

# Who's Your Buddy? A Lesson Plan on Friendship

This lesson plan on friendship helps teens understand that they shouldn't try to go it alone on their faith journeys. Good friends who support us in faith are a blessing.

*Start by playing the [Pair Off Square Off game](#). In this game, each youth is assigned one half of a well known pair and they must find the other half. The catch is that they don't know who they are and have to find out by asking yes/no questions.*

*See the complete instructions for [Pair Off Square Off](#).*

*After playing the game, ask a few questions.*

- Was it difficult to find the other half of your pair? Why or why not?
- Did you like helping people figure out who they were?
- Was it fun finding your match? Or did you want to keep asking questions?

It is important to form relationships in life. It is especially true that we need friends who will support us in faith. Jesus knew that having a buddy was a good idea also.

[Mark 6:7-13](#) (Jesus sends the disciples in pairs) – the for the [15th Sunday in Ordinary Time – Year B](#)

Jesus summoned the Twelve and began to send them out two by two and gave them authority over unclean spirits. He instructed them to take nothing for the journey but a walking stick – no food, no sack, no money in their belts. They were, however, to wear sandals but not a second tunic.

He said to them, "Wherever you enter a house, stay there until you leave. Whatever place does not welcome you or listen to you, leave there and shake the dust off your feet in testimony against them."

So they went off and preached repentance. The Twelve drove out many demons, and they anointed with oil many who were sick and cured them.

[Mark 6:7-13](#)

So Jesus sent his apostles out in pairs. They could have covered more ground if they had gone out on their own.

- Why do you think Jesus sent his disciples two by two?
- Is it easier to deal with challenges if you have a friend with you?
- Can you think of a situation where you felt alone and would have been more confident with a good friend?

<https://young-catholics.com/9790/whos-your-buddy-a-lesson-plan-on-friendship/>

There are a few reasons which are given about the apostles being sent in pairs.

First of all, they would have been able to encourage each other. When one was tired or weak, the other could remind him of why they were doing this and the importance of his mission. Paul confirms this:

If the one falls, the other will help the fallen one. But woe to the solitary person! If that one should fall, there is no other to help.

[Ecclesiastes 4:10](#)

Second, in the Old Testament it states that two witnesses are more trustworthy than one:

One witness alone shall not stand against someone in regard to any crime or any offense that may have been committed; a charge shall stand only on the testimony of two or three witnesses.

[Deuteronomy 19:15](#)

The villages these disciples were visiting would have been occupied mostly by Jews and they would have recognized this important rule from the Torah.

Third, Jesus himself knew the importance of community and fellowship. He called the twelve apostles to him at the very beginning of his ministry. Even he didn't try to spread the Good News on his own.

So it is not just important to have friends. It is important to have friends who are Christians and can support us and encourage us in our faith journey. They will help us stay focused on discipleship, keep us from feeling alone when others don't share our beliefs, and just let us have someone to share our faith with in confidence.

This week, your challenge is to identify a friend who shares your beliefs. Ask that friend to pray for you daily and tell that friend you will pray for him or her. Send each other a text message to remind each other. When you need to talk about a challenge in your faith journey, turn to your friend for prayer and encouragement instead of just trying to handle it yourself.

*Conclude this lesson plan about friendship with a prayer.*