

# Truthbearers

## Month 5 — Brotherhood & Sisterhood

### Week 1 — Friendship Shapes Your Future

The people closest to us shape who we become. Friendships influence: our habits, our beliefs, our standards, our ambitions, and even our moral choices. Some friendships help us become stronger, wiser, and more faithful. Others slowly pull us toward compromise, negativity, or weakness. Choosing good friendships is one of the most important decisions a person can make.

“Bad company corrupts good character.” — 1 Corinthians 15:33

---

#### *Saint Focus — St. Basil the Great & St. Gregory Nazianzen*

St. Basil and St. Gregory formed a deep friendship rooted in faith, learning, truth, and mutual encouragement. Their friendship helped strengthen both of them spiritually and intellectually throughout their lives.

#### **THINK**

How do the people closest to me influence the way I live and think?

#### **DO**

Pay attention this week to: • who encourages you toward goodness • who drains you negatively • which friendships strengthen your character • which friendships pressure you to compromise

#### **PRAY**

“Lord, surround me with friendships that help me grow in truth and goodness.”

#### **DISCUSSION**

How do friendships influence the direction of our lives over time?

#### **CHALLENGE**

Spend intentional time this week with someone who genuinely pushes you toward goodness, wisdom, or faith.

#### **JOURNAL PROMPT**

What kind of friend am I becoming for the people around me?