

Asking for a Friend

Day 1: The Tool of Truth — Finding Peace in Chaos When People Mistreat or Use You

Scripture Focus: *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."* — Psalm 34:18 (NIV)

“Asking for a friend... how do you find peace when people use you, hurt you, or twist your kindness?”

That’s a tough one—but it’s real. It hurts when people take advantage of your heart or betray your trust. The chaos that follows isn’t just external—it rattles your sense of worth, questions your kindness, and threatens your peace. Leads to division of a friendship or relationship sometimes even a career. But if we step back and try to put things in perspective as a Christ follower, we know that God is love.

Here’s where **truth** becomes a healing tool. The truth is: *God sees it all*. He sees your heart, your intentions, your efforts. You don’t have to prove yourself to the people who misunderstood you, used you, or misrepresented your love. You only need to rest in the One who knows the full story.

Truth says:

- You are not what they said about you.
- Their behavior doesn’t define your worth.
- Jesus was mistreated, too—and He understands every ounce of your pain.

You may not get the apology. You may never see justice on your terms. You may not get the closure that you so desperately seek or feel like you deserve but you can find peace in this: **God is your defender**, and He never misses a thing.

Prayer:

Father, it's hard when people misuse our love or treat us unfairly. Help us not to become bitter or cold. Instead, anchor us in Your truth. Let us find peace in knowing You are near to the brokenhearted and You will redeem every wrong. Thank You for seeing us clearly when others don't. In Jesus Name we Pray, Amen.

Discussion Questions:

- When have you felt mistreated or used, and how did it affect your sense of peace?
- What truth about God or yourself do you need to cling to right now?
- How can you set healthy boundaries while keeping a tender heart?