

HOW TO STOP LETTING PEOPLE GET TO YOU

"5 WAYS TO TAKE BACK YOUR EMOTIONAL POWER"

BISHOP RC BLAKES, JR.

We talked about the power of being quiet. But you can stop talking and still spend the rest of the day mentally arguing with someone.

You can close your mouth and still give someone the rest of your day.

The next step is learning how to process what you feel, protect your peace, and choose your response.

PROVERBS 16:32 KJV

He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.

Governing your spirit is a form of strength. You cannot determine everything someone does, but you can develop greater authority over how you respond.

1. STOP MAKING THEIR BEHAVIOR A VERDICT ON YOUR WORTH

Someone's rejection, disrespect, or disapproval does not determine your value. Separate how people treat you from who you are.

Even Jesus experienced rejection. He came with love, truth, and healing, yet some refused to receive Him. Their rejection did not diminish His identity or cancel His assignment.

JOHN 1:11 KJV

He came unto his own, and his own received him not.

If rejection could happen to Jesus, being rejected cannot automatically mean something is wrong with you.

Consider useful correction, but stop treating every person's reaction as an accurate assessment of your identity.

2. UNDERSTAND WHY CERTAIN WORDS HIT YOU SO HARD.

Certain interactions may touch an old rejection, insecurity, or need for approval. Understanding that connection helps you recognize what needs healing.

Some deliverance teachings describe "familiar spirits" as gathering information about a person's history and vulnerabilities to exploit them. This is a demonology interpretation; the biblical references themselves concern mediums and consulting the dead.

Bring the application back to self-awareness: What keeps producing the same reaction in me? Does this moment need a boundary, or is it also touching pain I have carried for years?

PSALM 139:23–24 KJV

**Search me, O God, and know my heart: try me, and know my thoughts:
And see if there be any wicked way in me, and lead me in the way
everlasting.**

Invite God to examine your heart and reveal patterns you may overlook. Alongside recognizing someone else's behavior, become willing to examine your own responses.

A familiar trigger does not have to produce a familiar response.

When you recognize the sensitive place, you can begin addressing it through prayer, honest reflection, and appropriate support.

3. RELEASE THE NEED TO MAKE EVERYONE UNDERSTAND YOU.

Explain yourself when clarity can serve the relationship. But recognize when explanation becomes an exhausting attempt to secure someone's approval.

Some misunderstandings can be resolved through honest conversation. Others continue because the person is unwilling to consider your perspective.

GALATIANS 1:10 KJV

For do I now persuade men, or God? or do I seek to please men? for if I yet pleased men, I should not be the servant of Christ.

Paul refuses to make human approval the standard for his service to Christ. Applied here, your commitment to truth must be stronger than your need to win everyone's agreement.

Your peace becomes expensive when everyone must agree with you before you can have it.

Ask yourself: Have I communicated clearly, or am I repeating myself because I cannot tolerate their disagreement?

You can listen, remain accountable, and still accept that someone may leave the conversation unconvinced.

4. DECIDE YOUR BOUNDARIES BEFORE YOUR EMOTIONS DECIDE YOUR RESPONSE.

Decide what you will participate in before you are caught in the heat of the moment. A clear boundary gives you a response you can follow when emotions rise.

For example: "I'm willing to discuss this, but I will pause the conversation if the insults continue."

PROVERBS 22:3 KJV

A prudent man foreseeth the evil, and hideth himself: but the simple pass on, and are punished.

Wisdom recognizes danger and takes protective action. Applied to difficult interactions, establish your limits before the conversation reaches a destructive place.

The boundary becomes meaningful when you follow through calmly. You do not have to win an argument about whether you are allowed to pause. A boundary gives your values a voice before your anger takes the microphone.

Determine what respectful engagement requires, communicate it, and act consistently.

5. STOP CARRYING THE CONVERSATION AFTER IT HAS ENDED.

Sometimes the encounter lasts five minutes, but the mental replay consumes five hours. You rehearse comebacks, imagine their response, and keep reopening the injury.

Give yourself room to acknowledge what hurt. Then identify whether any useful action remains—a conversation, a boundary, an apology, or a decision.

PHILIPPIANS 4:8 KJV

Finally, brethren, whatsoever things are true, whatsoever things are

honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Paul gives us a standard for directing our attention. After acknowledging the hurt and identifying any necessary action, practice returning your thoughts to what is true, worthwhile, and constructive.

You can learn from the encounter without continually reliving it.

When the replay returns, gently redirect your attention to something meaningful: prayer, a walk, your work, or a person who deserves your presence.

CLOSING

You may still feel hurt. You may still need time to settle. Growth becomes visible when you begin choosing what happens next. Someone can disappoint you without defining you. A difficult conversation can require your attention without consuming your entire day. You do not have to give every person who touches your emotions authority over your decisions. Lord, help us recognize what needs healing, communicate what needs saying, and release what we cannot control. Give us wisdom to protect our peace and strength to govern our responses. In Jesus' name, amen.