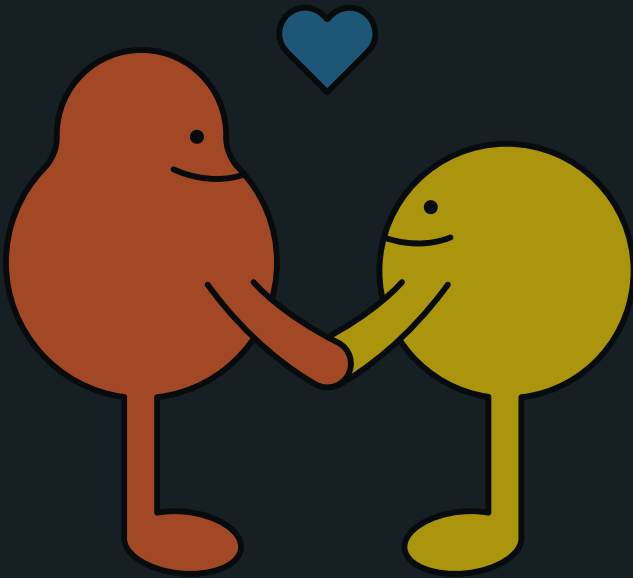


# FRIENDSHIP

"THERE IS NOTHING ON THIS EARTH MORE TO BE PRIZED THAN TRUE FRIENDSHIP." ST THOMAS AQUINAS




## EPHESIANS 4: 29-32, 5:1-2

Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you. And do not make God's Holy Spirit sad; for the Spirit is God's mark of ownership on you, a guarantee that the Day will come when God will set you free. Get rid of all bitterness, passion, and anger. No more shouting or insults, no more hateful feelings of any sort. Instead, be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ.

Since you are God's dear children, you must try to be like him. Your life must be controlled by love, just as Christ loved us and gave his life for us as a sweet-smelling offering and sacrifice that pleases God.


This week's Word of the Week reminds us to be compassionate and kind to others but also to forgive those that hurt us. It can be really difficult to forgive especially when a friend has hurt us or broken our trust. Let us pray this week that we are able to be compassionate, kind and forgiving.

## Prayer for the week



We thank you for the friends who give us the freedom to be ourselves. Help us to always be a friend to others, no matter who they are. Help us to always reach out in friendship to all those we meet.  
Amen.





Be the reason  
someone smiles  
today!

## Friendship with Jesus

**St Teresa of Avila said: "For prayer is nothing else than being on terms of friendship with God."**

**The Examen prayer is an ancient prayer which was crafted by St Ignatius as one of his Spiritual Exercises. The foundation of this prayer is the understanding that God is always present.**

**The basis of this prayer is the belief that we can speak to Jesus as we would a close friend and that we can find God in all things - in all parts of our day.**

**[CLICK HERE TO PRAY](#)**

**[5-minute version of The Examen with a female prayer guide](#)**

# friendship

**Throughout our lives, we make friends... lots of them. Some will be lifelong friends, whilst others we might just meet for a moment. Some friends will encourage us, make us laugh and share in our joy, whilst others will help us when we're sad and be patient with us when we're angry.**

**Who is your best friend? Which friends support you and look after you? What makes a good friend?**

**In a moment of silent prayer thank God for the friends in your life and ask God to help you to be a better friend to others.**

## How to be a good friend- according to Mother Teresa

People are often unreasonable, illogical and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some false friends and some true enemies. Succeed anyway.

If you are honest and frank, people may cheat you. Be honest and frank anyway.

What you spend years building, someone could destroy overnight. Build anyway.

If you find serenity and happiness, they may be jealous. Be happy anyway.

The good you do today, people will often forget tomorrow. Do good anyway.

Give the world the best you have, and it may never be enough. Give your best anyway.



**Matt Maher - What a Friend**  
**[\(LISTEN HERE\)](#)**

**The Friendship of David and Johnathan**  
**[\(WATCH HERE\)](#)**

**"Friendship... is not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything."**

**MOHAMMED ALI**

