

# FOLLOW ME

## *Real Friends*

Friends shape who we are and who we are going to be. Only in self-gift to our friends do we become fully ourselves and more like Christ.

## CONNECT

Today we talked about Aristotle's definition of three types of friendship: friendship of utility, of pleasure, and of virtue. The first two types of friendship make us feel good, but the last type exists for the good of the other person. We are most fully human when making a gift of ourselves to others as in a friendship of virtue.

As we looked deeper into friendships of virtue, we discovered that Jesus is the best example of a friend since He gave us the ultimate gift of self by laying down His life for us. Teens made a pact to try and be the best kind of friends to one another and build each other up in virtue and authentic friendship.



**PARENT TIP:** You have access to Formed.org and can view the videos from: Follow Me - Real Friends. They are located in the "Programs" tab.

## DISCUSS

These discussions starters will hopefully help both you and your teen to open up about the depth of your friendships and how they affect your lives.

Discussion Starters:

- » Share with your teen about a friendship you have in your life that is a friendship of virtue—one in which you put the good of the other before yourself. Explain how you came to be friends and how that friendship has influenced your life.

- » Have there been any friendships that have led you further away from Christ? What did you do about these friendships?
- » What are some practical ways to begin to develop true, authentic friendships with others who want to grow in virtue?



*“This is my commandment, that you love one another as I have loved you. Greater love has no man than this, that a man lay down his life for his friends. You are my friends if you do what I command you. No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you. You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide; so that whatever you ask the Father in my name, he may give it to you.”*

– John 15:12-16



*“Man. . . cannot fully find himself except through a sincere gift of himself.”*

– Gaudium et Spes, 24



## COMMIT

St. Augustine lists three requirements of authentic friendship:

- » **NECESSITY OF VIRTUE:** a desire to lead each other closer to God and to will the good of the other
- » **FRANKNESS OF SPEECH:** being honest and real about important things, being not afraid to hold one another accountable for speech and actions
- » **UNITY OF HEART AND MIND:** united in our desire to love God, to live virtue, and to go to heaven

Here are some questions for your own personal reflection:

- » Do you have some true friends that lead you closer to God and keep you accountable?
- » Are you honest and real to the people who matter most to you?
- » Is your goal to go to heaven and bring as many people as possible with you?
- » How can you lead your friends and family closer to God?

As a parent, you make many sacrifices for your family and friends, most that go unnoticed. For all those difficult times, unite those sacrifices to Jesus' self-gift on the cross. This week, allow a friend to do something nice or help you in some way, and celebrate the gift of true friendship together.