

The Balm and the Blade: On True Friends and Holy Presence

"Faithful are the wounds of a friend; but the kisses of an enemy are deceitful." — Proverbs 27:6

Not every kind word is kindness.
Not every companion is sent from Heaven.
Some are Judas with a clean smile.
They flatter, then fracture.
They dine with you, only to discuss your downfall behind closed doors.

The world calls them "toxic."
Scripture calls them "deceivers," "whisperers," "wolves."
A frenemy is not merely flawed—they are dangerous.
They weaponize closeness.
They enjoy your weakness, resent your healing, and compete with your calling.

Their kisses are daggers in disguise.
Their laughter is often a cloak for envy.
And their presence does not lift burdens—it leaves you heavier than before.

What, then, is the opposite?

It is the soul filled with the Spirit.
The one who does not need control because they trust the sovereignty of Christ.
The one who speaks truth, not to shame, but to cleanse.
They are not easily impressed, nor easily offended.
They do not cling to you from insecurity, nor distance themselves from your strength.

They carry peace in their presence.
They correct without crushing.
They pray behind closed doors and rejoice openly in your joy.

Where the frenemy plots, the true friend intercedes.
Where the toxic drain, the holy refresh.

Like Jonathan to David, they risk for you.
Like Ruth to Naomi, they remain when others leave.
Like Christ to His church, they love not for gain, but by covenant.

Such souls are rare, but they are real.
And if you would find one, you must become one.

Die to envy. Bury control. Crucify self-interest.
And rise in the power of the Lamb—who laid down His life not for servants, but for friends.

Do not measure your circle by laughter or likes.

Measure it by who stays when the sword falls.
Who speaks truth when it hurts.
Who carries oil when the wounds are deep.

And above all, cling to the Friend of sinners.
He was betrayed with a kiss—yet He forgave.
He was denied and deserted—yet He stayed.
He was wounded—yet His wounds now heal ours.

In Him, the false are exposed.
In Him, the faithful are revealed.
And in Him, you will lack no friend worth having.

Amen.



