

With so many social media platforms today, people can express their negative opinions about you so easily, and say things that are derogatory, disrespectful, rude, and fault-finding. The only power that has is the power you give it. If you let what flows from their jealousy, bitterness, or anger get in you, if you dwell on it, that will poison your soul and spirit. Over time it will change who you are. You will become defensive, and waste your time trying to prove to people that you are okay, that you are not what they said. That is giving them your power. Don't pay attention to what they are saying. Stop reading the negative comments. Don't get drawn into a battle that you are not supposed to be in. Don't let their gossip, jealousy, or criticism get in your soul and spirit and steal your peace and joy. Don't give it the time of day; ignore it and move forward. Keep doing the right thing, and God will deal with the detractors. Stay focused on your goals, your dreams, and fulfilling the unique destiny God has given you.

Ephesians 4:31 "Banish bitterness, rage and anger, shouting and slander, and any and all malicious thoughts - these are poison."