



Friendship is unnecessary, like philosophy, like art...It has no survival value; rather it is one of those things that give value to survival.

C. S. Lewis
(1898 - 1963)
Author

While it is possible to be self-sufficient for a time, in time, we will face situations where aid from another would greatly ease our way. Friendship will involve receiving that care as friendship is essentially tied to generosity.

To be a friend, we must choose to give.

As a friend, we give space for experimentation. Like a pond with no current, relationships can stagnate if deprived of movement. A friend gives their friend the security to try new ways to be vulnerable, and assures their friend of grace when mistakes occur. We support our friend as they stretch themselves. Befriending encourages living with adaptability.

As a friend, we give a place for refuge. When daily life drains immediate reserves, a friend gives their friend protection in order to access the deep reservoir of resilience within us all. We surround our friend and shelter them, creating a cocoon for respite, as our friend finds that which will restore them. Befriending embraces when healing is crucial.

As a friend, we give the courage to celebrate. We are both promoter and audience – both the one who creates room for joy and the one who cheers alongside. A friend gives their friend the reminder to celebrate victories – small, huge, anything in between – to recognize their unique capacity and to exalt in their achievements. We uplift our friend by holding a mirror so they can see their wondrous beauty.

Friends re-tell shared stories and rejoice when unimagined tomorrows arise.

What gift will I give a friend today? How can I support a friend in their experiment with love?