

“A friend is always loyal, and a brother is born to help in time of need.” Proverbs 17:17 NLT

## lectio // Proverbs 17:17-25

Oh God, how I want this to be true. I have spoken with a few friends who have gone through really tough times. And, when they looked to friends for support, they were disappointed and shunned. The deeper the relationship, apparently the deeper the wound and more difficult to reconcile. Yeah, from the person's perspective who has been hurt, they go a little wacky because emotions are high, coping mechanisms are low and some paranoia sets in. However, LOVE can cover those gaps of suspicion if we can calm our brains, lean into God's peace and self-speak to our emotions that this will pass. A very old axiom is to NEVER make BIG decisions while in trauma, pain or high emotional states of mind - NEVER. Those decisions will likely be rash, vindictive, defensive and will just make things worse. In 2018, I experienced the "Love Tour" after a brutal setback. Friends from all over the U.S. were checking in with me, praying for me and letting me know it would eventually be okay. I didn't believe them about the "being okay" part by the way. I could not see a way out of the darkness and gloom. But through their love, I felt support, I felt seen and heard. It was genuine and I don't think I could have kept my head and heart focused without them. Yes, you could say they were "born" for that moment in my life. For my part, I had to learn to receive and believe through them. I was humiliated and humbled to be in that situation, but I desperately needed my friends and they were loyal and available. This wisdom piece is true to the extent that we develop those friendships, invest in those friendships and then trust those friendships in the time of trouble.

## oratio

Dad,

This is how the body of Christ, the Church is supposed to work. Instead of pulling away from people when they are hurting, we should press in. Instead of just thinking about them and their pain, we should call or physically get with them. That "rush" of love is so important to help ward off the waves of fear, loneliness and depression. You provided those friends because you taught me how to build relationships that last, that are true, that are dependable in good and bad times. Thank you for my friends who were, in a way, born for those dark days to stand with me.

## contemplatio

rest in the presence of God, allowing the words revealed to take root