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It is with a very heavy heart that I hear and read about young teenagers being bullied by their friends or peers, and then doing something drastic like committing suicide.

Bullying is nothing new. It has been around for centuries, but now we have a new form of bullying through texting over our cell phones, facebook, twitter, or email. This new electronic age has opened many new doors of reaching people whether we want to be reached or not. Many reputations can be tarnished through the errant writings of a savage few.

When I was in grade school I was a very small child, in statue, for my age. It wasn’t that I was bullied or anything of that nature but, as we have today in our schools, there are some older children in grades two and three years behind their grade level. So many times this can be a problem.

I remember a time when I had gone to the bathroom. Waiting my time in line and finally reaching the point to gain relief, an older student pushed me aside and said, “Get out of the way, I have to go to the bathroom.”

Being around this person in school I had come to realize he wasn’t the brightest star in the sky and I don’t believe he even finished high school. The only way he could gain attention was bullying the younger, smaller kids.

I have often wondered what happens to people with this kind of attitude and would really like to see them by today’s standards.

Even though I wasn’t hurt by this person, I will always remember what he did. I wasn’t big enough to defend myself at that time.

I believe some of these young kids of today are having emotional problems more so than physical problems. When people play with your mind and you have no direction in your life, it can be a devastating adventure.

When we pour our soul and our mind into what God’s Word tells us we should become a stronger and more resilient person. People can harm us physically but to allow them to get to us through words and emotions, we should be able to help ourselves and not let the stress get to us.

Of course this is easier said than done but we have to rely on our faith in Jesus Christ to get us through all of our problems and situations.

Of all the reports I have heard I have not seen or heard anything about these people’s spiritual life.

Philippians 4:13 tells us, “I can do all things through Christ which strengthenth me.”

When we place our trust in the Lord no one can emotionally touch you unless you allow it to.

Prayer: Father, I pray for all of these young people that have allowed bullys to emotionally drain them and cut short their young lives. I pray that more and more young people will come to you personally and know that you are the one and only living God. Amen.

(Suggested daily Bible readings: Sunday - Proverbs 18:1-4; Monday - Genesis 15:1-6; Tuesday - 1 Corinthians 1:18; Wednesday - Jude 20-25; Thursday - Romans 3:3-4 Friday - Psalm 4:6; Saturday - Matthew 6:22-23)