

# SESSION 4

# SISTERHOOD

## PART 2



God created the feminine heart, and He intended it to be compassionate and loving toward others. But there are many temptations for young women to compare and compete with one another instead. In this session, teens discussed how by God's grace, young women can overcome these temptations and grow to become true sisters, who love and accept one another as Jesus does. St. Catherine of Siena said, *"Be who God created you to be and you will set the world on fire."*

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

Women long to be loved for who they are and to be secure in that love. Jesus, who is love, promises that we can discover our true identity and security in Him. He loves us in our brokenness and accepts us as we are, and through His mercy and grace transforms our lives. Jesus also gives us the grace to love as He loves—to make a total gift of self. St. John Paul II said that we can discover ourselves only in the sincere gift of ourselves; in other words, the more we learn to love others, the more we understand who we are and love ourselves as God loves us.

In this session, teens learned that the greatest weapon against comparison and competition is compassion. We are all wounded and we internalize our wounds and insecurities differently. We discussed the importance of understanding and being compassionate toward the pain and struggles of others. True sisters accept one another as Jesus does—just the way we are. It is important for young women to find their sisters in Christ and share their lives with them.

## DISCUSS

True femininity and beauty are gifts from God. Young women thrive when they have examples and mentors in their lives who can help them foster these gifts and transition into mature adulthood.

Here are some conversation starters to help you initiate a dialogue with your teen about this topic. And remember to share your perspectives as well.

- » Can you think of an example or a story of a woman you know who has made a positive impression on you?
- » What do you think prevents people from turning away from sin and giving their hearts to the Father? What are some of the obstacles that exist to becoming women of God and sisters in Christ?
- » Think of the friendships you currently have. How do your friendships bring you joy and help you to grow? How can you be a more compassionate and loving friend to those around you?



*“As the Father has loved me, so have I loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love. These things I have spoken to you, that my joy may be in you, and that your joy may be full. 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. This I command you, to love one another.”*

—John 15:9-17

## COMMIT

Jesus promises that we can discover our identity and security in Him. He loves us in our brokenness and accepts us as we are. In spite of the temptation to compare and compete with other women, if we rely on Jesus and trust in His love and mercy for us, we can allow Him to transform our hearts to have compassion and love for our fellow sisters in Christ. Jesus gives us the grace to love as He loves—total self-donation.

This week we asked your teen to commit to making an intentional effort to:

- » Place more emphasis on interior beauty than exterior beauty
- » Come to Jesus “as you are” and go to Confession in the next week or two
- » Pray for someone you know who is hurting others
- » Pray for the intention that you received on a note card from another group member

You can encourage them in this commitment by making an extra effort to put emphasis on attributes of their inner beauty and also by offering to go with them to Confession.



*“The first commandment embraces faith, hope, and charity. When we say ‘God’ we confess a constant, unchangeable being, always the same, faithful and just, without any evil. It follows that we must necessarily accept his words and have complete faith in him and acknowledge his authority. He is almighty, merciful, and infinitely beneficent. Who could not place all hope in him? Who could not love him when contemplating the treasures of goodness and love he has poured out on us? Hence the formula God employs in the Scripture at the beginning and end of his commandments: ‘I am the LORD.’”*

—CCC 2086