

COMPANIONS ON THE JOURNEY

SESSION 2: AUTHENTIC FRIENDSHIP

This second day is all about friendship and authentic relationships. The video contains a prayer that involves the following scripture passage. The instructions are given in the video. They can underline, circle, or box words or phrases that stick out to them and have been given reflection questions to journal about and consider at the end.

PRAYER: LECTIO DIVINA

Sirach 6:5-17

Pleasant speech multiplies friends,
and gracious lips, friendly greetings.
Let those who are friendly to you be many,
but one in a thousand your confidant.

When you gain friends, gain them through testing,
and do not be quick to trust them.
For there are friends when it suits them,
but they will not be around in time of trouble.
Another is a friend who turns into an enemy,
and tells of the quarrel to your disgrace.
Others are friends, table companions,
but they cannot be found in time of affliction.

When things go well, they are your other self,
and lord it over your servants.
If disaster comes upon you, they turn against you
and hide themselves.

Stay away from your enemies,
and be on guard with your friends.
Faithful friends are a sturdy shelter;
whoever finds one finds a treasure.
Faithful friends are beyond price,
no amount can balance their worth.
Faithful friends are life-saving medicine;
those who fear God will find them.

Those who fear the Lord enjoy stable friendship,
for as they are, so will their neighbors be.

REFLECTION QUESTIONS

What words or phrases stuck out to you from the read passage?

What qualities do you value most in a friendship?

Do you feel that your current relationships live up to what God desires for you?

Is there a way in which God might be calling you to improve these relationships?

ACTIVITY: MASTER OF STATUES

This activity is a group game that involves the whole class. Everyone will form a circle and follow the movements of a designated 'Master of Statues'. This activity is done in silence, and the main goal is for a selected 'Picker' to identify who the 'Master of Statues' is.

The full rules are as follows:

Setup: The Facilitator (you) places students in a circle, and asks one student to volunteer (or volunteers 1 student) to briefly leave the room. That student is the "picker." When the picker is out of eyesight and earshot, have the students pick one person to be the "Master of Statues," or the Activity Leader picks.

Game: The Master of Statues begins a simple movement without sound, like opening and closing his palms or waving his hand. All other students follow what the master of statues is doing. The Master of Statues should slowly start making changes to their movements (e.g. begin by rotating their arms clockwise, then change to rotating them counterclockwise.) Once everyone in the circle is following the Master of Statues, the Activity Leader brings in the Picker to stand in the center of the circle. The Picker has three guesses as to who is the Master of Statues.

Changing Rounds: If the Picker chooses the Master of Statues correctly, then the Master of Statues becomes the Picker and leaves the room. Then the previous picker joins the circle and picks the next Master of Statues. If the Picker does not choose the Master of Statues in three guesses, the Master of Statues is revealed, the Picker chooses their replacement and joins the circle. The previous Master of Statues picks the next Master of Statues.

Extra Rules:

To add to the game, you may also pick another person to be the "Disruptor." The Disruptor can choose not to follow what the Master of Statues is doing. The Disruptor can also pass on their role to anyone in the circle by an agreed upon signal in the group not known by the Picker (e.g. the Disruptor can make someone else the Disruptor by touching their nose and then pointing to another person).

If the Activity Leader feels comfortable, they can try to teach the game without saying a word through modelling first the Master of Statues, then passing on the role to someone else, then pulling a student aside to be the Picker (they may choose to explain the role to the Picker or keep that silent as well), then choosing a new Master of Statues, and silently bringing the Picker in once everyone is following the Master of Statues.

We have provided the following rules for the students in their packets:

The Master of Statues is a game that has three main roles and everyone participates. There is **one** Master of Statues, **one** Picker, and everyone else is part of a circle.

RULES

The Picker is sent out of the room to start the game. Everyone else forms a circle. The Master of statues is picked, and then begins a simple movement without sound, like swinging his arms back and forth, or opening and closing the palms of his hands. All other students mimic what the Master of Statues is doing.

The Master of Statues should slowly start making small changes to their movements that are not very obviously noticeable (to make it more challenging for the Picker). Once everyone in the circle is following the Master of Statues, the Activity Leader brings in the Picker to stand in the center of the circle.

The Picker has three guesses as to who is the Master of Statues. If the picker guesses right, they will replace the Master of Statues and the Master will become the Picker. If the Picker does not guess correctly, the Master is revealed and the Picker and the Master both pick someone from the circle to replace them.

REFLECTION QUESTIONS AFTER THE ACTIVITY

After the activity comes a reflection. If you are comfortable, you may lead a short discussion on the purpose of the activity.

The following questions can be used to guide discussion:

(To the Pickers) was it difficult for you to find the Master of Statues? Easy?

(To the Masters of Statues) did you want to be very subtle with your changes, or super drastic? Why?

What role was the most easy/comfortable to be in? Why do you think you felt most comfortable there?

What do you think this activity tells us about how peer groups can work? (It's easy for some to just go with the flow/peer pressure; when allowed to lead, some people will try to hide in the role, some people will try to be super expressive and funny; it can be really stressful to try and figure out relationships from the outside, etc.)

Do you more prefer to listen and follow other's lead, or to always be the leader? What about your friends and those you spend most of your time with?

The goal of the activity is to serve as a metaphor for peer pressure and how we view ourselves in the context of our communities. It also seeks to invite discussion about social roles and positive social behaviors.

They then can take some time to journal with these questions in their packets:

Over all, how much does it stress you out to make a choice in front of your peers?

How easy is it for you to figure out what your peers are thinking/feeling?

What are ways that we can be attentive to those around us? Attentive to ourselves?

How can you be a better friend to those around you?

How can you be a more authentic person and friend?

