

COMPANIONS ON THE JOURNEY

SESSION 2: AUTHENTIC FRIENDSHIP

Welcome to the second day of this retreat experience! Today we will explore the idea of authentic friendship and how that affects our lives.

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

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

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?

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?

