

# SESSION 3

# SISTERHOOD

## PART 1



In this session, we discussed true sisterhood. So often, movies portray sisterhood as being superficial, dramatic, and catty; women are in constant competition with each other and tear each other apart, verbally and emotionally. But God our heavenly Father has an incredible vision for true sisterhood—one that does not tear young women down, but instead builds them up into faithful friends and women of God!

The CONNECT section of the parent sheet connects you with the information that was presented to your teen in our small discipleship group. The DISCUSS section contains questions that you can use to start meaningful discussion on the topic covered and how it relates to your teen's life. The COMMIT section explains to you the commitment or challenge that your teen committed to as a way to grow in his/her faith.



## CONNECT

People are made for relationships. Virtuous friendships with other women help us to grow in selfless love and bring great joy to our lives. True, Christ-centered sisterhood is God the Father's plan for friendship between women; He wants all of His beloved daughters to experience it and to have the freedom to share their unique and precious hearts in relationships that are founded in faith.

This week, we discussed how through the lie that their value is based on the approval of others, the devil wants to deceive young women into envious and attention-seeking behavior. Superficial things like how a woman looks or who she hangs out with should not take greater importance than the goodness of her friendships and the morality of her life choices.

We also discussed a beautiful biblical image of true sisterhood shown at the foot of the cross. When Jesus took His final breath, He was surrounded by women He loved (including His Mother Mary) and who loved Him and one another. The Blessed Mother was able to share her deepest sorrows and the deepest joys with the women in her life, and they in turn could be a source of compassion and encouragement to one another. They were truly sisters in Christ. True sisterhood can not only help us to persevere in the darkest of hours, but also help us to thrive and live joyfully with one another in genuine, life-giving friendship.



*“So the soldiers did this. But standing by the cross of Jesus were his mother, and his mother’s sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, ‘Woman, behold, your son!’ Then he said to the disciple, ‘Behold, your mother!’ And from that hour the disciple took her to his own home.”*

—John 19:25-27



## DISCUSS

Teens can learn a great deal about how to find and live good and holy friendships from the example set by the adult friendships they see—especially those of their parents! You can have a profound impact on helping your teens form good judgments in choosing and making friends, so it’s important to discuss with your teen how she can find good friends, and treat all people with dignity as brothers and sisters in Christ.

Here are some conversation starters to help you out. And remember to share your perspectives as well.

- » *Who are your best and closest friends? What qualities do they have that make them good friends?*
- » *What are some experiences you have shared that have helped to form and strengthen your friendship?*
- » *What is one practical thing you can do to help find and foster good friendships, or to improve a friendship that you have now?*



## COMMIT

This week, the teens were challenged to read and reflect on a short passage from Scripture: John 15:12-17. Here, Jesus is speaking to His disciples at the Last Supper, the night before His passion and death on the cross. Jesus tells them: “I have called you friends.” As they read, they were asked to reflect on the importance of friendship, and why Jesus uses some of His last moments with His disciples before He suffers and dies to talk to them about friendship.

Teens also accepted these challenges: avoid comparing myself to others, fight to overcome feelings of envy, talk to a close friend when struggling in these areas, and seek ways to encourage my friends to be their *best selves*.

**PARENT TIP:**

Scripture is full of wisdom and examples of true, lasting friendship. For more insight and passages on friendship, read:

- » Ecclesiastes 4:9-12 – “Two are better than one”
- » Sirach 6:14-17 – “A faithful friend is a sturdy shelter”
- » Romans 12:9-21 – “Love one another with brotherly affection”

You can also read about some examples of true friendships in Scripture: David and Jonathan (1 & 2 Samuel) and Ruth and Naomi (the Book of Ruth).