

## **REFLECT**

One man said that Christianity is the only way one can truly, fully let go of self-pity. While we may not fully agree with this statement, Christianity does enable us to let go of self-pity.

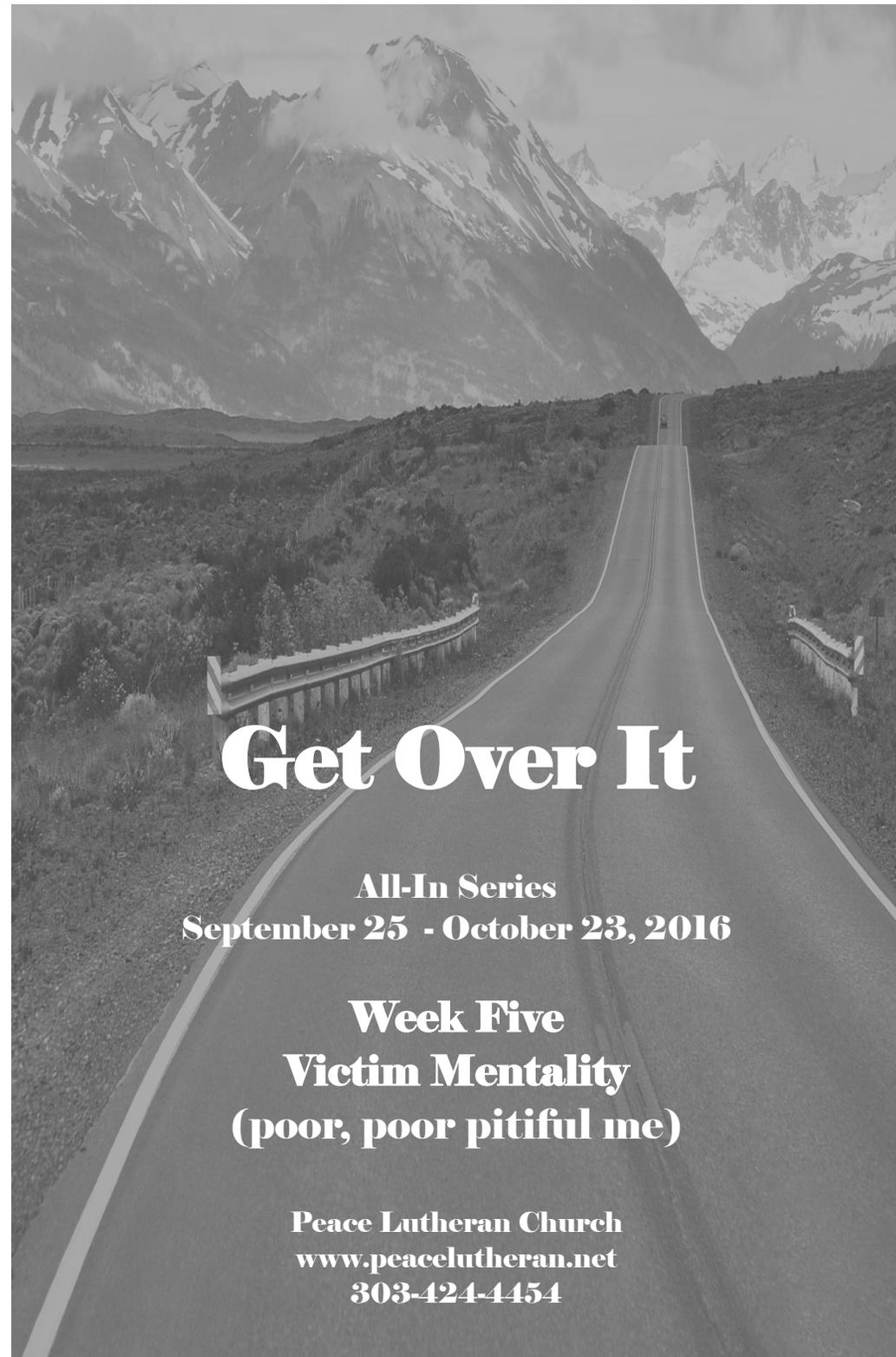
When self-pity strikes, what can you do, by the Holy Spirit's power, to get past it?

### **Action Item:**

We all have our moments of self-pity, and we may even wallow in victim mentality for a short while, but it's not OK to make a permanent home there! We must fix our eyes on the hope we have in Jesus.

When self-pity strikes, dig into the Word. Psalms is a great place to start. David often talked to God about his hardships, but he always found his way back to acknowledging God's blessing and providence in his life. We can do that also. When the clouds of gloom and doom seem overwhelming, look for the silver lining—that's where you'll find God. Talk to Him, acknowledge Him as Lord of your life, see His love and provision, count your blessings and you'll see that God has been, is, and will always be there, helping you through those inevitable rough spots in life.

Philippians 4:8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.



# Get Over It

**All-In Series**  
**September 25 - October 23, 2016**

**Week Five**  
**Victim Mentality**  
**(poor, poor pitiful me)**

**Peace Lutheran Church**  
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## **OPEN**

The term ‘victim mentality’ gets a lot of ‘ink’ and time on social media. Basically, it means that because of past negative experiences (abuse, betrayal, abandonment, etc.) we are mired in self-pity and cannot move on in life. It has immobilized and paralyzed us.

What difficult experience in our life have you encountered that tempted you to play the ‘victim’?

How did you get past it?

## **DIG**

If we are truly honest with ourselves, sometimes we love the attention that ‘playing the victim’ gives us!

What kind of attention is derived from ‘playing the victim’ that, in a sadistic way, is just what we desire?

Why do you think some people derive pleasure from ‘playing the victim’?

How is victim mentality closely related to self-pity?

### **Read John 5:1-9**

In this reading, the man who needed to be healed had been that way for 38 years. 38 YEARS! Doesn’t reason and common sense make us wonder why he had never had someone place him closer to the pool, and then, when the water was stirred, quickly place him in the pool? This gives us insight into why Jesus asked, what seems on the surface, a rather silly question, “Do you want to be healed?” Some Bible commentators believe that the man really didn’t want to be healed because now he would have to start becoming dependent on himself rather than others. He may now have to work for his meals instead of having everything given to him. Thus, Jesus asked if he really wanted to be healed. Interesting...

When we are at our worst, why do we embrace the victim mentality instead of moving past it?

With healing of a victim mindset comes a new lifestyle and a completely different way of living. A lot of times people want the healing, but they don’t want to embrace what a healed life looks like. That is what a victim promotes: Rescuing with very little personal participation.

### **Read John 5:14**

Interestingly, Jesus runs into the man again at the temple and He gives some very straightforward instruction.

What was that instruction?

Jesus was making sure that despite his sin issues, he was healed, and that if he didn’t watch out, the sin issue could rise up again and he could be sicker than before. Yikes! Are those tough words to hear! But could it be that one of the sin issues this man carried was that he saw all of life as a victim, which gave no room for love, hope, and faith to operate fully in his life?

### **Read Galatians 5:22-23**

Which of these fruits of the Spirit are most helpful to combat an attitude of self-pity?

How do the fruits of the Spirit do just that?

The marvelous thing is that our Savior died to pay for our attitudes of self-pity and ‘the world owes us’ mentality! We are forgiven for these attitudes, but also empowered to live new lives which are abundant, joyful, and vibrant! Everyday we can say ‘Good morning, Lord!’ instead of saying, ‘Good Lord, it’s morning.’

Consider this verse from one of our hymns:

With the Lord begin Thy task, Jesus will direct it.

For His aid and counsel ask, Jesus will perfect it.

Everyday with Jesus rise, and when day is ended

In His name then close your eyes; be to Him commended. (LSB 869)