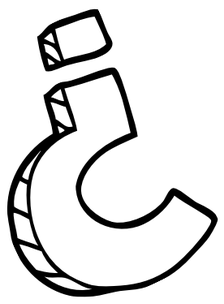
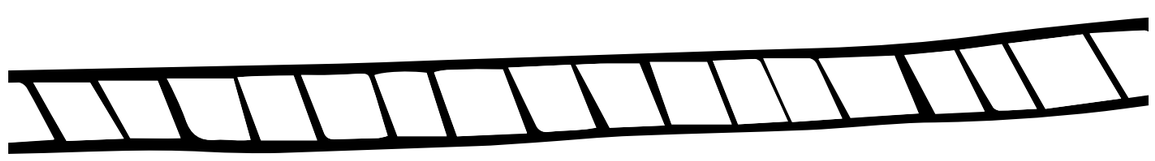
But...

...it turns out they're a 'frenemy' :-/

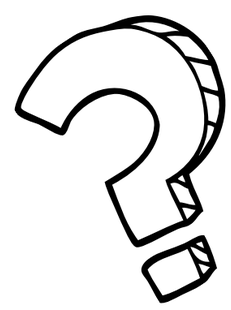


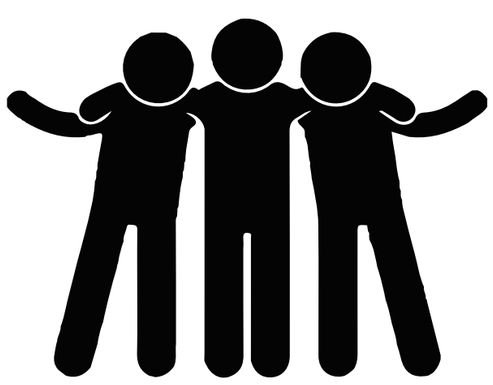
What can you spread on toast?

Turn to Psalm 55

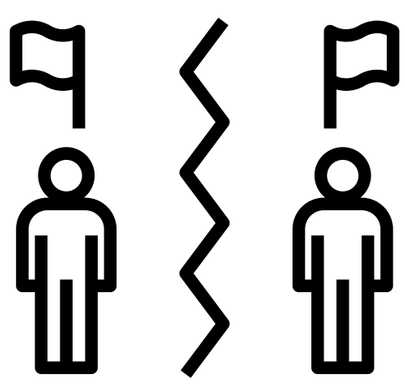


Look again at Psalm 55:21 for the answer!



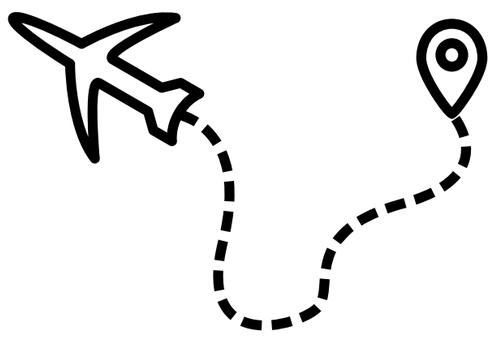


Friendships are important, and a big part of being young is learning to sort the good friendships from the bad. It is not uncommon to find out that someone who claims to be your friend is actually your enemy: a 'frenemy' ! But just because it happens to all of us from time-to-time doesn't make it any easier to deal with.



It happened to our psalmist too, and Psalm 55 reflects on the experience.

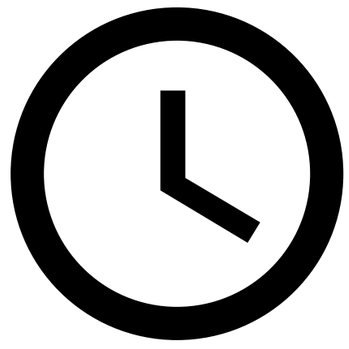
In verses 3-5, how does the psalmist describe the feeling of finding a 'frenemy' ?



When we are wronged by someone, we often want to fight back. But in verses 6-8, what does our psalmist want to do instead?

In verses 12-14, how does the psalmist compare being betrayed by a 'friend' to being betrayed by an enemy?

According to verse 17, how often does the psamist think about what has happened?



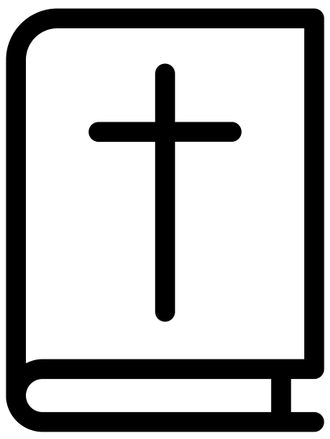
In verses 20 and 21, is the psalmist the only person who has been betrayed?

If you are a disloyal friend, it is very hard to hide it. Frenemies soon find that they have few real friends themselves, because everyone starts to worry that they will be the next victim!

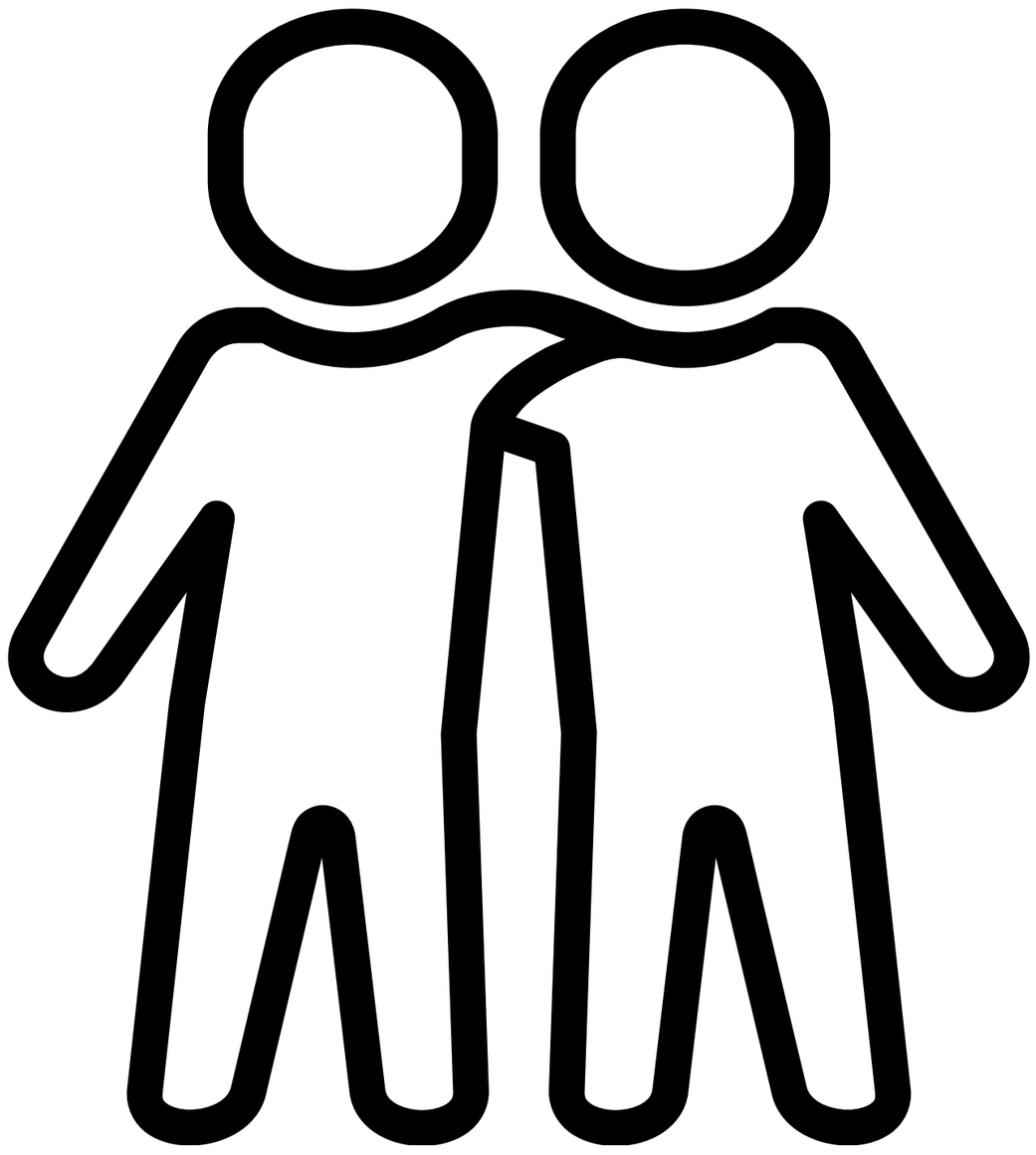
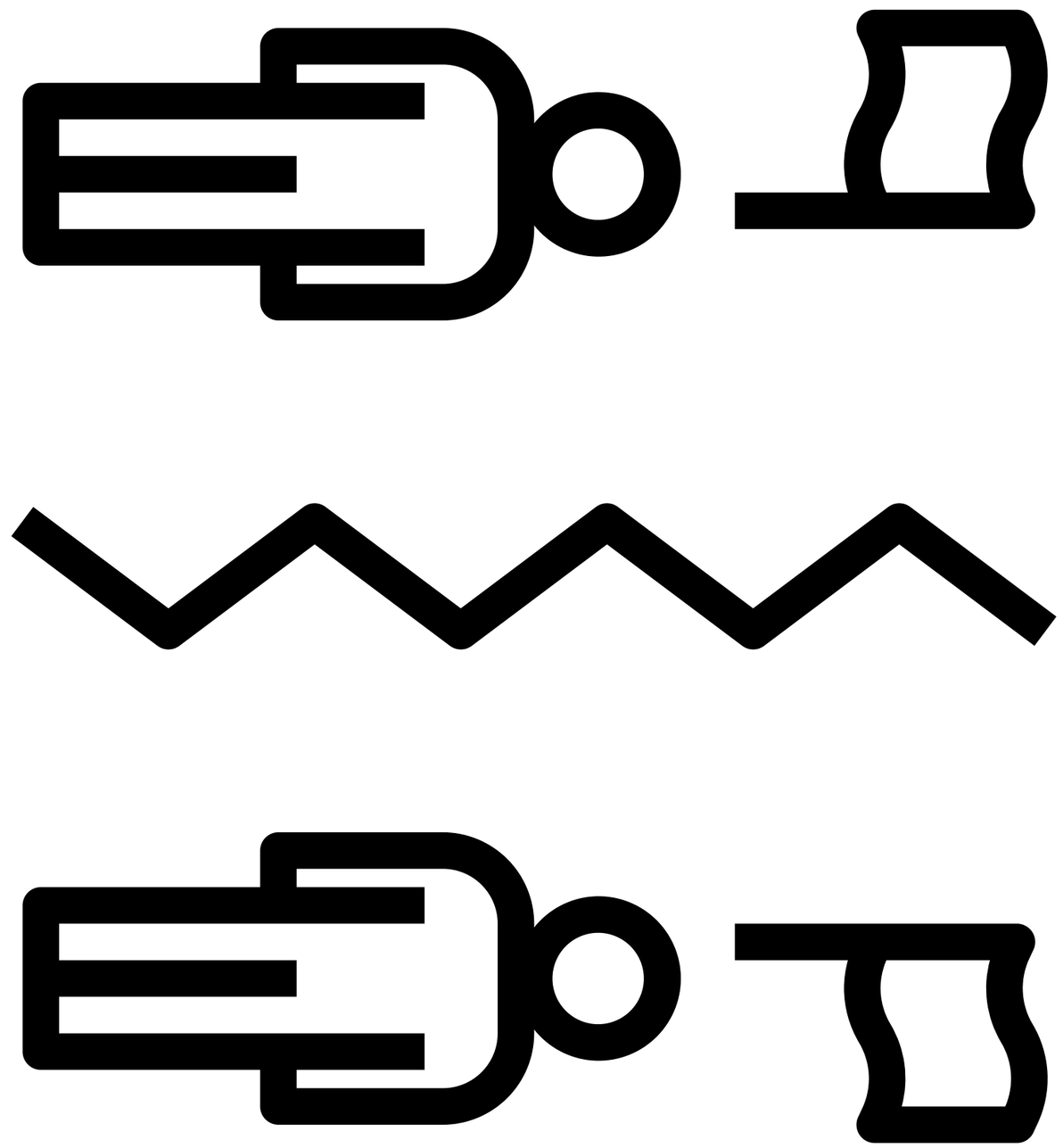
According to verse 23, who will bring justice?

In verse 22, what does the psalmist advise that you can do in the meantime?

It's never nice to feel betrayed by a friend, but sadly it is something that happens. It is possible that the author of this psalm is King David himself, and that he is writing about his friendship with Saul. You can read the story of their troubled relationship in the book of 1 Samuel, chapters 16-31.



You may also want to continue reading Psalms 56, 57, 58 and 59, which all reflect on this theme of friendship. Note down any thoughts or feelings that the psalmist writes about and which resonate with you. Sometimes difficult things can feel easier to cope with when you know you're not alone!



But...
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