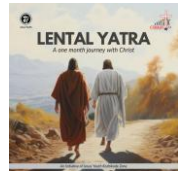




Lental Yatra '25: Participant Handout



LENTAL YATRA – Week 2/DAY 5

Wednesday, March 26, 2025

Session Overview: Me and My Peers & Friends

Session Focus: "A friend loves at all times, and a brother is born for adversity." (Proverbs 17:17)

The Value of Christian Friendships

Friendship is a gift from God, meant to help us grow in faith and love. A true Christian friend encourages, supports, and guides us toward holiness.

"Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow." (Ecclesiastes 4:9-10)

Witnessing Christ in Our Peer Relationships

1. Friendship as a Reflection of God's Love

- True friendship is built on love, trust, and faithfulness.
- "Greater love has no man than this, that a man lay down his life for his friends." (John 15:13)
- Practical ways: Be present, show kindness, pray for your friends.

2. Encouraging One Another in Faith

- Friends should uplift and strengthen each other spiritually.
- "Therefore encourage one another and build one another up, just as you are doing." (1 Thessalonians 5:11)
- Practical ways: Share Scripture, discuss faith, attend Mass together.

3. Being a Witness of Christ Among Peers

- Our actions and words should reflect Jesus.
- "Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven." (Matthew 5:16)
- Practical ways: Stand firm in values, avoid gossip, be compassionate.

Strengthening Faith Through Companionship

- ✓ Choose friends who encourage faith and virtue.
- ✓ Be a positive influence in your friend's life.
- ✓ Share your faith story and experiences.
- ✓ Pray together and for each other regularly.
- ✓ Support friends during their struggles with love and patience.





Lental Yatra '25: Participant Handout



Reflection & Commitment

Take a moment to reflect on these questions:

- How can I be a Christ-like friend?
- Have I shared my faith with a friend? What was the experience like?

To-Do List: Strengthening My Friendships in Christ

- Reach out to a friend and encourage them today.
- Pray daily for a friend's needs.
- Support a friend in their struggles with love and patience.
- Speak words of encouragement and faith in my peer group.
- Be a witness of Christ through my actions and words.
- Check in on a friend who might be struggling silently.
- Send a Bible verse or a small note of encouragement to a friend.
- Avoid gossip and negative conversations that harm relationships.
- Invite a friend to a prayer meeting or spiritual gathering.
- Be a listening ear to a friend in need without judgment.

Final Thought

Friendships rooted in Christ are a source of strength, encouragement, and holiness. As we journey through Lent, let us be intentional in building Christ-centered friendships and being a light to those around us.

"Iron sharpens iron, and one man sharpens another." (Proverbs 27:17)

