# +gossip feed

"God's love can always be trusted, and his faithfulness lasts as long as the heavens."
**Psalm 89:2b (CEV)**

## THE TROUBLE WITH GOSSIP 9

**Alison Vaughan, 16** [Marietta, Georgia]

Not long ago, I was taking a picture with my friend's phone when someone texted her in response to a not-exactly-nice conversation about me. I'm sure I'm not the only one who knows how much that hurts. I felt angry and lonely and hurt all at once, and I didn't know where to turn.

We often think of friendship as unbounding loyalty and zero animosity, but that unrealistic ideal makes the fall harder when we discover that our friends aren't perfect. Gossip can stir up doubts within us—doubts about our friendships and ourselves; and we may be left feeling betrayed and all alone. Yet, the great thing about who we are and what we believe is that we're never alone! I know it hurts when friends gossip about us; but God loves us for who we are, and God is always there for us. <

**JOURNAL:** Write about a time when your relationship with God gave you strength to repair a friendship or courage to move on after losing a friend.





They close up their callous hearts,
and their mouths speak with arrogance.
**Psalm 17:10 (NIV)**

## MY BIG MOUTH 10

**Juliana Jones** [Daniels, West Virginia]

One day at school, I gossiped quite loudly about a new girl coming into our class mid-year. I had known her since we were kids, but all I cared about was getting some attention from my classmates. I thought they would think I was cool if I spread something I knew about my old friend that others didn't. But seeing the hurt in her eyes made me realize I was being a bully. I would never want anyone to say such mean things about me. How could I wound my old friend this way?

I apologized to her and made it clear to the others that what I said was uncool and that they shouldn't repeat it. Fortunately, the other kids took my lead and befriended her. Since then, I have been very careful not to be the mean loud-mouthed bully ever again. <

**THINK ABOUT IT:**
How far will you go to be cool? Spreading rumors about someone is a sign of being a bully. Once those words are out there, it's hard to get them back. If you've hurt someone by gossiping, ask God—and the person you hurt—for forgiveness.