

THE CRITICAL IMPORTANCE OF DISCERNING RELATIONSHIPS

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Who you give access to will either accelerate your healing or deepen your trauma. We spend a massive amount of time fighting spiritual warfare, rebuking the devil, and praying against invisible forces. But the hard truth is that sometimes the enemy isn't a spirit in the heavenly places. Sometimes the obstacle to your breakthrough is a relationship you refuse to let go of. Discerning who belongs in your life, who belongs in your past, and who needs to stay at a distance is a critical survival skill.

You cannot maintain your peace, step into your identity in Christ, or break self-sabotaging mindsets if you are constantly entertaining people who feed your insecurities. God has a specific destination for your life, but you will never get there if you are dragging dead weight.

Here is a four-point lesson on the critical importance of discerning relationships.

Point 1: Guard Your Inner Circle Because Proximity is Power

Proverbs 13:20 KJV

He that walketh with wise men shall be wise: but a companion of fools shall be destroyed.

Proximity dictates your destiny. The people you walk with closely are actively shaping your mindset, your habits, and your spiritual temperature. Notice that the text says the companion of fools shall be destroyed - it does not say the companion of fools has to act like a fool themselves to suffer the consequences. Just being attached to the wrong person is enough to catch the shrapnel from their bad decisions.

If you are trying to heal from past wounds, you cannot keep company with people who constantly validate your bitterness. You need people who will challenge you to step up, heal, and trust God again. Your inner circle should be reserved for those who cover you in prayer, hold you accountable, and push you closer to Jesus. If the people closest to you are comfortable with your brokenness and threatened by your growth, you have a severe relational leak that will drain your anointing.

Point 2: Recognize the Difference Between a Season and a Lifetime

Ecclesiastes 3:1 KJV

To every thing there is a season, and a time to every purpose under the heaven:

One of the greatest sources of unnecessary emotional pain is trying to force a seasonal person into a lifetime position. God brings certain people into our lives for a specific reason and a specific timeframe. They might be there to help you through a tough transition, to teach you a lesson, or even just to show you what you do not want. But when that season expires, the grace for that relationship lifts.

We hold on because we hate goodbyes. We hold on out of loyalty, guilt, or fear of being alone. But when you hold onto an expired relationship, it begins to rot. What was once a blessing becomes a burden. Discerning relationships means having the spiritual maturity to release people when their time in your story is up. You can love them, you can pray for them, and you can refuse to hold any bitterness toward them, but you have to let them go. Your future requires new connections.

Point 3: Stop Settling for Unequal Yokes

2 Corinthians 6:14 KJV

Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?

We usually limit this scripture to marriage, but the principle applies to any binding partnership. A yoke is a wooden beam placed across the shoulders of two animals to pull a heavy load. If those two animals are unequal in size, strength, or direction, the yoke will chafe, cause severe pain, and the load will go off course.

When you tie yourself to someone who does not share your foundational values, your faith, or your commitment to growth, you are asking for trauma. This applies to business partners, close friends, and romantic interests. You cannot drag someone into the presence of God if they are determined to stay in the dark. An unequal yoke will eventually wear you down. You will find yourself compromising your standards, watering down your convictions, and engaging in pretentious worship just to keep the peace. Alignment matters. Choose people who are pulling in the exact same direction.

Point 4: Protect Your Peace from Toxic Transfers

Proverbs 22:24-25 KJV

Make no friendship with an angry man; and with a furious man thou shalt not go: Lest thou learn his ways, and get a snare to thy soul.

Spirits transfer through association. The writer of Proverbs warns us that if we hang around an angry, bitter person long enough, we will learn their ways. We will start talking like them. We will start seeing the world through their cynical lens. Before you know it, their unresolved trauma has become your daily reality, and you have a snare on your soul.

You have a responsibility to protect the peace God has given you. Love everybody, but do not give everybody access to your ear. If someone is constantly toxic, entirely focused on drama, and refusing to take responsibility for their own healing, you must set a boundary. Setting a

boundary is not un-Christian; it is biblical wisdom. You cannot pull them up from the pit if you are standing too close to the edge. Secure your footing in Christ, guard your heart, and refuse to let someone else's unhealed issues become your heavy burden.