healthy passion.

## S7-Tradesman: Goals

Tradesmen all have goals, some have goals for the day, week, month, year, decade, or lifetime. Some don't realize until later in life that the goals they made to get money, power, or fame didn't give them everything they thought it would, and they needed to refocus their goals completely. It's not bad to have money, power, or fame- but is bad to think that it's all you need. Spend some time somewhere quiet and dream about what would be awesome in this world. What would you want to improve? What could you do to make the world a better place? Walk around or sit somewhere... Do whatever you want but spend some time with the knowledge that you are important to this world. A goal is not a responsibility- it's a passion from deep inside you. Find a few goals!

(Mentor- Let the student roam wherever the parents agree is safe, and talk with the parents about what goals they had, what stopped them, what encouraged them, and what goals they have for the student.)

### Action:

Have the student write down 10 goals on a piece of paper, it could be about anything! School, life, future, spouse, job, talents, hobbies, etc. Spend some good time diving into ones that feel important. Maybe listen to music or have silence- whatever you believe is needed to provide a healthy atmosphere for deep thinking. Celebrate with the student about the goals! Go over them with the family and chew on each one, thinking about how amazing and different life would be with each one. Encourage the student to make progress.

Do the parents have any goals?

Put the paper on the student's wall, to be used next week.

### Discussion Questions:

Q: What do you enjoy doing?

Q: If you could make a job to earn money, what would you do?

Q: If someone gave you a million dollars, what would you do with it?

Q: Let's imagine you're 30. What do you want life to look like?

Q: How has today helped your goals?

### Related bible verses:

Matthew 6:33, Philippians 4:13, Proverbs 21:5, Isaiah 41:10, Psalm 37:5, 2nd Chronicles 15:7.

## Mentor session info

Discussion / Parents / Mental prep

**Prep:** Student may want to research professions out of curiosity

**Goal:** To find general directions in regards to a profession the student is interested in.

**Thoughts:** This session may seem a bit boring, but when you help the student imagine what it is like by pretending what each role would be like- especially if there already interested in them. By finding a general direction of interest, this could help the student later in life, but also provide a way of thinking “How do I want to provide for myself and others as I grow?”

### **Bible Verses:**

### **Discussion Questions:**

What did the mentor and parents do for work early in life?

What did it teach them? (Go ask)

What excites you about the professions you chose?

### **CONTEXTUALIZE:**

Depending on the student and their families living or work situation, the idea of work can hit various degrees of attitudes. Some family cultures disregard the need for having a “9 to 5” job while putting value on being a self made millionaire or a job that requires minimal effort for maximum reward to put more value on the person and their mental abilities to the point of working anywhere in the world with a laptop. Again others yet value getting your hands dirty for minimum wage to help understand the value of being a hard and diligent worker. Be sensitive to where the family is at, and where the student is leading. If the mentor pushes hard in a direction that the student isn't willing to go, mentoring may turn unhealthy. Talk about different jobs and the pros and cons of them all, have fun exploring the different options that the student may be leaning to. It may even be an option for the student to visit a place they are curious about! As an option, you can plan an outing with the parents to explore options just for fun.

## S8-Tradesman: Self-Discipline

So many people think that self discipline is a bad word, like it's something you do when you are making a mistake, like you need more self discipline to fix some problem you have. The trouble is, we somehow think we know that self discipline means like we whip ourselves to do what we should do, or our parents want us to do- or God tells us not to do something, and we try our hardest to stay away from it, and that is somehow the right thing to do. Self discipline is the ability to look at a goal, and say "Yes- I value my goals and dreams more than those things that try to trip me up." Self discipline looks like a tradesman who is travelling to a town, and is prepared to protect and to make sure they get to their goal one step at a time. A lack of Self discipline would be not caring where you go, who your with, or what your going. I don't want you to focus on trying to be perfect with self-discipline, but focus on chasing your dreams or goals, without getting distracted to the point of losing focus of your dream or goal completely. God has placed dreams and good works in your path, for you to want to run after them is uniquely for you.

### **Action: The Journey Walk with stake:**

Walk from point A to point B (Established by the mentor) blindfolded. Have the student make the goal be a real life goal like "I want to read 5 books in a week" or "I want to become president". If it's a realistic goal, it's perfect.

As the student walks blindfolded, ask the student questions like: "What do you need to do to get to your goal?", "What's in your way to get to the goal?", "What's going to happen once you get to your goal?", If you as a mentor want to add distractions or have someone "Help" the student in the wrong direction, feel free to make it yours. But the best part of this action is when the student realizes "This is why I'm headed to my goal, This goal I have in life is a seed God planted in me, and, I understand why unhealthy habits can distract or change my view"

The mentor can then dive into the goal the student has with them, research, plan, find out the first steps needed to make that plan a reality. Also- If possible, write a large goal the student has on a good sized stick or stake, and have the student drive it into the ground with the understanding that they will be impacting the world. Check in next week to see progress of reaching the goal.

## Mentor session info

Discussion / Parents / Mental prep / Game

**Prep:** Plan out a place where you can blindfold student (game), blindfold, stake for ground

**Goal:** To understand how your goals, choices, and actions will deeply impact your world.

**Thoughts:** This is a session that focuses deeply on the student, and more than what goals they may have, but what sort of impact it will have on everyone. This session will find motivation and desire to follow through.

### **Bible Verses:**

Luke 10:38-42

Philippians 4:8

Proverbs 25:28

2 Timothy 1:7

### **Questions:**

Have you been distracted by things in the past? How? When?

What helps you focus on your goals?

What good and bad things can come from distractions?

How would you tell someone else how to be self-disciplined?

How are you going to reach your goals?

### **CONTEXTUALIZE:**

Let your blindfolded session have a flow... ask as many basic questions as you can and use the students imagination as much as possible. When the student puts themselves in their future goals, they may see hurdles or rewards that they haven't seen before. Enjoy the process and make it more of an adventure than entertainment. The students future is right at the tip of their imagination- why miss an opportunity to just have fun? If you need to, feel free to example it by putting the blindfold on yourself.



# RANK: NOBLEMAN

Addressing: Hygiene, victim mentality, inner value, lies about self, clothes

Purpose: To cover all the basics with hygiene, explore fashion, presentation, and love who God made you to be and respect and serve others and self, healthfully.

Overview:

Noblemen were considered a much higher class than peasants and tradesmen, they were rich, wore great clothes, and made important decisions that affected the area they lived in. Not all of them made good decisions or served others. Some were selfish and proud, while others understood the position as a place of influence. Having noble blood meant that you were able to afford excellent schooling, become a knight, or get involved with national events just because you were noble or royal. You are counted as a noblemen because you actually are nobility... your family's history begins at adam and eve, who were created by God, the King of Kings. You are a child of God, so technically, you are royal. What will you do with this new information? It's time for a new adventure.

**To Buy / Optional:**

- 1) 3x5 White flag: (\$7 on Amazon) for student to make personal or family crest
- 2) Sword: Pool noodle, stick, or hard plastic sword.

# Mentor Notes: Nobleman

Here's a suggested process of events for Peasant:

## **Session 9: Party**

**Prep:** Party planning, gifts (wish.com has great cheap gifts, but it can take a month to deliver.)

**Goal:** Encourage student, mentor, and family.

**Thoughts:** This session will have an impact to various degrees on the student's mental health, connection with parents, and appreciation of self. A party can be fun, but it's in the honor that is given to the nobleman that may spark something beautiful and so individual. Also, it would be appropriate to **GIVE sash #2** if someone wants to make it.

## **Session 10: Inner Value**

**Prep:** The student will be making or researching a family crest, **Give white flag**

**Goal:** Understand the importance of living for something worthy of waving on a flag

**Thoughts:** This session is medieval in nature and mixes medieval family crests with "what values do you live for that are worthy to put on a flag?" The activity can bring family bonding.

## **Session 11: Valuing others (Love V.S. Lust)**

**Prep:** Paper, Pen, a place to bury a note outside.

**Goal:** For the student to catch how different love and lust is, and for you both to be vulnerable.

**Thoughts:** Vulnerability doesn't come naturally, so don't push for either direction- Example it. you may want to audio record session 11 for the protection of everyone.

## **Session 12: Traits of Royalty**

**Prep:**

**Goal:**

**Thoughts:**

## **Session 13: Fight Justly**

**Prep:**

**Goal:**

**Thoughts:**

## **Session 14: Honor**

**Prep:**

**Goal:**

**Thoughts:**

## **Session 15: Values**

**Prep:**

**Goal:**

**Thoughts:**

## **Session 12: Friends**

**Prep:**

**Goal:**

**Thoughts:**

## S9-Nobleman: Party

Nobility were some of the richest and influential people in history. They wore the best clothes, and were with people that helped them get to their goals. Periodically there would be a celebration in honor of them that thanked them for their service as a noblemen. Even though you have not been a nobleman long, understand that you have served, dreamed, helped, and brought life into the lives of others. The days of a commoner and peasant are behind you. There will be a party today for you, and you have the freedom to use any skills learned. This is not a test, but a time of blessing.

### **SPECIAL:** Party

Invite family and anyone who has been impacted so far from this training. Coordinate who is coming, and if people need to bring snacks, etc. Talk with Parents about it. If appropriate, have the mentor dress and be a butler during the party, especially serving the student.

### **General Idea:**

Have a party where the student gets ready, and hosts the gathering. Have a time set apart when the student is honored for their service or other acts worthy of admiration. It's helpful to know what kind of love language the student has, and have guests prepare a relevant thing (Gift / Words / Touch / Service / Time). You can do this indoors, around a campfire, or other location. Connect with the parents and establish who is in charge of planning, etc. As a mentor, you're able to help in a small or large capacity if you are willing to- that choice is up to you. Here's an example outline:

Guests arrive, greeting and placing snacks, gifts, etc in proper area.

Student greets everyone once all assembled, thanks them, invites for snacks.

Mentor explains program, and where student is at. (Proud)

Student shares highlights and stories over dinner

Family escorts everyone to a fire outside or indoor activity

Guests give student letters of encouragement, favorite bible verses.

Everyone prays for student

General discussion / snacks

Closing thoughts / thank guests as they leave

## Mentor session info

Discussion / Parents / **LOTS OF PREP** / Mental prep / Gifts /

**Prep:** Party planning, gifts, and important connections.

**Goal:** Encourage student, mentor, and family.

**Thoughts:** This session will have an impact to various degrees on the student's mental health, connection with parents, and appreciation of self. A party can be fun, but it's in the honor that is given to the nobleman that may spark something beautiful and so individual. Be aware of how the student carries themselves, and if there's any change to how they view themselves. You already experienced this planning at the beginning, but now it time to spice it up a little. Gifts would be very appropriate for a nobleman. Purposeful gifts would have a deep meaning- "Because you helped the neighbor polish their toilet, here is a polished ring" To have basic items presented in a royal way would add to the awesomeness. Basic needs depending on the students age would be appropriate and includes personal products for hair and shower, comb and cologne, sunglasses, new clothes, coupon for nice haircut... anything is possible.

### **Bible Verses:**

#### **Discussion Questions (For Parents and Student):**

What was your favorite part?

What was the most impactful?

Why are you proud of your student?

How do you feel honored?

### **CONTEXTUALIZE:**

There are so many options as to how this party can happen, and what the focus should be for the student and parents. The feeling of the party can be extremely royal and spend lots of money, or simple with the feeling of the student being very important. The idea of the whole thing is simple- Honor the student and what they have done. It's a type of solidifying the good by calling out the gold in the students and the parents- how you do that is unique to every family (Letters, speeches, competitions, games, document signing, honorable ceremonies, gifts, etc.) Have fun!

## S10-Noblemen: Inner value (Family Crest)

You have value, your family has value, can you think of anyone who is worthless? You may think of a time when you felt worthless because of a mistake you made or embarrassing moment, but that shouldn't define you. You are not a mistake or embarrassment- you have value. You have made goals that have value enough to transform your future and the destiny of others if you reach your dreams. It's so easy for some of us to think our dreams are worthless, so we live our lives like we don't care, but little do we even realize the butterfly effect we could have on others or literally- the world. You never know what kind of random acts of kindness, encouraging words to strangers, or small things you can do that will literally change what happens in the next day because of a few words... You stopped someone to say that you liked their hat, and that was enough time that they didn't get into a car accident... Time is forever changed because of your seemingly small words, actions, or presence. It doesn't matter how rich, overweight, small, poor, tall, skinny or fashionable you are- you will always have a direct and lasting impact on your world around you. You are more valuable than you know.

If you look back at early battlefields, you see warriors with flags and knights with their own family crest to identify them on the battlefield. It became more than just a way to see each other, but an honorable understanding of what you live for. what your family values are, and what you identify with, and what your protecting. Maybe you have been through a battle and have felt worthless, embarrassed, or sad. How would you feel if you saw your big flag racing toward you with help from other warriors? (Answer)

Having a family crest did so much while on and off the battlefield- you were able to identify from a distance if it was a friend or enemy, change tactics when troops came marching in that were friendly or hostile, identify bodies, or even remember someone by name because of the crest. What if you had a family crest from your past? If you were able to make one- what would make it important? What would be on it that describes your family? What are you proud of that you would wave on a flag for all to see? You may be able to inspire others just by showing others what you value, put on a flag.

### **Action: Family Crest**

Ask your parents if you have a medieval family crest, clan, or history. If not, search online (example:HouseofNames.com) for the family crest or coat of arms of (Your last name). And see what the history books say. You may be surprised at what you find. There may be multiple countries that have different coats of arms. Knowing that those are historical, they may not represent your family anymore. It's now up to you to create a simple image that others can see from a distance that reminds your family who they are, and also reminds your friends who you are. Complete the image on a piece of paper for next week. The parents may want to get involved!

## Mentor session info

Discussion / Parents / Mental prep / **GIFT** / Paper / Pen / Online

**Prep:** The student will be making or researching a family crest, **Give white flag**

**Goal:** Understand the importance of living for something worthy of waving on a flag

**Thoughts:** This session is very medieval in nature and mixes up the feeling of medieval family crests with the idea of “what values do you live for that are worthy to put on a flag?” The idea that it’s not just the student, but the family should bring a larger sense of family bonding- or, an opportunity to. There are many places online to find images of courage, hospitality, or whatever traits the family chooses to embrace.

### **Bible Verses:**

### **Discussion Questions:**

What values would everyone like to see on the flag?

How can you protect those values?

Where do you want to put the flag when it’s finished?

### **CONTEXTUALIZE:**

Depending on the family, There may or may not be enthusiasm for doing this. Some parents may see it as a “craft time”. If this seems to be the case, or if someone asks- it may be used for large battles or swordplay tournaments in later ranks with other students or groups. It’s a beautiful thought to be able to gather what the family’s values are, and how to put it all on a flag- with every glance, it reinforces the family, and if there are conflicts- the flag serves as a reminder there will always be battles. The student can work on the flag for a while, there’s no need to rush for next week.

## S11-Noblemen: Valuing others (Love vs Lust)

There is a fine line that we as humans have when it comes to loving others. Noblemen loved others, but they also strategically “loved people” to get something like money, popularity, power, or items they wanted. This was not love, it was love with an agenda called lust. Lust says “I need something from you, and I need you to make me better” while love says “I respect who you are, and want to see us become better people”

Can you think of anyone who got into commitments either financially or with other people based on thinking it would satisfy a craving? It’s a real human condition that says “You or That is what I truly need” when in reality, that point of view is just turning people into tools to make you feel better or as objects for your personal happiness- Does that seem healthy or unhealthy?

Lust also has a way of destroying, while love has a way of creating. Let me explain... With lust, you are able to have something feel better for a moment, but never truly fulfilled. Unfortunately you always need more; like a craving that is never satisfied. This lust can be seen in needy relationships, friendships, pornography, and even self-hate. Because it is never fulfilled, it will spiral downward where depression is and combine forces to whatever end. Love is fulfilling and gradual, like a healthy relationship, it builds trust over time, listens, and gives out of love and doesn't need anything physical or emotional in return. Love will spiral upward and combine with joy and peace to become something actually fulfilling, and lasts. The difference between love and lust are as wide as suicide and a fulfilled and happy life... I’m not saying that love is the pill that will make life all better, what I am saying is that when love is planted and watered in your heart MORE than unhealthy emotions and choices, your view on your life and those around you drastically change.

**ACTION: After conversation:** Have the student write down on paper the lust(s) they deal with, if they want to tell you, that’s fine- but if not, there’s no shame. Dig a spot out of the way outside, bury it, and somehow mark it so the student knows where it’s at. Then read Colossians 3:5.

## Mentor session info

Discussion / Mental prep / Vulnerability / Outside / Activity

**Prep:** Paper, Pen, a place to bury a note outside.

**Goal:** For the student to catch how different love and lust is, and for you both to be vulnerable.

**Thoughts:** Vulnerability doesn't come naturally, so don't push for either direction- let their choice be their own. Feel free to example vulnerability, this alone helps so much in connection, learning, and makes the idea of vulnerability easier seeing you walk boldly down it. Note: You may want to communicate with parents if they would prefer you as a mentor not talk about anything sexual in nature, or if it's ok. You may want to communicate with the parents after as well, just to express what was spoken. For your own protection, you may want to audio record the conversation with the parents before and after, and the student conversation.

### **Bible Verses:**

1 John 2:16

Colossians 3:5

James 1:14-15

James 4:1-3

### **Questions (For mentor and student):**

What lusts have you conquered?

What kind of lust do you normally encounter?

How are lusts for power or attention so addictive?

How have you seen lust work in others?

### **CONTEXTUALIZE:**

This session has the potential to be slightly difficult depending on the approach of the mentor. If you as a mentor don't want to be vulnerable or feel like you need to look and act good for the student, than being vulnerable about past and present struggles can seem negative, but when you realize that vulnerability and healing are better than pretending your perfect, it's you as a mentor that has the opportunity for healing, and the student can join in if they want. No shame if they don't- but they should see the value as you walk it out.



## S12-Noblemen: Traits of Royalty

Sometimes it's fun to pretend to be someone else or have an accent. But sometimes it's fun to see how incredible you can be. Some people work hard and become so skilled at a hobby that they become famous. You are going to spend some time understanding and preparing personal skills like attitude, clothing, hygiene, and presentation. You probably already know some of these things, but let's go over them all anyway:

**Attitude:** This is the core of a noblemen, everything stems out of who you are. Good and bad noblemen were made from their choices, and their choices were directed by their attitude, or who they are. **ACTION:** Spend 5 minutes and write down 3 good attitude traits you have, and 3 that you wish you didn't have, and 3 you want to have.

**Clothes:** For some reason people identify how awesome you are by your clothing. Some people don't care while others care too much. But what if you dressed to honor yourself instead of trying to get honor from others? Search online for "Men's clothing" and pick what you like and don't like. What would you feel like if you wore really nice clothes you like? Would you be excited at how others looked at you? Would you seem more popular? Or would you do it to care about yourself?. **ACTION:** Try on various clothes you have on, Have the student, mentor and parents comment about how the clothes look, and impressions about them. Go from daily clothes to fancy clothes. (Optional: Go to a store nearby to get some nicer clothes)

**Hygiene:** Mentor and father can be involved in this. Share the basics of Shaving, Hair care, body odor, Bathing including washing behind the ears, face, and hair twice if needed due to oiliness. Wash and rinse well anywhere skin touches to prevent rashes, Skin breakouts can even occur when not rinsed off properly. Brush your teeth gently for 5 minutes, twice a day with flossing. Remember to brush all sides of the tooth. Trim foot and hand nails when needed. Sprinkle baking soda in your shoes (or freeze shoes) to prevent odor, keep a small ziploc bag with a teaspoon of baking soda in it if you need emergency deodorant. It won't keep you from sweating, but will kill all the odor causing bacteria. **Action:** Brush your teeth gently for 5 minutes right now. When you done- how do you feel? Does it seem somehow different? Do you feel more confident? (See videos available)

**Presentation:** You don't need to pretend to be some awesome person, but to have a level of class means you are worthy of respect with your friends and even strangers. This is more than how you appear, it's about how you speak, keep eye contact, and confidence in a conversation.

## Mentor session info

Discussion / Videos / Multiple actions /

**Prep:** Optional videos available on the app Pearltrees / theknightsofvalor, Bonus points for embarrassing photos of you as a teen or what you used to dress like.

**Goal:** Student to understand the connection between presentation and inner confidence.

**Thoughts:** It's an interesting thought- it's not the brushing of teeth, clothes, or conficene that makes you hold traits of royalty... the true traits are already in you. But to make it look and smell the part does those traits justice. Royalty is not the mark of perfection, but when you respect who God made you to be- you naturally become attractive.

### **Bible Verses:**

1st Corinthians 16:13-14

1st Timothy 4:12

2nd Timothy 2:22.

### **Discussion Questions:**

What impacted you the most?

What would you find difficult to do or continue as a habit?

Did you notice any of these traits you have?

Were there any traits you want more of?

Do you feel more royal?

### **CONTEXTUALIZE:**

Every student has their own social issues which could range from one thing to another, and those items have their own range of needs and improvements... but it's not like you need to fix anything. Presenting this material and letting the student follow through or not is their choice... If a student feels like they don't need to brush their teeth- no problem. The idea of making conflict is counter productive. Be sensitive when going from action to action, there may be a need for the student to digest what is happening, discuss, encourage, or clarify what just happened. Be aware of the students needs- and help the student see what you already see. Point out more than what is seen, but the unique characteristics that the student naturally shows. By doing this- the student gains confidence. It is fun to play "dress up" from time to time and see what looks best, but confidence is something you should never take off... and who you are- your identity... should be something that always is with you. Love it.

## S13-Noblemen: Fight Justly (Sword)

Knights through time have been known for both their attitude, and action during times of peace, and war. You will be faced with many battles in life, most will be in the form of choices. You will find the most powerful weapon you have is your voice, and your actions. You have the power to tear someone down and make them cry, and also lift their attitude and remind them of who they are. Do you have the courage to stand up for someone when they are hurting? Or even if it seems embarrassing, would you defend someone? Would you be willing to stand for what is right?

Do you have what it takes to tell others they are wrong if they say cruel things to you or others? It's the right thing to stand up against injustice. God loves, and so should you. I'm not encouraging you to get in a fight or argument, but you will be given a weapon that no bully or angry person could defend against. This weapon is defined in the Bible and is something you can understand and use right now if you want. Here it is:

Matthew 5:44 "But I tell you, Love your enemies, and pray for those who persecute you"

It would seem that there is no defense against real love. If you have an enemy and choose to love them honestly, you just fought justly with a weapon that most do not value. The moment you can love an enemy with real love- you just shook them to the core- no matter what they say or do in return.

Words have a special way of impacting our hearts and minds. There are many stories about how words drove people to suicide, depression, hate, lies about self image were held onto, and peace was taken away. When people choose to believe negative words, or hear them repetitively, people change. Likewise, There are stories about people who heard encouraging and loving words and became speakers, motivators, their life changed, they held onto truth and ran with it. When people choose to believe truth or hear them repetitively, people change. You have a very powerful weapon of warfare that can cause an amazing amount of life, or an amazing amount of destruction. This weapon is your tongue. Use it wisely.

### **Action**

The sword was used to defend, and honor others through history. You're training in swordplay begins from this point forward. Do you know when to fight? It's not about being excited to use a sword, but about when to use it. (Hebrews 4:12)

## Mentor session info

Discussion / Parents / Mental prep / **Swordplay Begins**

**Prep:** Swordplay begins, vulnerable conversations,

**Goal:** For the student to value the gift of love that they have, and to express responsibility of their words.

### **Thoughts:**

The idea of words causing an effect shouldn't be new territory, but it's in the causing of life and death along with the responsibility of whoever has a tongue that makes the reality of responsibility hit.

### **Bible Verses:**

Matthew 5:44-45

Romans 12:17-21

### **Discussion Questions:**

Who can you protect or fight justly for?

Have you seen others being attacked with words?

Do you have a person in your life who is an enemy? Who?

Tell a story about when you were bullied, had an enemy, or felt attacked. What did you do? What did you want to do?

### **CONTEXTUALIZE:**

The idea of responsible speaking seems to bridge multiple generations and cultures, but for some reason, the younger generation of any culture generally feel the need to honor themselves more than honoring others at first. It's in the act of honoring others, that we find honor for ourselves- but many times there's a battle in the mind. Bullies or enemies don't seem worthy of love, but it's the act of love that takes off the chains, and it's then that you realize that you were the one in the chains. How that plays out and how the student realizes that could be through discussion, story, or experience. It's up to you to contextualize the best way for the student to experience it.

## S14-Noblemen: Honor

Honor is one of the lost skills of today. It is a deeply needed skill that can be seen in others as well as learned from others. If you open your eyes to the world, you'll see a sad sight of many focused solely on themselves, with seemingly no ability to care for others and therefore unable to see that small window to leave a positive mark on the people they cross paths with. This can leave them looking as if they simply don't care or recognize that others even exist.

Honor can be as simple as looking in the eyes of others when they speak (This says you want to listen, and what they have to say is important) or opening the door as someone walks through (This says you see them, that they exist, and you want to help them in the small things in life) There are many ways to honor people, and it's up to you as how you can best example honor. You can also dishonor someone by doing the opposite- like when someone is talking to you and you simply walk away or try to talk first (This says you are more important than they are) or by ignoring others completely. God doesn't want us to ignore others, but to love them.

There are so many ways to show that you honor individuals or whole groups. But remember: Don't honor people to get honor back, this only shows a type of selfish and wrong attitude. Honor comes from a heart that says and does good things about others, not from a heart that says, "I need you to honor me". Those are toxic thoughts, because instead of looking to God to feel love and acceptance, you try to fit "others" and "things" to make you feel like you have (or should have) honor. Other things simply won't fill the need we have for honor.

### **STORY: "The 2 Cars"**

Imagine you are looking up a hill and you see a glamorous house with perfect trees lining up the driveway in perfect order. Well -manicured lawn and a luxury swimming pool just around the corner. You hear thumping in the distance and see a big black shiny car rolling down the driveway from the house- Looks like someone was leaving to head into town. At the end of the driveway, the guy really doesn't look when he starts to turn into the main road and (SCREECH!) two cars get into a small accident. In fact, both barely scratched the paint! The guy in the black car flings open his door; his face is so red he looked like a walking strawberry. He stormed over and started yelling

at the other car “HEY! HEY! DO YOU HAVE ANY IDEA WHAT YOU DID? DO YOU HAVE A LICENCE TO DRIVE? WHY ARE YOU SO STUPID? (The guy is so angry now, he starts tapping on the glass on the driver’s window) I MAKE MORE MONEY IN A DAY THAN YOU DO IN A YEAR BUDDY! I COULD SEND YOU TO JAIL FOR THIS YOU FILTHY IDIOT! The guy continued to use strong language and yell at the gentleman in the other car, who slowly rolled down his window, and with a shaky voice said “I’m sorry sir, I’m glad your ok!” Still angry, the man huffed and puffed back to his beautiful car and sped off, leaving smoky tire tracks behind, but what he didn’t realize is that he almost hit a pedestrian on the side of the road who was taking a walk! The gentleman in the car quickly got out and helped dust off the person and check for any wounds. He noticed that the person walking didn’t really have a good jacket, and offered his. With a shaking voice, the person walking said “Thank you!” and walked away smiling, no longer feeling forgotten, but honored for receiving a gift of a jacket and friendship... The man driving the fast black car may have had everything he wanted in the world but lacked a very important thing- Honor. He thought he had honor and that he deserved it, but really had only "stuff" that will one day disappear. The gentleman in the other car was polite and able to allow the anger to pass over him, and in turn, give honor to another person who needed it. By seeing the needs of others, you display that you have honor, not anger. Honoring someone starts in the heart

**ACTION:** Choose a family member to Honor today. Brainstorm with the mentor about ideas, then follow through.

## Mentor session info

**Prep:** Story Time,

**Goal:** Understand how to honor self and others.

### **Bible Verses:**

1<sup>st</sup> John 4:5-9 (God is love-Expanded)

Deuteronomy 5:16 (Honor your father and mother...)

Romans 12:9-13 (Love and Honor each other)

Hebrews 13:8 (Desire to act honorably)

2<sup>nd</sup> Timothy 2:21 (Vessel of honorable use)

Proverbs 21:21 (Righteousness=Honor)

### **Discussion Questions:**

Who can you honor? And how can you?

What does honoring others do for you?

What would happen if you forced others to honor you?

How have you seen other’s honored?

How can you honor women, men, and yourself?

**CONTEXTUALIZE:** How is honor shown or applied in your town or family? It’s unique!

## S15-Nobleman: Values

Everyone has values, from your parents to someone in a different country. It's interesting to try and understand them. Values have been under fire for years as being more of a dividing aspect of America instead of uniting in our diversity. We don't need to all have the same worldview, beliefs, values, or thoughts about anything- imagine if everyone was identical to the point of wearing the same clothes and tried to look identical in every way. To know what you value is important, but even more important is why you value them. Mentor and student- Grab a pen and paper right now and write down 3 things you value. They can be the first 3 things that pop into your head...

Now tell each other what you value, and explain why you value them.

These are not meant to be things you defend to the point of death, they simply make up the flavor of who you are, and to understand others viewpoints and values simply mean that you value them as human beings- it doesn't mean you believe their beliefs or approve of what you may describe as an unhealthy lifestyle, it simply means you want to understand them.

### **Action:**

Grab a pen and paper and go to your neighbors house and ask "I'm on a mentoring project, may I ask you a question or two for my project?" If they say no, thank them and try another house. If they say Yes, ask them "What 3 things do you value?" and write down their answers on paper. Ask them "Why did you choose those 3?" and write answers. With this simple exercise, you may just understand a different point of view, and understand your neighbor a bit more.

## Mentor session info

Lots of Discussion / Parents / Neighbors / Mental and physical Prep

**Prep:** Student will be visiting neighbors and asking questions. Possibly call them ahead of time.

**Goal:** Desire to understand the values other people have, even if they differ greatly.

**Thoughts:** Speaking with neighbors, hearing values that may differ from yours, creates a culture of understanding other values and hearing the story of others.

### **Bible Verses:**

Proverbs 18:2

Colossians 4:6

Proverbs 4:7

Proverbs 20:5

2nd Timothy 2:7

### **Discussion Questions (After all previous discussion):**

Did your perception of someone change when you understood their values?

Did your values change when you heard the values of others?

What are your overall thoughts about values?

What surprised you?

Who do you think has totally different values than you?

### **CONTEXTUALIZE:**

When connecting with others, it would be ideal to verify these connections with the parents, and be able to connect with the parents after the connections as well- and if they want to visit the neighbors too, they can- but be sensitive when connecting with the neighbors. Even if they have differing views, they are on their own journey. To disregard their journey because it looks different than yours. Discuss the values after all the meetings, and then discuss the values from the student, parents, and mentor. It's amazing how they may all be different, but also how they may all compliment each other.



## S16-Nobleman: Friends

Friends can be a wonderful gift- they can encourage, build up, point you in the right direction, help you out, or offer clarity in a situation. Friends can be more than just people you connect well with, but you can also have friends older than you that help guide and mentor you away from the typical potholes that tend to surprise us. To have a mentor or friend give advice and help us walk ahead in a direction we want to go or even show us adventures we didn't know existed! Life is an amazing adventure, and to be able to share it with others is special. However, sometimes friends can lead us to unhealthy places.

Friends can hold us back from where we want to go by leading us into unhealthy choices or showing us things that seem like an adventure, but would be better described as a trap. Drugs is a good example of this. The social impact of drugs is huge. There's groups of people across the world who love drugs more than life, and are willing to steal and sell expensive electronics, bikes, or even cars for a very low price just to get a little more drugs... all because a "friend" said it would be fine. For some reason people think that wherever their friends are- that's where they should be, but if your friends are trying to lead you off a cliff- It's your choice to go or not.

Everyone has various degrees of healthy and unhealthy attitudes and friendships, but there are big questions to ask- Where can friends lead you? And what kind of friend do you want to be? Only you can answer these questions, no one else.

### **Action:**

Ask the parents what kind of friends they had growing up, and how the friends helped or brought them to unhealthy choices. Did your parents influence others for good or bad? how?

**Action 2:** If permission is given- Make a sign that says "Looking for life advice" and go to a grocery store or public area for 15 minutes (Make sure it's cleared with a manager if needed). Write down or record the public's response.

## Mentor session info

Discussion / Actions / Travel / Parents / Mental prep

**Prep:** Sign (see actions), Discussion w/ Parents (see actions),

**Goal:** To understand the impact of being a friend

### **Thoughts:**

### **Bible Verses:**

John 15:13

Proverbs 17:17

Proverbs 13:20

1st Corinthians 15:33

Proverbs 27:17

### **Discussion Questions:**

Q: Have you had any friends that were good or bad influences?

Q: How can you be a good friend?

Q: How are you already a good friend?

Q: Do you know of other friends who were influenced for good or bad?

### **CONTEXTUALIZE:**

# RANK: PAGE

A young boy served as a page for about seven years, running messages, serving, cleaning clothing and weapons, and learning the basics of combat. He might be required to arm or dress the lord to whom he had been sent by his own family. Personal service of this nature was not considered as demeaning, in the context of shared noble status by page and lord. It was seen rather as a form of education in return for labour. While a page did not receive reimbursement other than clothing, accommodation and food, he could be rewarded for an exceptional act of service. In return for his work, the page would receive training in horse-riding, hunting, hawking and combat – the essential skills required of adult men of his rank in medieval society. Less physical training included schooling in the playing of musical instruments, the composition and singing of songs, and the learning of board games such as chess. The initial education received as a child in reading and writing, would be continued to a level of modest competence under the tuition of a chaplain or other cleric, and possibly from a grammar master. They also learned courtly manners and, in attending to the needs of their master, a degree of temporary humility. (Source- Wikipedia)

Your rank is now page, and in this role you are in that of a student, learning things that are on the way to goals you may have from graduation and beyond. Learning about manners, swordplay, and a host of things that you can choose to learn.

Discussion questions:

Are there things you would like to learn?

Do you feel like a man yet? (How did you get to that answer?)

What do you imagine life like after graduation?

What do you want to accomplish after graduation?

## Mentor session info

[ ]Swordplay [X]Some Prep [ ] Lots of prep [X]Game [ ]Actions [ ]Travel [X]Parents

### **Discussion Questions:**

On a scale of 1-10, How well do you listen and follow through?

How could you listen or follow through better?

What distractions do you have when you need to listen or do tasks?

Do you feel listening is important?

How can listening impact your future?

### **Bible Verses:**

**James 1:19** “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry”

**Proverbs 19:20** “Listen to advice and accept discipline, and at the end you will be counted among the wise.”

**Proverbs 19:27** “Stop listening to instruction, my son, and you will stray from the words of knowledge.”

**Revelation 2:7** “Whoever has ears, let them hear what the Spirit says to the churches. To the one who is victorious, I will give the right to eat from the tree of life, which is in the paradise of God”

**James 1:27** “Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”

### **CONTEXTUALIZE:**

**WORDING:** The idea of a peasant is a lowly one, if the student does not like being blatantly called peasant- it may bring feelings of a type of bullying, if that's the case, questions are more honoring, like “What's it like being a peasant?” With your connection being more of a purposeful life giving connection instead of a lowly one- the student in question may respond better. It all depends on the students response.

**GAME:** The idea is that when the student listens and follows through, they ultimately win. Also- If you lie, people may not want to listen to you anymore. You should have at least one person telling the truth, and one lying. If you have the ability for more players or liars, do however you want to. If the game seems too childish, you can add obstacles or various challenges to make it more difficult or rewarding like having a time limit and/or have a reward.

## Page: Your Gifts and talents

You can't be compared to anyone else. If you separated the people in your town by their personality, color of their skin, jobs they have, their religion, music, food, or entertainment they enjoyed, how they grew up, their life goals, and how much money they make, you can't fairly segregate people groups, or say that you belong to one. Ultimately we are all individuals, and all humans on a different journey, together.

Everyone was born with a unique perspective, and was given gifts or learned talents in life. Likewise, you are unique, with a special set of gifts born with, and talents you learned and practice, and goals you personally have. What gifts were you born with? Talents learned?

Action: On a piece of paper, write down what personal gifts or talents you have. (try for 10)

There is no one like you and no one can accomplish what only you can. It's so easy to compare yourself to others and see yourself as not as important if you look at the whole world. Imagine you were wearing a necklace of a key around your neck, and its size was determined by your effect on those around you, or maybe how important you are. If everyone had keys around their neck- would you imagine that some people's necklaces would be larger? Better looking? How would you feel if you knew your key was not nearly as important looking as many others? I have a secret to tell you- you don't need to worry about it. God does bring us through tough times and also brings blessings on us which all change the key we have that's uniquely us. So we don't need to compare ourselves against anyone we meet in life. And it gets better- If a large key would unlock a large door, and small key unlocks a small door, and with the keys combined, unlocked an even larger door... You have the ability to accomplish more together than you would individually. Be strong, knowing you are a part of something bigger, be encouraged knowing that you were created for a purpose and being prepared for something that will be even more uniquely you. So when you are being you- you are able to not only have a healthy impact on the people around you, but you will also experience a freedom and confidence that many young people and adults don't experience, only because you are being you.

Discussion:

How can you use your gifts and talents with others?  
What do you think about the idea of you being you?  
Have you had issues working with others in the past?  
What problems do you see getting in the way?  
Mentor- Do you have any stories that apply here?

Bible Verses:

How do these verses apply to you both?

## Mentor session info

[ ]Swordplay [X]Some Prep [ ] Lots of prep [X]Game [ ]Actions [ ]Travel [X]Parents

### **Discussion Questions:**

On a scale of 1-10, How well do you listen and follow through?

How could you listen or follow through better?

What distractions do you have when you need to listen or do tasks?

Do you feel listening is important?

How can listening impact your future?

### **Bible Verses:**

**James 1:19** “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry”

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**James 1:27** “Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”

### **CONTEXTUALIZE:**

**WORDING:** The idea of a peasant is a lowly one, if the student does not like being blatantly called peasant- it may bring feelings of a type of bullying, if that's the case, questions are more honoring, like “What's it like being a peasant?” With your connection being more of a purposeful life giving connection instead of a lowly one- the student in question may respond better. It all depends on the students response.

**GAME:** The idea is that when the student listens and follows through, they ultimately win. Also- If you lie, people may not want to listen to you anymore. You should have at least one person telling the truth, and one lying. If you have the ability for more players or liars, do however you want to. If the game seems too childish, you can add obstacles or various challenges to make it more difficult or rewarding like having a time limit and/or have a reward.

## Paige: Dining and Hospitality

Action: Host a meal for parents and/or Guests within the next few days

Goal: To express hospitality and respect to others verbally or through actions.

Different dining facilities have different expectations and levels of what the consumer would normally see. If you were at a fast food restaurant and decided to put a napkin on your lap before you ate, and say "Good afternoon" to the people there, some may think your crazy, likewise, if your at a fancy restaurant and started walking around eating out of a paper bag, people may think your crazy. Knowing what's expected is important, but it's in the pushing of "What can I do?" in the mind that makes a Knight stand out. Respect always goes a long way, but what could it look like if you were asked to serve? Or sit at a meal with guests? What creative ways could you show hospitality or respect to the guests?

Hospitality to many people brings a feeling of love and peace. When food is brought into that mix, there's a beautiful sense of togetherness that can also be found when two people like the same kind of music or go through a tragedy of some kind... It makes a connecting bond. Since everyone needs food, it's a common place even for strangers to connect. Some lessons are best learned when you jump into them. Within a few days, host a meal at home using this as a guideline. Have fun!

- A) Set up the menu, make sure it's ok with guests and/or parents
- B) Set up the plates, cups, silverware, napkins, etc. To your standard (Look online for ideas)
- C) Make a centerpiece that fits the time of year and occasion.
- D) Get yourself ready for the occasion by dressing to the standard you choose.
- E) What makes you curious about those you are hosting? Engage in conversation.
- F) Anything else? Lights, Music, Etc?

Bible Verses:

Discussion:

What do you think about hosting a meal?

How stressed are you about it?

What do you imagine would be great about it?

What could make you time more enjoyable?

How could you show respect or hospitality to others?

How have we experienced disrespect or bullying? What did you do?

## Mentor session info

[ ]Swordplay [X]Some Prep [ ] Lots of prep [X]Game [ ]Actions [ ]Travel [X]Parents

### **Discussion Questions:**

On a scale of 1-10, How well do you listen and follow through?

How could you listen or follow through better?

What distractions do you have when you need to listen or do tasks?

Do you feel listening is important?

How can listening impact your future?

### **Bible Verses:**

**James 1:19** “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry”

**Proverbs 19:20** “Listen to advice and accept discipline,  
and at the end you will be counted among the wise.”

**Proverbs 19:27** “Stop listening to instruction, my son,  
and you will stray from the words of knowledge.”

**Revelation 2:7** “Whoever has ears, let them hear what the Spirit says to the churches. To the one who is victorious, I will give the right to eat from the tree of life, which is in the paradise of God”

**James 1:27** “Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”

### **CONTEXTUALIZE:**

**WORDING:** The idea of a peasant is a lowly one, if the student does not like being blatantly called peasant- it may bring feelings of a type of bullying, if that's the case, questions are more honoring, like “What's it like being a peasant?” With your connection being more of a purposeful life giving connection instead of a lowly one- the student in question may respond better. It all depends on the students response.

**GAME:** The idea is that when the student listens and follows through, they ultimately win. Also- If you lie, people may not want to listen to you anymore. You should have at least one person telling the truth, and one lying. If you have the ability for more players or liars, do however you want to. If the game seems too childish, you can add obstacles or various challenges to make it more difficult or rewarding like having a time limit and/or have a reward.



## Paige: True Confidence

Mentor Prep: Video recorder recommended.

Goal: To express appropriate self-confidence

Action: Practice being confident by speaking/walking/interacting with family and practice signature

Many people think that if you act like a movie star and are cool, calm, collected, peaceful in the midst of craziness, then you are awesome. It's too easy to forget who you are if you are wearing a mask and pretending to be great. Pretenders may seem to live a life of success and plenty, but when no one else is looking, the mask comes off and there's almost always a deep emotion of hurt, confusion, and/or brokenness or a feeling of not knowing how to be themselves. Some people may think hypermasculinity is the only way to be a man... But why betray who YOU are, When you try and pretend to be hyper masculine or pretend to be someone else, you trade the person you were born as for a fake person- for what? Is it worth it? It's ok to have role models and to look to others, but if you would rather be them instead of yourself, then you are ultimately saying God made a mistake.

Confidence is a trait that always is appealing to many people, it brings a feeling of safety and self-control to others. What does confidence look like in us? Being confidently you is one of the most fun social practices because it helps you understand a little bit more about you. First try walking around confidently while pretending to be someone who you would say is confident (Go ahead while recording if possible) ... Also speak with confidence like them... Notice how your body language and even facial features change? People see confidence along with fake confidence.

Now try to be confidently yourself. Walk proudly as if all your friends are around and you don't care what they think about you (Do you care what they think?). Depending on your personality, you may enjoy doing this with strangers or with family. Feel free to practice the walking and talking but challenge yourself to speak to your parents or strangers, asking what time it is, complimenting on clothing or hair style, the weather, or any topic that naturally appears. You have the freedom to boldly engage in conversation with others in a way that is uniquely you, and in doing so, stretch the confidence that is already inside you. Confidence is shown by body language, tone of speech, attitude, posture, etc. Anything heard or seen could have confidence in it. Some call it Swagger, others call it finesse or a gentleman's demeanor, whatever it is- be confidently yourself, not to get anything with your attitude (like attention or love from others) but to be you for the sake of being who God made you to be. That is a deep treasure for you to find. On a piece of paper, practice signing your name with a "Sir" before it. In a few months, you will be required to sign some official documents of Knighthood, may as well practice! **Bible Verses:**

**Discussion:** Does anything about confidence make you feel uncomfortable?

On a scale of 1-10, how confident are you naturally? On a scale of 1-10, how confident can you be? What benefit do you see of being confident? How can you be more confidently yourself? Do any stories come to mind of confidence, pretending?

## Mentor session info

[ ]Swordplay [X]Some Prep [ ] Lots of prep [X]Game [ ]Actions [ ]Travel [X]Parents

### **Discussion Questions:**

On a scale of 1-10, How well do you listen and follow through?

How could you listen or follow through better?

What distractions do you have when you need to listen or do tasks?

Do you feel listening is important?

How can listening impact your future?

### **Bible Verses:**

**James 1:19** “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry”

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**James 1:27** “Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”

### **CONTEXTUALIZE:**

**WORDING:** The idea of a peasant is a lowly one, if the student does not like being blatantly called peasant- it may bring feelings of a type of bullying, if that's the case, questions are more honoring, like “What's it like being a peasant?” With your connection being more of a purposeful life giving connection instead of a lowly one- the student in question may respond better. It all depends on the students response.

**GAME:** The idea is that when the student listens and follows through, they ultimately win. Also- If you lie, people may not want to listen to you anymore. You should have at least one person telling the truth, and one lying. If you have the ability for more players or liars, do however you want to. If the game seems too childish, you can add obstacles or various challenges to make it more difficult or rewarding like having a time limit and/or have a reward.

## Paige: Personal Growth and Understanding

Prep/Gift: Journal and relevant book

Action: Give a journal and relevant book

Someone once said "The two things that will change you as you grow is the people you meet, and the books you read" You have met a number of people in your life, and know how different and impactful they have been on you for positive or negative. Each book is like that as well, different, impactful, and some may even be negative. Either way, when you are finished with your conversation or with a book, there's a realization that you have somehow changed. But why? How? To journal about those life changing moments and try to understand what's going on inside you is one of the most crazy adventures you can go on. To read a book may be a challenge to some, but to purposefully dive into its pages and chew on new ideas or understand how various topics relate to you can open up whole new areas of thought or personal adventure that no one else can go.

You are on a journey in life, and to be able to express what deep explorations, thoughts, or ideas for future generations or even so you don't forget is a treasure to look back on. Personal growth can happen at any place or at any time, from interactions with strangers to deep thoughts while brushing your teeth. Be aware of those moments and capture your thoughts when those sparks of understanding, growth, depth, and personal adventure come your way. We are growing in many ways still, and to understand what's going on helps us chart a course for where we want to go. Like an explorer in the wilderness, knowing where you are is a great gift, but being able to express even to yourself what it's like during the journey is an even greater gift.

It may not seem like an adventure at first, but understand that besides God, only you can really know and understand you. That means that some adventurers may explore space or the depths of the ocean, but to explore who you are- who you really are... is a journey that only you can take.

Bible Verses:

Discussion Questions:

What do you think about the idea of you as an adventure?

Do you like the direction your life is going so far? What would you change?

When do you think you could finish the book?

Do you like the idea of reading and then journaling your thoughts?

In what ways has the mentor explored their personal life?

## Mentor session info

[ ]Swordplay [X]Some Prep [ ] Lots of prep [X]Game [ ]Actions [ ]Travel [X]Parents

### **Discussion Questions:**

On a scale of 1-10, How well do you listen and follow through?

How could you listen or follow through better?

What distractions do you have when you need to listen or do tasks?

Do you feel listening is important?

How can listening impact your future?

### **Bible Verses:**

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## Paige: Relationships

Prep: Prepare parent with the understanding that student may be having a conversation with them

Goal: To articulate a healthy connection with a parent, and understand good and bad of relationships

Scientists have recently found out of the importance of relationships. Looking at the scientific model of the atom, we see the proton and neutron, but also find out there are more subatomic particles past that. Turns out there is a huge amount of space that is unused. It has only recently been said that "if you take away all the space between protons and neutrons, the entire universe would fit in a simple sugar cube that fits in your hand" It's the relationship between atoms that holds everything together. Relationships of all kinds are all around you, you are friends with guys and gals, may have a crush or two, your various family members have their own connections and dreams. Strangers may not have any connection, but if someone is in need of help- we help each other, so even with strangers there is a human connection. God always desires a deep relationship with us individually, and like the hidden relationships of atoms, God's deep and hidden connection with us also affects us. We are surrounded by relationships.

There are healthy relationships, toxic relationships, and various degrees in between. When you connect with others, do you connect differently? It's a strange thought when we think about how we can seem to become different when we are around various people. When we connect with others, we have an opportunity to do something. You can make those you connect with feel like you are timid, confident, afraid, sad, happy, upset, humble, content, focused, etc. You can also make those you connect with feel like they are encouraged, listened to, dumb, important, less than, worthless, funny, etc. Do you see the difference? When you connect with others, you can do it for yourself, them, or both. Some people really need to feel important, so they connect with others and when doing so, the others don't feel important.

Do you have a different relationship with your friends than with your parents? If so- what's different? Are you in a healthy relationship with anyone? What do you want in a future relationship? With family? Friends? Spouse?

Action: Practice connecting with a parent with a goal of how you want them to feel. <this sucks

Bible Verses:

Discussion Questions:

How do you want to impact others?

Are there people in your life who are toxic connections?

What relationships do you value? What's valuable about them?

Do you have a story about a relationship?

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[ ]Swordplay [X]Some Prep [ ] Lots of prep [X]Game [ ]Actions [ ]Travel [X]Parents

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How could you listen or follow through better?

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## Paige: Choices

Prep: Have parents write 3-5 things for the student from chores to fun. The student will choose 1.

Goal: To understand how various choices change your day, and life.

What choices have you made today? Waking up? Food? Speaking? Chores? Did those choices affect anyone? The choices you make in life will take you places. One day you may move out of the house, get married, move to get a job, eat strange foods, try drugs, buy a car, find new friends, go to social events, make online comments, go to jail for a poor choice... Everything you choose is like a seed planted and sometimes its immediately and other times it's years until you see what the effect on your life will be. Choices you make now have the ability to effect the rest of your life.

By choosing entertainment all day every day instead of going to school is a choice you actually have. Imagine what life would be if you actually chose to just play video games, watch movies, eat, be with friends, and mess around on your phone until you were 21? How would life be changed? You could choose that... you could also press yourself hard at school and try to become the next genius in your hometown, work hard when not at school, have no time for entertainment or friends... How would your life be changed?

We make choices everyday sometimes without realizing it. Our choices impact our immediate life, family, friends, relationships, and ultimately, our future. You play a special role in the lives of those around you. Even your choices impact others, and their choices impact even more. If you did 10 positive things to strangers for instance, and asked them to pass it on- your choice to bless has just inspired the impact of those people, and so on... Look online for stories of the butterfly effect if you want to see more examples of how choices have impacted nations hundreds of years later.

Challenge: You will be presented with a number of choices, look over them carefully and explain over each option what would happen if you chose it. Once you have explained each one- choose one and immediately go to accomplish it. After it's done, explain how you feel and what it accomplished.

Understand- The choices you make in life don't make you who you are, it just helps you get to where you choose to go.

Bible verses:

Discussion Questions:

What choices do you think affect you daily?

Are you making choices that are leading you to a personal goal?

What choices could you make that would make your life worse?

Do you have a story of a choice you made?

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## Paige: The Contemplative mind

Prep: Make sure the student has a quiet place and a journal

Goal: To appreciate silence

(Mentor reads slowly, and tell student that anything with a ? is meant to be answered)

Take a moment and look around, speak out loud what you see around you. (Answer)

Take a breath and close your eyes until I say to open them, what do you hear?

What are you surrounded by?

Feel your heartbeat and realize you are breathing.

What are you thinking about?

Listen to your thoughts for a moment. (Wait 15 seconds)

Think about how you feel and what your thinking about. (Wait 15 seconds)

Open your eyes.

You just contemplated your thoughts, and about the world around you. How do you feel? Feel free to journal if you need to. To contemplate is to be still, and think about what you want to think about. Many times our mind races with entertainment or distractions that it's hard to even be still. The idea of meditation is a biblical one- and the benefits of capturing your thoughts can be a fun challenge at times, but also rewarding. The bible says to meditate on God's word, but learning how to do it takes more than just remembering a verse- it's the ability to chew on it, how it applies to you, how you can apply it, do you want to apply it? To chew on the bible is very meaningful.

Do words have an effect on you? What words affect you positive, neutral or negatively? Next time you meditate on something negative- what do you think its effect would be on you? The mind is a forgotten beautiful part of your everyday life. From swordplay to relationships- the contemplative mind will effect it all in the way you choose.

Bible verses:

Discussion Questions:

How does silence make you feel?

Have you captured your thoughts before?

What challenges do you think you may have with contemplation or meditation?

Have you chewed on negative or positive thoughts before? Do tell...

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## Paige: Plan for Hope

Have you noticed that some people are very negative or talk about the government like it's the end of the world? Or actually talk about the end of the world? People in this category could be labeled as pessimists, but on the other hand there are others who would rather ignore end of the world conversation and just enjoy what they have, knowing everything will be fine no matter what happens- These points of view could be called optimists. There's groups of pessimists that get together and create a culture of "We need to plan for the worst" and buy survival gear, and some even get ready for a zombie apocalypse, while pessimists gather and create a culture that says "If anything happens, I'll be there for you" And while one extreme group may get mad at the other and say they are ignorant of the facts or not understanding of the big picture, there is actually a strong connection between them both- they plan for hope in different ways.

Historically, a commoner was at the mercy of circumstances. They were only able to save a little bit of money, resources, and if there was a major event- they were at the mercy of their government, however; you're not a commoner. You can single handedly bring hope to many with either point of view. How? By connecting others to a plan of hope and community.

### **Action:**

Make a family earthquake plan for your family and post it in the house, and have the student train everyone what to do.

- 1- Have an emergency bag with non-perishable foods and water in a big bag somewhere easily accessible. (What else would be good to have? Where to put it?)
- 2- If there's an earthquake during the day or night, where do you go?
- 3- Once the earthquake is finished, where do you go? (Gas powered? Leave house!)
- 4- If it's a large earthquake, the paramedics will be busy- how can you help others?
- 5- How can you bring hope together as a local community after an earthquake?

Place yourself in a house without electricity, and you can't go to the store. What would you need? How can you get neighbors involved? How can you pass on hope?

### **Related Verses:**

Proverbs 16:3, Matthew 5:16, Hebrews 13:16, Galatians 6:9, Isaiah 32:8

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# RANK: SQUIRE

A page became a squire at the age of 14 and went from being guarded by the ladies of the castle to learning to be a protector, but also learning many new things in the following 7 years before the squire becomes a knight. The squire learned as much as possible as horsemanship, code of chivalry, climbing, athletics, swimming, anything that would be necessary to daily life or a castle siege. Training to everything was important including hunger, tiredness, extreme heat and cold. All of those skills were required to be a knight.

As the squire learned and grew in their own skills and honed the skills needed to be a knight, the squire transformed in those 7 years from a 14 year old kid in a castle, to a 21 year old man who was ready mentally and physically for life's demands.

## Immediate Action: In the service of a Knight:

Write a letter to a knight asking to be in their service. You have the complete freedom to make the letter any way you want. The mentor will be sending and receiving all the letters, so please write this letter before the mentor leaves for the day.

Mentor: Please take the letter and simply send a photo to Tim Warner on Facebook messenger.

## Mentor Notes: Squire

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## Squire: Time to train

It's time to share what you will need to accomplish before you can be knighted. These shouldn't be too difficult, but show that you can impact others, reach a physical exercise goal, and grow personally. If you are medically unable to complete one- it will be replaced for you.

Minimum 16 years old at time of graduation

Be able to do 100 pushups in one day in front of mentor

Can jog for 2 minutes without stopping in front of mentor

Have read all of Proverbs by yourself

Defeat your mentor at sword fighting in a 3 round match (Mentor must know)

Must have letters of recommendation for knighthood from 10 community members (non family)

Complete one personal project you make that impacts your community.

To see how many pushups you can do, just start doing some while making sure that you have proper form with you're hands under your shoulders. Then do as many as you can comfortably- try to do that many every other day and periodically add an extra one when you feel you can. The same rule applies, you don't want to overdue- but do what you feel comfortable doing and increase it as you feel able.

Letter of recommendation are available from your mentor upon request, and those are to be given to non family members- people who you have impacted and feel like you example what it means to be a Knight.

Bible verses:

Discussion Questions:

Do you feel like you can do all of this before you graduate?

Does anything stress you out or feel difficult or impossible?

How many pushups can you both do now?

What does your community need as a whole?

Do you have an idea to make it a better place?

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Swordplay  Some Prep  Lots of prep  Game  Actions  Travel  Parents

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## Squire: Bless a Stranger

Prep: Gift or words prepared for a stranger, and all be prepared to travel to business or public area.

Goal: Experience and understand the student can impact the world around them.

It doesn't matter where you live, there's always people who need love, encouragement, support, or to be reminded of something. Imagine many people walking past you, some people may seem important, but may be sad. Others walking by may look wealthy, but they too have the ability to feel empty. Someone walking by may look homeless, and have the need to be encouraged. If you were walking around in a busy mall surrounded by people, it can be easy to assume who fits into the neat boxes of the wealthy, important, or homeless... But that's not their identity. Past the image their clothes show to everyone, there is a human being with wide ranges of needs and emotions. What if you were able to touch a need? How would you feel if you made a wealthy person happy again? Or a homeless person proud? You have the power to change the world around you with just a few words, gifts, hugs, or actions.

"There once was a group of people walking down a path, they had so much love in their heart for others that the grass would actually begin to grow under their feet. As they walked down the dirt road, just behind them you could see flowers and bright grass left behind them. Together, this team encouraged the gifts and talents in each other to the point that encouraging others was about as easy as breathing. When the group went their separate ways, the grass stopped growing under their feet, but the life inside of them could not be contained. They gave their lives to make others understand how special the ordinary people are. It's once you realize you have a gift that you have a choice to keep the gift yourself, or give the gift away. What gift do you have to give?" -Fictional story

It's one thing to know you have the ability to impact people around you, but let's actually do it. The student and mentor and/or Parents will go to a place of business where the student will have the opportunity to be still and watch people, feel who may be in need of some encouragement, gift, or have something prepared in advance for the person(s). The student initiates conversation and gives prepared thing of some kind to the person- showing the person the love without an agenda and reinforcing to the student that they can impact the world around them in more ways they think possible. Relax and ask God who needs it- then, follow through.

Bible Verse:

Discussion:

How did it feel to bless a stranger?

What gifts do you think you have to give to others?

Would you do it again if you had a chance?

Has anything changed in you after this?

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## Squire: Pray for a Pastor

There is a deep need in your area for a specific skill. There's a pastor in your area who is in need of some encouragement and prayer. Does it sound strange that pastors need prayer? It's easy to think that pastors may be complete and so close to God that they don't need any encouragement or prayer, but they are humans just like you and I and need to connect with others as well. The only difference between a pastor and you, is that it's their job to speak publically. They have the same connection with God available that you do, and are just as able to feel lonely, sad, happy, joyful, or depressed. As you know, you have an ability to impact those around you in a way that only you can. Statistics show that ( PASTORAL STATISTICS HERE). What if you had a role in helping decrease that statistic? How would you feel if one more pastor felt like they were doing good in their community and decided to stay and help because of something you said or did? Your impact could continue to impact the whole community.

(PASTOR AND CHURCH HERE) Has agreed to meet with you, pray, encourage, and talk for a little bit. If you feel like your supposed to say or do anything, have the freedom to pray, encourage, or do anything you feel like doing with the intention of leaving the pastor feeling like they were just given a gift.

Meet the Pastor and explain what the KOV is and that the student would like to do a "Knightly" task of praying for the pastor. Allow the Pastor to have any mentoring time he may have available. Also make time to answer any questions the student may have for the pastor.

Bible Verses:

Discussion:

What was it like with the pastor?

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**WORDING:** The idea of a peasant is a lowly one, if the student does not like being blatantly called peasant- it may bring feelings of a type of bullying, if that's the case, questions are more honoring, like “What's it like being a peasant?” With your connection being more of a purposeful life giving connection instead of a lowly one- the student in question may respond better. It all depends on the students response.

**GAME:** The idea is that when the student listens and follows through, they ultimately win. Also- If you lie, people may not want to listen to you anymore. You should have at least one person telling the truth, and one lying. If you have the ability for more players or liars, do however you want to. If the game seems too childish, you can add obstacles or various challenges to make it more difficult or rewarding like having a time limit and/or have a reward.

## Squire: Adopt a neighbor

Prep: Notify parents of the adopting of a neighbor- have them approve of it all. If the parents would rather not expose their student to a neighbor, an option is to replace this curriculum session with a backup, and help others as it becomes available.

Goal: To commit to helping a neighbor for 4 weeks, and speak why it was impactful

Everyone has a unique story, unique needs, and an ability to help each other. Saldy, in the past decades there has been a major shift in thinking. The internet has made it possible to not need to connect with a simple neighbor, you can now connect with the world and have a lifetime of entertainment anytime you wish. Given that gift, people now generally value personal entertainment more than their neighbor. How did our culture change so quickly? If you had an ability to make a difference in the life of a neighbor, who would it be? What does that person need? How could you help them? Do you want to actually make a plan to help them? once a week for the next 4 weeks, you will have the the opportunity to do that.

Imagine many others like you who will be knighted when they finish this curriculum, all adopting a neighbor for 4 weeks. Think about what that would look like- and what kind of impact that may have on the culture of your town or nation. So much love and giving to so many people, and that's only within the 4 weeks! You're impact will be much greater than the small 4 weeks, your life will leave a mark on wherever you live.

You can commit to some over once a week to play games and encourage your neighbor, or you can even commit to clean their toilet, or rake leaves once a week... whatever they need, it will deeply impact them. We all were given a chance to impact others, and sometimes people decide to live a hermit lifestyle and not to speak to anyone if possible. Maybe people like that would love to just be alone, but not everyone's the same. What kind of things do you love to do? What is it about those that you love? We all have things we love including journaling by a quiet stream or world travel. What kind of things would you love to do? Dream big and write them down.

Bible verses:

Discussion:

Who do you want to adopt for 4 weeks?

Would your parents be able to help?

Imagine you finished the 4 weeks- how would you imagine you would feel?

## Mentor session info

[ ]Swordplay [X]Some Prep [ ] Lots of prep [X]Game [ ]Actions [ ]Travel [X]Parents

### **Discussion Questions:**

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How could you listen or follow through better?

What distractions do you have when you need to listen or do tasks?

Do you feel listening is important?

How can listening impact your future?

### **Bible Verses:**

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## Squire: Fearless: Bless a bully

Prep: Notify Parents of noted discussion questions

Goal: To be vulnerable and make a plan to overcome bullying.

Imagine a Knight you may see in a fantasy book, complete with dragons, castles, and a treasure to save... Every person in life has some sort of dragon to slay- a battle that some people raise their sword high and charge, and others run away. What would you choose if faced with a difficult decision that may seem like fighting a dragon? What if you were asked to walk up to someone who may have hurt you in some way and make things better? What if you went into the conversation with the idea of blessing this person and making them feel like you are a blessing? It can seem like a massive dragon to attack or win, but by being nice doesn't need to come across like you worship the bully, but that you want to call them to a better place of love and respect you as well as themselves. Going back to the idea of the Dragon, castles, and treasure- the true treasure is finding out that the dragon isn't a bully, but a fellow knight who may have been injured. The treasure is a newly found respect and friendship you have for each other along with the feeling like you are a fearless overcomer.

Bible verses:

Discussion Questions:

Who has hurt you?

Is there relationships in your life that need repairing? Which ones?

Do you feel bullied by anyone?

Does the mentor have any stories of people or events where you were bullies or hurt?

Do you feel like you have ever been a bully?

Ask Parents: Have you ever been hurt or bullied by others? What happened?



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## Squire: Plan for Battle

Prep: Talk with parents, have a story ready or prepare to explain what it was like at students age  
Goal: To feel socially prepared for negative emotions, understand active listening.

There will be a battle at your house, at a friends house, or even in a grocery store. The battles can happen anywhere and in ways you may not imagine. You will be trained today to prepare for some possible battles you may have already seen some or contributed to a battle. Have you seen Anger, confusion, feeling unfair, pain, things don't go someone way, etc. If we agree with those feelings and make them our identity, it's so easy to let them control our actions, but who do you want to be in control? You or the emotion? Have you seen anyone that had an emotion controlling them? We should point out that all emotions are valid, and it's not wrong to be angry or in pain, etc.

These battles I'm referring to can involve you or not. If you are angry, what will you do with that anger? What end will the anger lead you to? The choice is up to you. You're parents have gone through many emotions in their lifetime, but before you prepare for battle, I need to express that you're parents are not enemies, but allies you can freely talk to. Sometimes we eventually think our parents are distant and don't really know what were going through, that they wouldn't understand even if you told them. But what if they did understand? What if they wanted to tell you a story about when they were your age? What if you realized you could help each other grow and understand more of the world around us. Those who are lucky enough to have parents rarely know the precious resource they have, and use them. Through simple communication and vulnerability, beautiful things grow.

While the mentor prepares for battle, the student should talk with their parents about what it was like growing up at their age, and if there's any stories they may have. When the student is done, reconnect with the student for the planned battle.

Battle can go many ways- See the Mentor page for details to contextualize.

Bible Verses:

Discussion:

Did anything about today's session surprise you?

What did your parents say about when they were young?

What impacted you during the battle?

How do you feel prepared now?

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## Squire: Lies you believe

Prep: Swordfight, Blindfold, paper+pen, matches. Parents write letter of love and truth to student, or participates in sword fight as well (After student blindfolded)

Goal: To loosen the grip of lies the student believes.

Look in the mirror. What do you see? How do you feel? Write down 3 things that your "not \_\_\_\_\_ enough" (I'm not smart enough, etc)

Once finished...

Remember that even though these feelings may be valid- there not your identity. God has made us complete, not lacking anything and called us very good. If you think your lacking something, what is it? What are you comparing yourself to? Be vulnerable with yourself and with the truth of the bible, that you are complete. What happens to the lies when revealed to the truth? Battles will begin.

It's battle time... Student places blindfold over eyes and has sword, mentor is not blindfolded and has sword also.

Mentor reads lies the student wrote down and makes himself as if a bad guy whispering lies that apply to the student, and the student attacks, but it's not in the sword that defeats the bad guy- but truth. Does the student know truth to attack with? The mentor or parent(s) may join in and speak relevant bible verses that apply to the lies. After all the truth is spoken, the student takes off the blindfold and burns the paper... it's defeated. If the student continues to have battles with identity- constant communication with parents would be ideal.

Bible Verses:

(See mentor section for relevant verses against the lies)

Discussion:

What was it like hearing those lies while blindfolded?

How do you feel now? What's different?

When do you feel lies creeping in?

How can you defend yourself?

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[ ]Swordplay [X]Some Prep [ ] Lots of prep [X]Game [ ]Actions [ ]Travel [X]Parents

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## Squire: Doubt

Prep: Prepare to go for a walk where you can pick up small items.

Goal: To open lines of deep communication with parents and mentor

How would you feel if I said it's ok to ask questions like "Is God real?" and "What's the point to go to church?" it's even ok to ask basic questions about Christianity, Knighthood, Life, marriage, sex, or anything in between.

So many people believe in order to be good, you must be perfect. There is only one who was perfect, so we try and try to be what our friends, parents, or church wants us to be. To be a Knight, you need to be perfectly you.

Is it ok to have doubts and still be a Christian? Yes! To be a Christian simply means you are on a journey, and some believe that if you're path isn't totally straight, or if you doubt, you're in trouble and may go to hell... People like that are a reason we think God is a big cop in the sky ready to strike us, which sounds more like zeus, a greek god with white curly hair and lightning in his hands.

"God is Love" is a bible verse that implies that no matter what you do or where you are in life, through mistakes and doubt, you are a Christian. So go ahead and doubt if you need to, don't punish yourself if you make a mistake- God doesn't. Also- if you take this idea of love the wrong way and decide to do a bunch of unhealthy things because "No matter what God loves me" you will be missing out on what God has for you, even though He still loves you.

If you're thinking about some things right now that you're not sure you can talk with your parents or not, pick up a few rocks or (other items) that equal the things you can't talk about...

It's your choice to talk about it, but if you want to, this is a safe place to talk about it. I won't feel sad if you don't want to talk about it, but know that if you want to let those burdens go in your heart, you can. You're parents and I are here for you.

Bible verses:

Discussion:

Do you think there's topics you can't talk with your parents about? Like what?

If you doubt or believe in Christ- Why?

Do you want to be able to ask your questions?

Did you feel any fear in talking about anything?

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[ ]Swordplay [X]Some Prep [ ] Lots of prep [X]Game [ ]Actions [ ]Travel [X]Parents

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# RANK: WARRIOR: (Custom)

Wherever you are in the world, every culture has a specific type of realistic hero. The Samurai, Knights, Vikings, Spartans, Roman legion, Navy Seals, Apache, Maori, Mongol, and Ninja, to name a few various warrior types around the world. Are either of you struck in awe by any of these? If you could train as one of them, which one would you want is the attraction? Do you prefer any kinds of medieval weapons?

## Immediate Action: Choose your Weapon

The idea being, the student may identify rank as an axeman, swordsman, bowman, etc and have that be a focus the student may work on (no long term value within curriculum as yet) but the mentor may continue training with swords, sticks, or whatever they want to use. This is a custom rank (Swordsman, Bowman, etc.) for the student to enjoy and focus on if wanted. If the student does not want to choose a weapon of medieval nature, they can still be called a warrior.



# Mentor Notes: Warrior

## Mentor session info

[ ]Swordplay [X]Some Prep [ ] Lots of prep [X]Game [ ]Actions [ ]Travel [X]Parents

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## Warrior: Controlled power and peace

Prep: Sword practice.

Goal: To understand how to have peace during a battle, and its effects.

Confidence can look like intimidation, but to intimidate on purpose is intended to cause fear in an enemy. Confidence causes a boost of courage within your allies. Imagine standing in front of a battlefield- looking at your enemy. Are you afraid? Yelling at them? Or choosing to breathe, and speak an encouraging word to your allies.

Peace during battle means your able to be more accurate and think more clearly in the moment instead of fearfully flailing around. Peace during battles will automatically increase focus, understanding of the battle, accuracy, and communication. What benefit would a knight in battle have if they were more accurate, agile, and be confident?

Controlled power means your not throwing out your strongest and most intimidating battle moves all the time- that would exhaust you quickly. If you keep focus, move minimally, attack when you have an opening, you're power will be under control and you will have more of an edge than previously.

This concept applies to physical battles with weapons as well as social battles where there is conflict. Do you have the ability to be cool minded when someone starts yelling at you? Can you control your power if you're getting pushed around by a bully and observe the battlefield? In that situation- it would be easy to be out of control and fight back, but would bravery look more like talking to the bully? "What's wrong? Why are you pushing me?" Childish behavior is pushing or fighting to get your way. Controlled power in this example is having the ability to "heap hot coals" on their head by loving them. Imagine if you loved someone who was bullying you- they may think your crazy at first, but the impact will have a long lasting effect.

Bible Verses:

Discussion Questions:

How could you practice controlled power?

Have you been in a position when you were out of control?

Do either of you have a story when others were fighting? What did you do?

What feels different when you are at peace in a battle?

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[ ]Swordplay [X]Some Prep [ ] Lots of prep [X]Game [ ]Actions [ ]Travel [X]Parents

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# Warrior: Religion

Prep: None

Goal: To expose and have healthy biblical interpersonal expectations

It's amazing how many people around the world hold onto religion. Many different religions require different things from it's followers. Some religions require you be clean so your prayers will be heard, others require very specific times of prayer or food you can and should not eat so you will continue to be blessed. Everyone is on a journey, and you should never think that your beliefs are better or worse than others' beliefs. Whatever belief you hold on to, or congregation you are with, it's sad that people always fall short of whatever goal or high living they try to get to. The religious leaders can abuse their influence, have affairs, do drugs, and get involved with all kinds of unhealthy behavior because they are humans too. God stated "True religion is.. J127) So the description of "True Religion" is James 1:27 While "Religion" can be described as a personal belief system.

Someone once said (about their religious experience) "I believed that I needed to be good, not giving into temptation or doing anything that was sin. I thought that if I gave into temptation of any kind that God wouldn't want to be with me and I wouldn't be blessed for like 3 days. After a while, I realized that Jesus didn't come to the earth to show us how to be perfect just so we could fail and sin- how is that good news? Then i understood the bible verse that said "**Be** perfect as I am perfect" not "**Become** perfect as I am perfect".

Your ability to be perfect is already in you, just BE you. Not even God requires you to BECOME someone your not. But with swordplay for instance, you're not better just because you have a sword- that skill takes practice and understanding to become good at. Likewise, as you grow and become an adult, you will change and will understand yourself and the world around you more and more. As you continue to grow- keep practicing the skills you want to learn, ask questions, and BE perfectly yourself.

Action: (Indoor or outdoor) Have the student wear a blanket or sheet while holding their sword, if there's room to swordfight, do it for a moment and see what difficulties there are. Pretending the blanket is "perfection", the student may take it off at anytime during the fight and realize, you are better off not pretending or trying to be perfect- BE who God made you to be. Enjoy that freedom.

Bible Verses:

Discussion Questions:

What are your thoughts about world religions?

What has your experience been with religion?

How do you experience God?

Have you felt the need to be like someone else?

What do you think about the idea of you being perfect instead of becoming perfect?

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## Warrior: Knightly goals

Prep: paper, pen. The goals listed will need to be recorded, there's a possibility others may want to donate to the cause or goal, especially on graduation day. (See Mentor Notes)

Goal: To realize that life won't change when you graduate KOVA, you are already changed.

Imagine you were just knighted. Imagine many people clapping and standing with happiness. What's next? What do you want to do from that point? List the things you may want to stop doing, continue doing, want to experience, learn, or do that's new. (Write now)

If the only thing different is you being knighted- why can't you do these things now? Is anything stopping you? Your goals are so uniquely you. Sometimes we can be influenced by TV, internet, peers, parents, mentors, friends, or even strangers, but the goals that YOU want to reach or accomplish are unique. If you accomplish these goals, what would be different?  
(Answer for each goal)

The idea of having Knightly goals is simply that they are your goals, and maybe some are for you personally to grow or learn, while other goals may be directly impacting the community or community group. How you get there may involve many others, and that's not a hurdle- it's a blessing to involve others on a community dream because it improves the lives of everyone around. So go ahead- dream big in your own life, or in the world you live in. Those dreams turn into goals which turn into actions, and those actions make those dreams come true.

Bible Verses:

Discussion Questions:

What difficulties could you have reaching each goal?

What would you feel like after completing each goal?

What would life be like when each one is completed?

Do you need help achieving any goals?

Who do the goals impact?

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## Warrior: Your fight (Honesty with self and others)

Prep: Notify parents student may come to them with secrets possibly (tell them it's a session)

Goal: To let go of paralyzing fear.

Honesty and Vulnerability may seem like a weakness, but it's an opening and allowing of deep thoughts, emotions, or past events that may bring mixed emotions- into the open. When that happens, there could be fear, but soon there's a strengthening of communication that happens and makes you realize how beautiful vulnerability is, for some people, it comes very easily. For others, it's so painful it feels like your heart is exposed for everyone to step on... But what would happen if it caused good?

Is there anything you feel ashamed about or are hiding because you think you may get in trouble? Is there anything you want to forget about because it hurts to think about and haven't told anyone yet? Do you feel nervous even having this conversation?

Listen- You can't be stopped from being a Knight because of some secret your hiding. You may not have anything, but if you do have something hiding- understand that the fear is overcoming you. You are not being a warrior if you are always losing to fear. Fear is an evil enemy that seems to always hit us and paralyze us.

If you do have something hiding, what do you think would happen if you told your parents? (Let answer)

Bible Verses:

Discussion Questions:

Mentor- have you experienced this? How?

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# RANK: ARMOR BEARER

Optional Prep: Family Focus:

Immediate Action: Family encouragement/Prayer/Shield/Book

At this time, have a family gathering where the family has prepared encouragement in whatever way they seem appropriate, pray, give the gift of a shield or have the student make one using whatever material they want, and a relevant book for the student.

An Armor bearer is a trusted squire who has trained as a warrior, and brings his master or serves his knight by bringing his shield into battle. They were placed in various trusted positions as well that included helping put on armor, horsemanship, protection, and even companionship. As the centuries went by, and the need for an actual armor bearer slowly disappeared, we see a rise in Europe's need for a gentleman and ladies' valet, which is an esteemed position where a man or woman were hired to help with personal affairs like dressing for events, ironing clothes, preparing for events, and expected to do the services of a butler.

Armor Bearers were always in a position of being available out of love and respect. They understood the risk of protecting their master or Knight, and found so much fulfillment in giving their life in the service of others.

The Modern-day armor bearer is able to serve, call, pray, and aid others in any way they can and are available to do without being taken advantage of. They also establish healthy boundaries with those they choose to be armor bearers for. Understanding what healthy boundaries are, and how to enforce them is important for those who may be taking advantage of your generosity.

## Mentor Notes: Armor Bearer

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## Armor Bearer: Adopt a Pastor (Or Mayor or prevalent town figure)

Prep: Notify parents of the pastoral adoption- parents approve frequency and connection.

Goal: To adopt a pastor, and pastor mentor student while being poured into. (long term)

Being an Armor bearer means you will be able to experience what it's like to help others, and lift them up or encourage them in a way that only you can. Remember a while ago when you were asked to pray for a pastor? This is an extension of that where you will have an opportunity to adopt a pastor of your choice with parents approval.

Your role will be to offer 2 months of connection to pray, help, or encourage in whatever capacity you can. Depending on what your parents want, you can dive into helping your pastor by doing yard work, prayer, phone calls, gifts, encouragement, etc. But here's the thing, as your getting closer to graduating, how much you want to commit is completely up to you. Minimally, if you want to only commit to phone calls once a week, you totally can without guilt. Also, you can go over there every day and spend hours over there working and talking with the pastor. It's recommended you go with your parents whenever you visit with the pastor you choose.

Having the ability to be an armor bearer to a pastor means you will be joining them in battle. Depending on the pastor, you may be asked to help with a few chores or work at church, but whatever you do, know that you will be helping the pastor feel more able to relax, and will be helping someone who may feel like their job is to help, give, and pour out to the community. It seems like some people think pastors' jobs are to give and don't need anyone to give into their life- but it's not true. By adopting a pastor for 2 months- you will be essentially be helping the whole community.

Bible Verses:

Discussion Questions:

What does it do?

What benefits do you see to adopting a pastor?

What do you think the pastor would appreciate?

How do you think this time would impact you?

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## Armor Bearer: Failure

Talk about a time when you were either in a competition, or experienced a failure of some kind.  
(Continue after your conversation)

Some people for some reason think that winning and losing has meant that second place was actually the first loser. But from first place to last place, the contestants have the ability if they choose- to learn and grow so much further based on their new knowledge gained from the experience. If you quit and say your never going to do it again because you got second or last place only reaffirms a loser mentality. By choosing to hone whatever skills to be better for next time will not only show improvement as you practice, but that winner attitude will automatically encourage and bring a positive mindset next time you compete or try again.

It has been said that Thomas Edison, the maker of the light bulb, spent so much time trying to make electricity into light, he failed so many times but he said "I didn't fail 9,999 times, I found 9,999 ways to not make a light bulb". You may think he was just an optimist and had a natural bend to positive thinking, but in his youth, he could have gone in a different direction. He attended school for only 3 months until his teacher kicked him out stating "He's too stupid to learn anything". Then as a young man, he was fired from two jobs for not being productive. Imagine being that guy for a second- believing your stupid and unproductive. He defeated negativity in his life and changed the world through invention.

History shows us many people who impacted the world who had to overcome what may seemed like failure. People like Michael Jordan, Rob bell, Beethoven, Bill Gates, Einstein, Dr Seuss, Elvis Presley, Eminem, Steve Jobs, Lionel Messi, Walt Disney, Oprah Winfrey, J.K. Rowling, Stan Smith, Steven Spielberg, Sylvester Stallone, Jack Ma, and many others you may or may not know next door or around the world.

Just because you fail doesn't mean your identity is labeled as a failure. You will grow and as you step on the rocks of failure, you will build wisdom. Courage is the ability to hold onto your dream and not losing it. Don't focus on your failures- fail over and over again and you will be more wise and ready for success.

Bible Verses:

Discussion Questions:

- When has failure made you better?
- What was the most recent thing you failed at?
- When do you think you may fail next?
- How can you be prepared to face that failure?
- How do you feel when you fail or win at something?



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## Armor Bearer: Life giving connections

Canadian singer and songwriter Justin Bieber said “I Think older people can appreciate my music because I really show my heart when I sing, and it’s not corny. I think I can grow as an artist, and my fans will grow with me”. Think about that vulnerable statement- Justin basically asked his fans to grow with him no matter their age. No matter what line or work or passion you decide to direct yourself, when you have your heart connected to something- it can be a life giving connection not just for yourself but for many others.

It’s not natural to be vulnerable with others, but when you choose to, something unexpected may happen. From people thinking you are crazy or call you sensitive, but to others realize you have a major level of appreciation for things of the heart, and to them, you are breath of fresh air. Depending on the personality, history, and perspective of others, however you connect with them will leave an impact one way or another. You should know that at a base level, most humans value vulnerability- showing each others heart and not expecting anything in return. It’s almost a way of understanding that you’re human, it’s ok, and your not weird.

Through your life, you will be connecting to many people from those you love to strangers you walk by and never see again. What kinds of connections have you had already? Have you deliberately had connections that you decided to make sure they were positive? What about the people who are ignored, bullied, or different? Could you connect with them?

Action:

Write down 2 categories, one category is people you want to connect with more, and the second list be who you don’t want to connect with. How did those people earn one category or the other?

Action 2: Who could you invite to be a sword fighting partner?

Bible Verses:

Discussion:

How would a Knight connect with others?

Who could you connect with and feel like it was life giving for you both?

Are there people in your life you don't want to connect to? Why?

How could your connection help others?

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## Armor Bearer: Prayer and fasting

The knights of Valor and it's mentors are certainly not required or is it suggested that you should deprive yourself of nourishment. If you do decide to do any kind of fasting, please do it by your own choice and by your own convictions with parent approval and supervision.

The idea of prayer and fasting is an ancient one. Will God love you more if you pray or fast? No- God loves the depths of you that you don't even know. There is however, a special connection where it seems that fasting creates a space where you deliberately choose to connect deeper with God. Through the Bible, we see people who fasted because it was a certain time to do so, others because of troubles approaching, and some because they heard God say they should. Prayer is a vital part of fasting, and is not simply folding your hands and closing your eyes out of repetition, saying words that seem slightly better than normal, followed by an amen. Prayer is simply described as a two way conversation. If you want to pray, it's easily seen many times at religious services, before meals, or before bed. Does the bible say that's when we should pray? No. The only time related scripture says "Pray without ceasing" but prayer is not like walking around with your hands clasped, it's a relationship.

What if your best friend was with you right now-how would you feel? God is like that, always with us, and able to communicate in many ways, it's just up to us to listen and say hello. It's not complicated, but for some reason people complicate it. During a fast, you don't do it to make yourself look more holy, you do it because you desire a deeper connection using biblical practices. For some reason it's easier to connect with God when the distractions are limited, and we really want to connect with God.

Fasting without prayer is just a diet. But you can fast from many things- anything actually... dessert, one meal a day, eat vegetarian (Daniel fast), video games, cell phone, social media, all drinks except water, no food just water (40 days- not recommended), total fast (no food/water- 4 days max- not recommended). If you do choose to fast, do it with parents permission and never jump to extreme fasting. Start with one day if you want to.

Prayer by itself is a helpful practice, it has been shown scientifically to aid brain function and sharpen focus, but beyond how it helps your body and mind- it has a unique way of bridging the seeming gap between you and God. We can connect with God freely now- The spirit of God was encased in a box called the ark of the covenant, but after Jesus came back to life, we were given a special gift that Jesus called "the helper". The spirit of God is now no longer in a box, but everywhere.

Bible Verses: Discussion:

What do you think about God being next to you?

Ask your parents what they experienced if they prayed or fasted.

What do you think about the idea of prayer or fasting?

What do you think fasting could benefit for you?

Do you feel like connecting with God differently?

Have you fasted before?

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## Armor Bearer: Armor of God

Prep: Tennis ball or any other catchable item ready, and a shield or some form of armor ready.  
May want to prep more lies and truth (See below)

Goal: To value the armor of God

The armor of God listed in the Bible is a hyper-militant analogy of what values are important for a Christian to hold onto. Truth, Salvation, Righteousness, Faith, The Spirit, The Good news. Paul wanted the reader to know that there's values and truth we should hold onto, but also that they have an effect for more reaching than making us "nice people" but it affects many things we see, and don't see.

You have an ability to put on this armor and help put it on others as an armor bearer if they want it. These pieces of armor is not some magical thing where you speak bible verses and you have some kind of glowing armor, however, there is an armor effect that takes place spiritually as read in the bible. If someone threw flaming arrows at your head by saying that God hates you because you are a sinner, wouldn't it be ideal if you were already wearing a helmet of salvation? You can prepare to defend yourself against such attacks that are bold like that, or sneaky and in the background.

This armor is given to you, and is the armor you will wear as a Knight. It may be invisible to you, but when you hold onto truth, you begin to look like a Knight this world needs.

Action: Have the student grab a shield, blanket, or some form of armor. Spend some time throwing the catchable item at the student and have them either catch it or block it depending on what they choose. By catching it, it means they believe it, drop it means it's not true.

Ideas to throw:

You are stupid, you are worthless, you are worthy, you have value, you are not good enough, you have a future, you are not loved, your value is based in your actions, you are broken, you are wonderfully made, God loves you, no one likes you, you smell bad, your parents dislike you, you are a failure, you're not important, etc. Feel free to make some that hit closer to home

Action 2: Write a letter to a knight after reading Ephesians, and how it applies to you.

Feel free to talk about why the student made their choice.

Bible Verses: Discussion:

How would you put on your armor? How would you help others put on their armor?

What kinds of lies have you believed in the past? Would this idea of armor have helped?

Do you feel more able to block things with your armor?

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## Armor Bearer: The Unseen World

Goal: Understand you have a role in the unseen world.

"The spiritual world" is explained in the bible, "Different dimensions" is referenced by scientists. There's a strange unexplained world around us that many people have differing ideas about. Some think it's the next great adventure, scary, unbelievable, or a waste of time, almost all of us agree that there is an unseen part to all of us. Where is the soul? What makes us believe lies about ourselves? What influences us to do bad or good things? Is it simply our conscience or something else? When diving into understanding the depths of the spiritual world, it's can almost feel like placing the "one ring" from a popular movie on your finger and experiencing something familiar, but also vastly different.

Lies are invisible and come flying at us- but we have the option to believe them or to combat them with truth. It would be inappropriate for us to teach you what you believe about this unseen world. Since no one has seen it- it seems that we all experience it differently- but it can be experienced simply by asking "How do you feel when someone is looking angrily at you?" the person is seen, but what is felt is unseen. When was the last time you felt like doing something that you knew was wrong? What was nudging you to do it? It's easy to think it was you making a choice- but it was your choice to agree with it.

Can you fight this unseen world? Yes! As you have already explored- you can fight against lies, and many other things that are unseen. The unseen world is never supposed to be scary or make you scared of the dark- it's an awareness that you also have a role to play in it. You can spread truth or lies and impact the world around you positively or negatively. When you believe lies about yourself, it affects the type of impact you will have on your community.

**ACTION:** Blindfold Student and place the sword in their hand. Ask them questions- "What do you feel?", "What are you thinking about?", "Are you scared?", "Are you at peace?". As the student responds, ask more questions that relate to the response. Let their responses guide your questions. Every ending to this action is different.



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## Armor Bearer: (Love is) your greatest weapon

Love is said to be the most powerful weapon you have, but when used in retribution- it comes across as sarcasm and loses its effectiveness. But if someone does you wrong, you have a powerful opportunity to walk boldly and while respecting any people involved, talk about what may need correction. Vulnerable conversation is one of the most beautiful ways to love an enemy. Stay in control of your words and actions, and let love shine in the moment instead of a negative emotion.

Your ability to love will impact every part of you. If you choose to get married, it will deeply impact your ability to listen, communicate, and desire to provide or give support in many ways. Also, it affects your life directly, the connections you have, how you connect with others... Love is a great skill to grow in, but as you may understand- it's also your greatest weapon to learn.

Love may seem like some fluffy thing or something that weak people do in order to get attention or approval... If that is true in some people- they are using love incorrectly. Love can look like asking an honest question of "Are you ok?" after someone tries to hurt your feelings, or forgiving someone who wronged you, or even saying I'm sorry for doing something wrong... all of these things have a way of knocking down walls and making life flourish in people. This is why parents make their kids apologize for doing something bad- but it's not the action of saying "I'm sorry" that creates life, it's the deep heart attitude of wanting what's best for the other person. If you are able to do that, then you all will become better people.

The Bible states that "God is love" so wouldn't it be a type of adventure to put on your armor of God, love fearlessly, and don't be afraid of failure? Everyone will experience this differently- and you are on your own journey. Explore this world armor bearer, with your head held high, and armor in place. Be uniquely you, just as God intended it to be.

Discussion Questions: (ACTION POINTS FROM HERE)

How do you want to go on that journey?

How can love grow in your heart?

How could you explore your life more?

What would life look like when you wear the armor of God, love fearlessly, and don't fear failure?

Are you starting to feel like a Knight?

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## Armor Bearer: Allies and enemies: The Battle

Prep: Massive battle (Month of prep- See ideas) Student prepares speech.

Goal: To inspire his group, and bring other youth groups together for a one time event

A storm is approaching, a deep stirring is taking place within those around you.

Soon there will be a massive battle that takes place, imagine yourself giving a speech about what you have learned, and boldly preparing your friends for battle. You will be battling with friends, family, neighbors, or anyone else who has agreed to join in. There will be padded swords, various games, a potluck, and a presentation for everyone. The student should greet others, and be hospitable, and enjoy yourself.

During this battle, you will be teaming up with your allies, and facing your enemies. You will have the ability to know about how many teammates you will have, where to place them, encourage their attitudes, and unleash a battle they will remember for the rest of their lives. What kind of impact would you like to leave with those who attended? This event will be more than games, but a time to love, encourage, grow together, and learn from each other.

It is your duty to prepare yourself for battle. Make whatever safe weapons and armor you would like to use that reflects what you have learned but also is uniquely you. Be prepared to encourage your team like the knight you are about to become.

Discussion questions:

How can you be fearless in the battle or when you speak to your team?

What kind of weapons or armor come to mind that you want to make?

How can you prepare your team for the battle?

What kind of long range weapons come to mind?

What do you want people to remember when they leave?

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# Proving Grounds:

Depending on the amount of students in a town, it may make more logistical sense to have a single event with various people to help facilitate the celebration into knighthood.

If there's a town with multiple students, it makes more sense to have one event with multiple aspects called the proving grounds, and is a place where the students can finalize the training, compete, speak, feast, and have a ceremony.

The 2 day proving grounds event that transitions into knighthood:

AM: All parents arrive at 10am to the location chosen that facilitates all below mentioned events.

10am-12:00

Opening ceremony, Orientation with everyone, expectations, introductions, and notices.

Break to set up camp, unpack, prep, connect. Private and final conversations with parents, volunteers, etc about upcoming events and prep.

12:00-1:00 Lunch and cleanup (Students Serve)

1:00 Student Showcase (Students show their talents, items, speak, etc)

2:00-

4:00 The Proving Grounds

Youth and parents prep for battle, capture the flag, students vs parents battle with swords, tennis balls, shields, etc.

5:00 Clean up and free time

6:00 Dinner Feast (Parents Serve)

7:00 Swordplay Tournament (Students only unless otherwise told)

8:00 Also have secondary category for double elimination, also parents?

9:00 Valor fire begins:

Students share letter of why they want to be a Knight, parents bless students

10:00 Fire out- Bedtime.

6am - Grown up coffee time

8am - Breakfast (FFA)

9:00 - Outdoor walk and group conversation

10:00 -

12:00 Lunch and cleanup (Students prep and Serve)

1:00 -

2:00 -

4:00

5:00 - Clean up and prep/free time

6:00 - 7:00 Knighthood Ceremony - Parents Honor Students - Students Honor Whomever they wish publicly. Very customizable, but some aspects must be the same.

Mentor Info:

## Knighthood Recommendation



Mentor Prep:

KOVA Goal:

# EXTRA DOCUMENTS FOR MENTORS: Info

What there for, How to use them, and why there here.

## Extra: Joy

Definition of Joy:

“The emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires”

We hear the word joy, and what do you think of? Christmas? A child being born? Buying a new car? Owning a business? Becoming a millionaire? There are lots of opportunities to be joyful with the things we are given or earn.

But the bible clearly states that Joy is a fruit of the spirit... So what's the difference between the joy of getting something and the fruit of the spirit? Here's a story.

Paul was a young boy who was about to go with his parents to visit a family who had kids around Paul's age. The thing was, this family was going through a hard time and could use a few items for Christmas. Paul didn't want to send anything and argued that God would provide for them, not take his toys! His mom said “Paul, it's better to give than to receive.” Paul squinted at his mom in disbelief thinking she just made that quick sentence up in order to convince him to give away his toys! But she found a few items, one at a time, some socks, toys, games, underwear, shirts, whatever. Paul was trying to defend as much as he could of course, feeling somewhat robbed by his own mother.

They started to drive, and finally came to the house. The parents opened the door, and Paul walked in, and saw kids around his age sitting and playing with some marbles on the dirty carpet. Paul didn't say anything but the house smelled funny and the clothes the kids had on were starting to get holes in them. Paul was playing games with the kids he forgot all about the toys! He remembered when his parents asked him to bring them in. He brought in the 2 shopping bags with stuff from his room. The boys went wild and were so happy. One item at a time they held up and looked at, smiling and making comment after comment about why they loved the toy or clothing. Paul was shocked! The kids were even appreciative of his underwear!! And these were his worst toys! But the kids loved them so much! Some of the boys were even crying. Paul looked over and saw the dad say to his parents “Thank you so much, you are really a blessing” and shortly after walked back to the car. It was a blur really, watching the family wave goodbye and kids holding onto the toys with a joy that Paul didn't have.

Tears started to pour down Paul's face. “Mom, Dad, we need to get more stuff from my room and bless that family. They are so kind, and need it so much more than I do” Even when the family got back to their house, Paul was wishing he brought more stuff

to them. Those tears turned into an appreciation of the toys and clothes he had. Sitting in his room, he no longer looked at his toys the same way. He remembered the joy those kids had, and was joyful himself for what he had.

The story ends with Paul realizing he had a lot of toys, and was able to bless others, and was happy to have so many toys! Paul was joyful because he gave. God used that Joy to change his view on life, and would always remember that joyful family.

Mentor Info:

Challenge:

Focus on making joy a part of every day. Don't pretend to be joyful, but when you are- don't hide it! When you're feeling joyful, express it! Sing a song, dance, clap, smile, hug, write poetry, let those healthy thoughts bubble out! Joy looks like something.

Discussion Questions:

When you hear the word Joy, what comes to mind?

If you could make someone joyful, what would you do?

When are you most joyful? Why?

When did you see someone joyful?

Do you want to be more joyful?

ACTION:

## Extra: Patience

An old peasant once said “Be patient, and your time will come” This old man was wise, but he knew the value of patience. The people listening asked “Does that mean that eventually we will be rich and we need to just wait for an opportunity to steal or be honored?” the old man laughed and responded “No, If you even want to steal, this means you can’t be patient. To be patient means to be ready at all times and look for an opportunity to good without expecting to be honored, and someday, you will realize the riches you have inside your heart will be of more worth than all the gold in the world”

With that, some people left grumbling, wanting to get rich quick, while others sat down and realized for the first time that they were valuable and able to impact the world greatly. The old man continued to tell those remaining “When you are patient, you find things that you wouldn’t normally see. If you rush to get something you want, you may miss things greater than the thing you are trying to get. The world opens up when you are patient and able to look around during your journey toward a goal”

Discussion Questions:

What goal do you have?

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## Extra: Goodness

Definition of goodness:

“The nutritious, flavorful, or beneficial part of something”

People tend to focus on goodness so much that for some reason, they try to get rid of anything bad, and end up actually focusing on the “badness” inside them. Maybe they lie, have unhealthy thoughts, think they are stupid, or hate some part of themselves. It’s almost like a cup of water with a rock in it. We get disgusted, then try our hardest to get it out, but end up making a big mess in the process.

God never told us to “become perfect so he could love us” he already loves us. So what should we be focused on? Philippians 4:8 says “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things”

Notice it doesn’t say “Whatever is right, pure, and perfect- DO those things” It says “Think about such things”. Everything starts in our thoughts! If you want to be a star baseball player, you won’t say “I need to stop being so stupid, I never do anything right” because you’re focusing on the “badness”. If you want to really reach for your destiny and chase after your dreams, don’t focus on what’s wrong. The bible wants us to focus on the goodness in this world- including in you. This doesn’t mean we ignore the “badness”, it’s simply not our primary focus. By focusing on the goodness, we can see things like hope, happiness, joy, destiny, fulfillment and peace a little more clearly. This alone makes the world a better place.

### **Discussion questions:**

What do you see that is good in you? What can that good do to others?

If that good thing was a superpower- what would your superpower be and do?

What or who do you admire? Why? Is it goodness you admire?

### **Bible Verses:**

Romans 8:28, Psalm 23:6, 1<sup>st</sup> Thessalonians 5:21, 2<sup>nd</sup> Timothy 3:16-17

### **ACTION:**

Mentor: Rub a small amount of dirt, dust, or whatever is around at the moment on the students face or arm. Ask: Are you now bad? Will people stare and wonder what’s wrong? This “bad” on you is not even in you, so how can you be bad? And if you do feel bad- Run to God. Even when we think “I’m too dirty to see God”, he loves us and sees the goodness in us. Know you are loved, and have a lot of good in you.



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## Extra: Happiness

If I told you that you were supposed to “Be happy” and run around smiling, making everything joyful, you would not truly be happy, but you would just be wearing a mask-pretending. God doesn’t want us to pretend, but to be honest with each other. Some of the fruits of the spirit are: goodness, gentleness, and Joy. Here’s a brief example:

Joy: Being able to rejoice when others succeed, even if you don’t.

Goodness: Knowing what is right and wrong, and choosing right.

Gentleness: Gentle in words and actions, focused and calm.

I should tell you that some people in this world want so badly to show off the various traits that you are now learning, but in doing so, they forget who gave them. They appreciate only the gift instead of the gift-giver. You have the opportunity to love everything from video games to your parents, but know that God is more loving, more powerful, more joyful, and more good than any mask we can wear that says “I’m good” It’s never about looking good, or even being good, it’s about God in us, and through Him, we are made good and righteous. So, find true happiness in the one who made it.

### **Discussion Questions:**

Q. Do you feel joyful sometimes? Why?

Q. When do you feel like a good son? (Write his answer)

Q. When do you feel gentle?

Q. Have you ever felt like you have worn a mask before?

### **Bible Verses:**

Proverbs 17:22, Romans 12:9, Titus 3:1-5, Romans 12:21

**Action:** Each family member choose one of the 3 fruits listed previously, and focus on doing that one for the rest of the day. At the end of your mentoring time, ask the student how he feels after choosing and using one of the 3 fruits of the spirit, and what was different.

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## Extra: Thankfulness

People can force you to say “please” and “Thank you” when you’re younger, but to understand what it does in others, can cause a motivation that may just change your view on saying them. Let’s focus on “Thank you”- It does something to others, and I really think people secretly like hearing it because it gives honor and shows not only a healthy attitude in you, but it encourages others and shows that you enjoy and actually notice someone, and what they did.

By nature, most people want to be noticed. Some people want to be noticed too much, just want to blend in, or somewhere in between. No matter where you are, being thanked has a positive impact that can remind people they are human, and they are noticed and appreciated. Those small words “Thank you” can impact the world around you.

### **Action:**

Have the student get a pen and paper. Then give the following challenge: Using your friends and family, you need to find people around you and find 20 things to be thankful for- you must write them on paper.

### **Discussion Questions:**

- Q. What feels different when you're thankful?
- Q. Did you notice a change in others when you were thankful?
- Q. When are you most thankful?
- Q. When are you least thankful?
- Q. Share a story when someone was extremely thankful.

### **Related Bible Verses:**

1st Thessalonians 5:16-18, Psalm 118:1, Ephesians 1:16, Psalm 95:2, Colossians 3:14

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## Extra: Forgiveness

When you hear the word forgiveness, you may remember a time you got in trouble, or when someone forgave you. Forgiveness is a beautiful thing- It has been scientifically proven to heal, and is one of the best things to bring people back together after an offense. Forgiveness is not only healthy physically, but spiritually. It's common for people to say "Hey! It's your fault!" and make others look bad. What's uncommon is someone taking full responsibility for their part of an error. If you can apologize for being 10% of a problem, that makes you look good, not weak. If you can say "I'm sorry" or "I forgive you" this shows your strength. If you need to say "Tell me you're sorry" or "I'll never forgive you" this shows your weakness and need for control. In order to be uncommon, one key is to be free to forgive others.

Action:

Mentor- Tell a story of when you forgave or asked for forgiveness. See if one of the parents want to also share a story. What happened after forgiveness? What changed?

Bible Verses:

Mark 11:25, Ephesians 4:32, Matthew 16:14-15, Luke 6:27, John 13:34

Discussion Questions:

- Q. Is there someone you would want to forgive?
- Q. How do you feel when you forgive someone?
- Q. How do you feel when someone forgives you?
- Q. How do you want to be "uncommon"

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## Extra: Peace/Relax (MERGE 1/2)

When you think of peace, what do you think of? (Answer)

Depending on who you are, some people would remember the peace movements of the 60's, world peace, or simply feeling peaceful. Peace is a very unique thing that the bible shows as a special gift that anyone can have. Likewise, if you want to be stressed, you can overcommit, help others too much, plan too many things, and have no time to enjoy the things you like.

Is there a secret to being at peace? Do you need to walk in the forest for a month to find it? Or escape the world and have everything quiet to find peace? Lets imagine you're a peasant. Imagine you don't have any food or money saved and live from day to day trying to get food. What would peace look like? (Answer)

Have the student close their eyes as the mentor continues reading. You are standing on an island, the sun is about to rise and the water surrounding you is calm with a gentle breeze. The student may open their eyes: was that peace? (Answer) Have the student close their eyes one last time as the mentor continues reading: You are in a nazi concentration camp, your friends are dying on a daily basis and you're not sure when you are next. You have the job of cleaning the sewer system, and no naxis will bother you in that facility. In this place of seeming hopelessness, you are able to pray and sing carelessly because no one wants to come down there. The student may open their eyes: was the peace? (answer) Peasants did a lot of nasty work and dirty jobs, but there was a level of peace they were able to hold onto or find in every situation.

### **Action: (Mentor to read before- and communicate with parents- NOT STUDENT)**

The student needs to wear work pants or shorts that can get dirty, and a shirt that can be thrown away (it will be ripped in this activity). The student will be treated like a peasant and will attempt to find peace in a moment of despair. The parents are welcome to interact as it may become slightly violent with pushing, shoving, shirt ripping, calling names, or spitting on. When a peasant did something wrong, they were punished and/or relieved from duty depending on their job. Shaming was a part of life and help everyone in fear when someone was publicly fired and shamed.

Have the student help with a small project inside or outside, when the student does something incorrectly, snap at the student and give one more warning, than on the last



mistake, grab the student by the shirt, not worrying about tearing it, start calling names and lies... “You can't do anything right, you're such a failure, you make peasants look bad, you will never be anything, etc” keep the insults coming as you push the student outside forcefully (with personal safety precautions), rip their shirt off and say “I never want to see your face here again.” then give the discussion questions and bible verses to the student to ponder.

**Discussion Questions:**

- Q. How do you find peace after a painful or embarrassing moment?
- Q. What truth overcomes lies spoken over you?
- Q. If you can say something to the boss, what would you say?
- Q. What does peace feel like?

**Bible verses:**

John 16:33, 1 Peter 3:11, Hebrews 12:14, Job 22:21, 2 Timothy 2:22

## Extra: Peace/Relaxing (Merge 2/2)

No, not the kind of relax that means sitting on your butt not doing anything. it's more along the lines of whether you can you have peace in a stressful moment. Peasants always had problems to overcome, but the ones who understood how to relax were able to understand their situation and find something special. Do you have patience to wait for something? Can you show faithfulness in what you have been given? Relaxing comes into play when you are able to be still and know what needs to be done, to calm down and have peace, then realizing what is best to do next.

So many people get so excited when there's anger in the room, or people fighting, or even loud noises. It all makes us feel like we need to run away or run to fix something when actually it turns out that both of those options need to go away. Practice being calm in various situations, relax and ask God what you should do, and don't ever feel rushed to do something that is not an emergency situation.

Knights were known for their skills on and even off the battlefield; there were knight cooks, Knight gardeners, and carpenters. Everything they did was done with a cool, calm, peacefulness that resulted from their training. It's hard to be at peace when you are surrounded by anger and confusion, but most Knights carried peace with them. Can you relax when you are alone? What do you think about when you're alone?

**PUT IT INTO PRACTICE:**

After you read the Bible verses below, spend 10 minutes somewhere away from people and noises, don't bring anything but yourself. Sit somewhere if you can and relax. Try not to think about what needs to be done or if your time is over- simply rest. Have someone tell you when your time is up. Can you hold onto that peace when distracted? Busy? Or upset?

**Discussion Question:**

Q. Do you feel stressed when people fight or argue? What can you do in that situation?

Q. What makes you feel upset, stressed, or confused? What do you want to do next time you

feel those feelings?

Q. What were you thinking about? Q. How did the peace impact you?

**Bible Verses:**

Matthew 5:9, 1 Peter 5:7, Galatians 6:9, James 1:19, Psalm 46:10a

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## Extra: Loneliness

Loneliness is a sad place to be in. When we think of someone sitting alone in a corner crying alone, what do you want to do? Going through adolescence, there's times when we feel awkward or alone. Sometimes we feel like no one understands us and our struggles are so unique that others would be shocked with what we thought or have done. Well I have news for you.

You're not alone. Not only have others made the same embarrassing mistakes or unhealthy life choices, but everyone has experienced loneliness and understand that deep need to be understood and have connection for a best friend or get married and have children. Humans need connection, and God knows this. The issue is, we try so hard to fill the loneliness with fake love from video games, friends, relationships, pornography or drugs, to name a few. God wants to connect with us so deeply, but for some reason, we try our hardest to connect with the creation instead of the creator. We go to church for hours to feel good, but God just wants a friend, not a slave.

Action:

Go to a hospital or to someone who you know could be lonely, be with them, pray with them, encourage them, do whatever God says. Remind them that they are loved, and who loved them first.

Thinking about loneliness, what do these bible verses mean to you?

Isaiah 41:10, 1st peter 5:7, Psalm 23:4, Proverbs 18:24, Psalm 145:18

Psalm 147:3

Discussion Questions

Q. Have you been lonely? What was going on?

Q. Have you seen anyone sad or depressed?

Q. How can you help someone going through loneliness?

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## Extra: Faithfulness

Faithfulness is a word that is used in a church setting as well as a work setting, and they tend to mean two different things. Let me explain.

Faithfulness in the church setting means you are faithful to God, and His word. Traditionally this means you won't worship other gods. Someone may say "That person has so much faith" when praying for others, speaking boldly, or sharing the word of God with others. Faithfulness in the church setting means you hold fast to what is true.

In the work environment, it's somewhat common for managers to value employees based on their faithfulness to what job they need to get done. A faithful employee shows up on time, gets the required work done, isn't distracted and makes the job a better environment for being there.

Faithfulness applies to nearly everything in life including relationships, friends, jobs, parents, pets, hobbies, God, etc. If you can have interaction with something, you will have an opportunity for being faithful or diligent with it. Understand that being faithful to something does not mean that you have more work to do, it simply means you want to get it done. Being faithful however does not mean you are a slave to a person or religion. God does not want slaves, but friends. Faithfulness is an attitude that brings personal rewards.

### **Action:**

Ask people in the house "What can I be more faithful at?" and write down their response, then ask them "What can YOU be more faithful at?"

### **Discussion:**

- Q. When have you been faithful or unfaithful?
- Q. Take turns trying to stump each other "How can you be faithful with \_\_\_\_\_"
- Q. Have you seen others be faithful or unfaithful? What happened?
- Q. How can you be more faithful in one area of life? What will happen?

### **Bible Verses:**

Luke 16:10-12, John 15:15, Colossians 3:23, Genesis 2:15

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## Extra: Love

Love is an interesting word.

Many people get confused when they hear the word love. They think of either their favorite food, drink, person, video game, sunset, animal, or hobby... It's so easy to say "I love God" and "I love pizza" and somehow they think that love is the same as something we like a whole lot, but love is a powerful word. The Bible says that God is love, so I'm pretty sure God is more important than pizza.

With that said, your first test over the next few days is about love. Can you love someone you disagree with? Can you love even if you're tempted to be angry? Even if you do get angry with someone, that doesn't mean you hate him or her or turn your love off toward them right? So keep your thoughts captive and ask yourself "How can I love this person?" people will notice when you love.

### **Bible Verses to read:**

1<sup>st</sup> John 4:8 (God is love)

1<sup>st</sup> Corinthians 10:5b (We take captive every thought)

Matthew 5:44 (Love your enemy)

Ephesians 6:12 (Do not battle against flesh or blood)

James 1:19 (Slow to anger)

### **Discussion Questions:**

Q. When you are angry with someone, is it hard to love him or her?

Q. The Bible says to love your enemy; do your siblings feel like an enemy sometimes?

Q. Who do you think your enemies are?

Q. How do you think you can love better?

Mentor understand beforehand:

Action: Find something soft to toss towards the student (Pillows, tennis balls, etc) and say you're going to be testing him. Each item you throw becomes a person - if you catch it, you love them; but if you don't catch it- you don't love them. Throw items one at a time, naming each one mid-air as you throw it. Go through family members, friends, bullies, political figures, celebrities... the point is, you should be loving them all!

When finished, ask: "Did you feel like not loving someone? Why?"



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KOVA Questions, Contact, Resources, Etc.

FAQ:

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