

# Who Is Your BFF?

## Kemi Searcy

Suzanne and Marci had been friends since they were toddlers. Even when they left home to attend different colleges, they remained close, texting and talking daily. Suzanne was overwhelmed with guilt and the disgrace when she became pregnant by her boyfriend. She reached out to Marci for support and comfort. Suzanne was stunned when Marci told her, "I can't be your friend any more. You need to move on without me in your life." Suzanne could hardly believe that what she heard could be real.

What is your reality? I know women who represent each of the following realities:

1. Has an abusive boss but feels trapped in her job.
2. Has an unfaithful husband who hasn't touched her intimately in years.
3. Had abandoned her career goals to have children and now hasn't the time or money to complete her goals.
4. Created an innovative improvement on her job but her team leader took the credit.
5. Has a child in rehab for doing heavy drugs.

What might you be hiding behind your plastic smile? Does anyone really know who you are? Do you let anyone know your circumstances? Do you let anyone in on your thought world?

### **You've Got a Friend**

Having friends is good for you. Having close friends increases your chance of survival from a major debilitating illness. Having a close friend reduces mental stress.

BFFs (Best Friends Forever) are usually the go-to people women use to vent, sort out life, and help validate decisions. Scientists tell us that you will have almost 400 friends over the course of your lifetime, but only one out of twelve are lasting friendships. A 2004 study published in the American Sociological Review showed that the average number of people having trusted friends fell by a third from 1984 - 2004. During the same 20 years, the proportion of people who did not have a close friend doubled.

If you don't already know it, Jesus is the Best Friend Forever you can have. *"No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you,"* (John 15:15 ESV). The qualities of a close friend are that they remain loyal, confidential, faithful, sharing, caring, and serving. Jesus truly exemplifies each of these characteristics.

### **You've Got a Counselor**

As we go through the major problems of our lives, we often look to those who can advise us well. When choosing someone to guide you, counselors, pastors, and other church leaders can be extremely helpful. Yet sometimes we may feel exposed if we share in the place where we worship or minister. Look to someone who you know is in the Word of God, but also has a different personality from you (with whom you probably would never be a best friend) because they can often tell you the truth you need to hear.

The Holy Ghost is a phenomenal Counselor. He can see the situation beyond what you can. He knows the end from the beginning. He knows the hearts of men and women. *“But the Helper (Comforter, Advocate, Intercessor—Counselor, Strengtheners, Standby), the Holy Spirit, whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will help you remember everything that I have told you,”* (John 14:26 AMP).

### **You’ve Got a Father**

Your parents may or may not have become friends with you once you became an adult. I know many moms and daughters who are very close. The freedom to share may have some limits when it comes to issues with their spouses, but most everything else is free between them. Parental-substitutes are everywhere, however. Older women who have lived their lives glorifying God can help many of us through situations or relational issues.

If you do not have a parent or older person to give you advice, do not despair. There is a Father who can listen, advise, bring balance, and to show His boundless love toward us. *“See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him,”* (1 John 3:2 ESV).

Human beings are not successful being emotional islands. God has built a social dimension within us as part of creating us in His image. Women should not isolate themselves and bear their crosses without comfort or guidance. We need help!

*I am glad that God can truly be my Best Friend Forever!*