

Ghosted, but Still Qualified

“Ghosted” is a term often used in the dating world. It means to abruptly cut off contact with someone without giving that person any warning or explanation for doing so.

Even when the person being ghosted reaches out to reinitiate contact or gain closure, they’re met with silence. And we can find ourselves being ghosted in other areas of life from friendships to work environments and even churches.

The ghosting culture can often lead you to feeling like you aren’t enough. Ghosting also triggers feelings of abandonment and rejection. I’m here to tell you don’t feed into the lies the enemy wants you to believe. You are qualified—no matter who walks away.

Stop trying to figure out what you did wrong or what’s wrong with you. Even when you feel ignored, the Lord will never ignore you.

When you feel unseen and invisible, the Lord sees you. If someone ghosts you, do the following: Do not reach out to them. Keep yourself busy. Use positive self-talk. Treat yourself to things you like. Spend more intimate time with God.

Remember, you are loved by the King of kings and the Lord of lords, and there’s nothing you can ever do to change that.

I’m a trauma-informed life coach who helps women with relationship recovery who have dealt with sexual assault, domestic violence, poor dating choices, co-dependency and poor self-esteem. I do this by helping them process their painful past to bring spiritual and emotional healing. {eo}

Read articles like this one and other Spirit-led content in our new platform, CHARISMA PLUS.