



caritas

diocese of hallam

promoting care and social action

Day 1: Good Shepherd Learning

Poster Pack

Primary Schools

Lent 2023





Sowing the Seeds of Friendship...

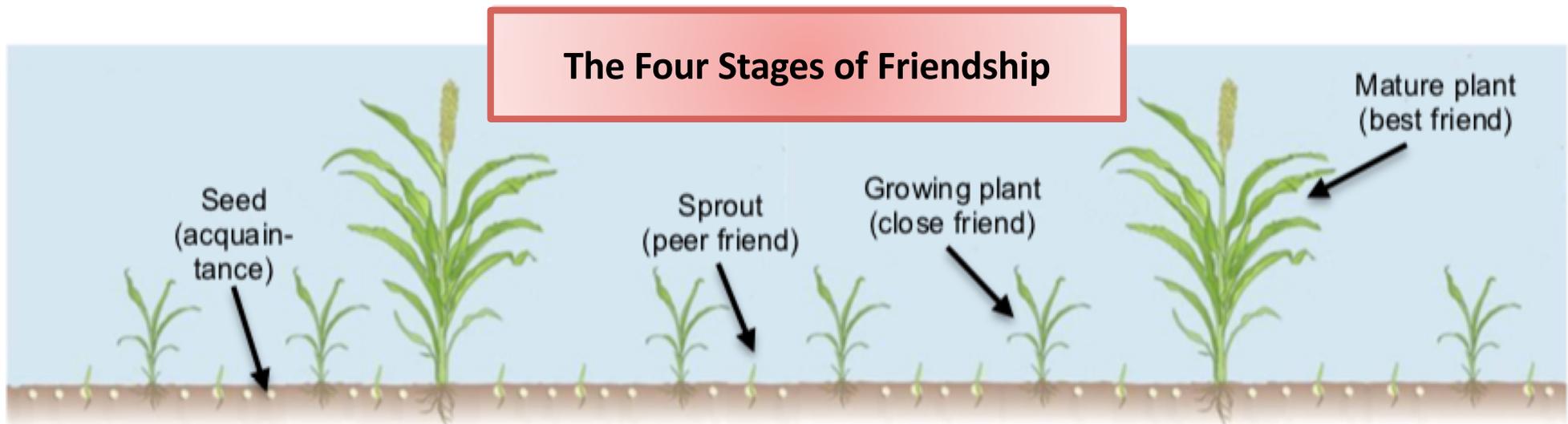


An acquaintance is like a seed.

You plant lots of them in the ground, but you don't really see or know which ones will sprout into true friendships, and which ones won't.

Sow seeds of friendliness and grow friends.

Kind words, just saying "Hi", showing an interest in others, and being helpful are simple things you can do *every day* to show people that you are a friendly person.

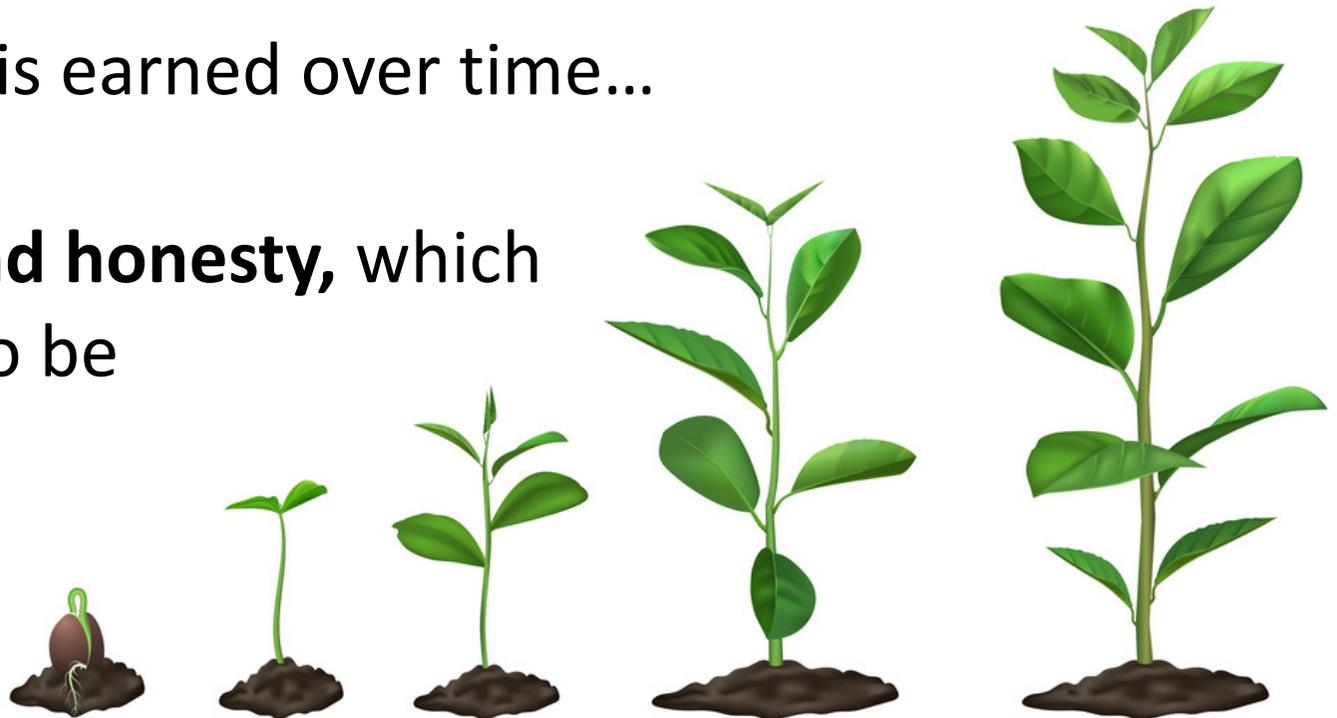




Some things make Friendships grow...



- 1. Time** – *and lots of it: time to get to know each other and to build trust.*
- 2. Trust**, which is earned over time...
- 3. Openness and honesty**, which requires us to be vulnerable.





...And some things *destroy* Friendship:



Betraying secrets

Gossiping

Whispering

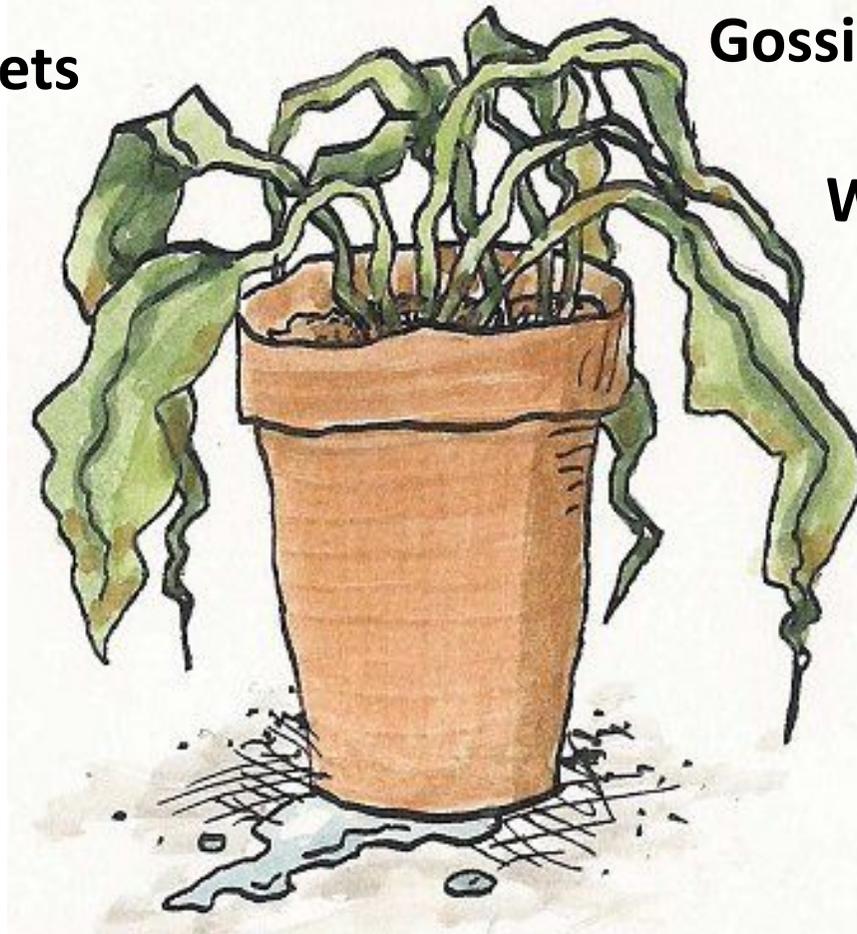
Losing our temper

Being unkind

Leaving people out

Refusing to forgive

Being jealous



We all make mistakes: Own them, apologise for them, and learn from them...



What does Jesus teach us about our relationships?

You reap what you sow... So, sow seeds of friendliness!

The Golden Rule:
"So whatever you wish that others would do to you, do also to them"

Relationships within our own families are often the hardest, but we are still called to be obedient to our parents – and always respectful

Love one another

Honour your father and mother

More damage is done to our relationships by the things we say, than what we could possibly do with our fists... so think before you speak!

Don't judge others

Forgive one another

Nothing in this world is more important than a person's soul... So pray for them, whoever they are.

Watch what you say

Love and pray for your enemies



According to the Gospel of St Matthew