

FOUR PEOPLE YOU NEED IN YOUR LIFE

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There is a profound difference between being surrounded by a crowd and being supported by a crew.

In the Gospel of Mark, chapter 2, we find Jesus in a house in Capernaum. He is preaching the word, and the room is so packed with bodies that no one can get through the door. The house is choked with people. But outside that house is a man paralyzed by the palsy. He is trapped on a mat, entirely unable to access the room where the healing is taking place.

I need you to see the spiritual reality here. Paralysis is not always physical. Some of you listening right now are paralyzed. You are immobilized by emotional scars that have never healed. You are stuck in a cycle of self-sabotaging mindsets. Fathers, you are carrying a weight you cannot articulate, paralyzed by the pressure to perform. Mothers, you are completely burned out, drained of every ounce of oil you have, lying on a mat of anxiety. You have a word on your life, but you cannot move. You know Jesus is in the house, but you lack the strength to get to the door.

But this paralyzed man had a strategic advantage that changed his entire destiny. He had four friends.

If you want to survive the heavy seasons of your life, if you want to heal from deep trauma and break out of the mental strongholds keeping you down, you must develop relational intelligence. Relational intelligence is the spiritual maturity to look around your life and ask, "Who is carrying my mat?" You can have the right faith and the right Savior, but if you are surrounded by people who just want to keep you comfortable in your dysfunction, you will die on your mat. You cannot reach your next level with a ground-level circle.

Based on the actions of these four unnamed friends, here are the four kinds

of people you desperately need in your life, and exactly how they add value to your destiny.

1. THE PUSHER

Mark 2:3 KJV

And they come unto him, bringing one sick of the palsy, which was borne of four.

Think about the anatomy of this rescue. To move a grown man on a stretcher up the outside stairs of a first-century house, they had to navigate his dead weight. The poignant reality of this text is that this man had completely lost the ability to participate in his own progress. His mat was a symbol of his immobility - it was the very thing that had been carrying him for years. Yet, the people behind him were willing to carry the thing that carried him. Someone had to position themselves at the bottom of that incline, put their shoulder into the weight of his history, and push him upward.

You need a Pusher in your life.

The Pusher is the person who is inspired by your potential and refuses to let your paralysis have the final word. Because they are positioned behind you, they operate completely out of the spotlight.

They are not looking for applause; they are looking for your progress. Their primary value in your life is momentum. They provide the kinetic energy you lack when you are exhausted, depressed, or overwhelmed by grief.

When your emotions tell you to quit, the Pusher applies pressure. When you start shrinking your faith to match your frustration, the Pusher shoves you toward grace. When you want to isolate and hide in your cave because the weight of failure is too heavy, the Pusher calls you out. They challenge your wrong attitudes. They refuse to let you settle into bitterness. The Pusher looks at your dead weight and says, "I know you are hurting, but we are not staying. I am going to push you out of this depression." Having relational intelligence means recognizing that their pressure is not your punishment - it

is propulsion. They are pushing you upward when your trauma is trying to drag you downward.

2. THE PULLER

Proverbs 13:20 KJV

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

The text tells us they could not come near Jesus "for the press." The door was blocked by a crowd of people who were perfectly content to stand in the way. That crowd represents the spectators in your life - people who want to hear what Jesus is saying but have no urgency to see a miracle. The crowd was comfortable on the ground floor. But the Puller is the person who looks at the crowd blocking your traditional path and says, "we gonna tear something up we are changing our altitude."

If somebody was at the bottom of the stretcher pushing, someone else had to be at the top of the stretcher pulling. The Puller operates from a completely different vantage point. They have already ascended. They have already found the higher ground, and they are using their leverage to pull you up out of the crowd and into your calling.

The Puller represents the mentors, the spiritual fathers and mothers, the seasoned believers who add the value of vision to your life. They destroy the stronghold of low expectations.

If you are the smartest, strongest, and most spiritually mature person in your entire circle, your circle is entirely too small. You desperately need people whose current reality is your future goal. You need a Puller who will look down at your struggle and refuse to let you quit. When you are fighting emotional exhaustion and losing your grip, they pull you by sharing their own testimony. They say, "I survived the divorce. I survived the bankruptcy. I survived the church hurt. Keep coming. I made it to the roof, and I am not letting go of your rope until you get here too."

3. THE DIGGER

Mark 2:4 KJV

And when they could not come nigh unto him for the press, they uncovered the roof where he was: and when they had broken it up...

Once they reached the roof, they hit a solid barrier of timber, packed mud, and dried clay. I need you to look closely at the scandalous nature of this verse. They did not just move a few loose tiles; the text says they "broken it up." They literally vandalized a house to save a life. They didn't calculate the cost of the repair. They didn't worry about the homeowner's reaction. And they certainly didn't care about the opinions of the religious spectators as dirt and debris began raining down on their heads. They only calculated the value of their friend's healing.

You need a Digger in your life.

The Digger is the person who is not intimidated by the sheer mess of your trauma.

Anybody can be your friend when the season is bright, the money is flowing, and your worship is neat and presentable. But healing from real trauma is not pristine. It is ugly. It involves tears, ugly crying, and massive inconvenience. Fair-weather friends will drop your mat on the roof the minute your situation requires heavy lifting, because they want the aesthetic of friendship without the sweat of intercession. They do not want dirt on their church clothes.

The value the Digger adds to your life is militant loyalty. When the door to your deliverance is blocked by religious protocol and pretentious worshipers who will not move out of the way, the Digger does not retreat. They say, "Then we are going through the roof." They will gladly sacrifice their own reputation and get their hands dirty to secure your breakthrough. The Digger is the friend who stays on the phone with you at 3:00 in the morning when the anxiety is suffocating you. They do the grueling, unapologetic work of standing in the gap when your world is falling apart. They will tear the roof

off your isolation to make sure you survive.

4. THE DROPPER

Mark 2:4 KJV

they let down the bed wherein the sick of the palsy lay.

This final point is the absolute pinnacle of relational intelligence. After they carried him, pushed him, pulled him, and dug through a roof for him, they reached the absolute limit of their human capacity. They could break through the roof, but they could not fix his nerves. They could get him into the room, but they could not command his legs to walk.

So what did they do? They tied off the ropes and they let the man down.

The Dropper is the person who understands that at a certain point, human intervention must end so divine intervention can begin.

Poor relational intelligence creates codependency. We have a lot of people trying to play the role of the Holy Spirit in someone else's life. You try to be the savior for your spouse, for your child, or for your friends. And eventually, the weight of their trauma breaks you because you were never designed to carry it permanently.

The value the Dropper adds to your life is pure spiritual alignment. They bring the gift of surrender. The Dropper loves you enough to say, "I have carried you as far as I can. I have prayed with you, I have cried with you, and I have fought demons for you. But I cannot cure you. I am dropping you at the feet of Jesus."

You need people who know how to let you down - not by abandoning you, but by transferring you into more capable hands. They release you out of their own grip and lower you into the presence of the only One who can forgive your sins, heal your trauma, and command you to take up your bed and walk.

Audit your circle today. Do not spend another season surrounded by people who are content to watch you lay on your mat. Pray for the Pusher who will give you momentum. Seek out the Puller who will give you vision. Hold onto the Digger who gives you militant loyalty in the mess. And thank God for the Dropper, who loves you enough to put you directly in the hands of Jesus.