When someone goes around saying things about you that aren't true, spreading rumours, it is easy to get drawn into battles we are not supposed to fight. We end up being vengeful, critical, disparaging others, and saying things that aren't true about them. Let *God* fight your battles. You don't need to defend yourself; you have a defender. You don't need to prove to people who you are, how you are not what they said. Your reputation is in God's hands, and He has never lost a battle. Ignore the negative chatter, don't try to combat the rumours, and you *will* quiet them.

One test that we all need to pass is to not be critical toward people who are critical of us, and to not disparage those who are trying to make us look bad. An eagle never fights with a crow that is pestering it. All the eagle does is fly higher to an altitude where the crow cannot go and doesn't want to go. Stop fighting and go up higher - ignore it. If you are going to reach your highest potential, you need to be comfortable being misunderstood. *That* is how you quiet it.

Proverbs 11:13 "A gossip goes around spreading rumours, while a trustworthy man tries to quiet them."