

Victim Mentality or Growth Mentality

Adam in the garden of Eden -can eat of ALL the trees but one!

<u>Victim Mentality</u>	<u>Growth Mentality</u>
God is mean to me, cheated God is holding back, deprived	God is so kind to me, blessed God has given me all things, provided for
God is against me God's laws hurt me	God is for me God's laws are for my good
Life happens TO them	Life happens FOR them
Blame shifting Adam -the woman YOU gave me Eve -the serpent	Taking Responsibility for me
HUGE NEED / PROBLEM	HUGE GOD -Sovereign
Me & God tackling my problem He gives me grace to live <u>under</u> this thing It always looms over me I cannot forget or erase	I am His child -He is my Father My life is under His control He will help me in my problems My problems will not hide God I cherish the lessons I learn in life
You must understand my <u>Problem</u> -then you know me!	You must understand my <u>God</u> -then you'll know me!
Fellowship around my problem	Fellowship around my God

I. Victim Mentality

1. **Sees life as being unfair or simply dominating my life**
 - Feel disadvantaged by others
 - They fuss about life being unfair and dream of a "fair life" - which basically is a life of everyone pampering them.

Something is BIGGER than them -hindering them

- Person, church group, employer, health situation
- Past trauma, childhood trauma,

2. **Victims see every personal problem as a major catastrophe**

- No one else has ever faced anything like I have
- Every little hurt is nursed and fostered over till in their minds it's a huge injustice
- It's all they can talk about at the family gathering

3. **Victims see life mostly from a negative viewpoint**

- They are seldom grateful and happy
- They see everything as wrong, bad, hurtful and painful

4. **Victims blame their problems, needs, and sins on circumstances, events, and others**

- They can't help it!
- It's not my fault

Child care world / adoptive parents:

- Drug baby, alcohol baby -REAL but how much does it matter?

Psychology world:

- Repressed memories, childhood trauma,

5. Victims picture themselves as having no control in life

- Since they had no control over this happening to them, then they are not responsible for their life through it!
- They actually hand control over to others -will avoid taking a place of leadership and responsibility

6. Victims create an island for themselves and their problems

- You cannot understand me and are committing an injustice against me unless you are a part of my victimized group.
- You've never experienced what I have so you don't understand and can't relate to me

They huddle with other victims until it looks like another VICTIM might have a worse life, a greater suffering, a better story:

- Then they reject that VICTIM lest they "steal their show"
- And finally they use that broken relationship with that fellow victim as another piece in their victim story!!

Victims burn through relationships repeatedly

7. Victims come to believe that anything they do is justified

- They can burn down whole city blocks to call attention to their cause -that someone is taking advantage of them!!
- Because of my situation, anything I say is out of love even if it doesn't seem so, but if you in any way disagree with me you are spiteful, uncaring, calloused, and unloving.

8. Victims are beyond help unless they choose to look at life differently!!

- Absolutely no hope for any change while loving the victim lifestyle!

In ALL LOVE!!

- Victim mentality is a huge control tactic
- It is basically an adult temper tantrum!

Now if your steeped in the victim spirit -you just unplugged, wrote me off as a useless babblers!

II. Growth Mentality

1. Growth mentality starts with acknowledging God as Creator and Sovereign of the Universe

- Since God created me, He has a plan for me in life
- I have wonderful opportunities in life by following God and discovering His will for me

Lu 12:6 Are not five sparrows sold for two farthings, and not one of them is forgotten before God?

7 But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows.

2. Growth mentality involves owning my own sin

Read **Luke 15:14-20**

Lu 15:18 I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee,

- He didn't focus on his big bad brother
- He didn't cite injustices growing up

Elder brother -victim spirit

- Vs 26 -stand off at a distance, send a servant to ask
- Vs 28 -angry at another man's repentance / acceptance
- Vs 29-30 –"I served you all these years" (deserving)
 - "I have never transgressed you" (perfect)
 - "You never gave me a kid" (underprivileged)

Father –"Son, everything I have is yours, you're blessed"

3. Growth mentality sees the events of life as allowed by God to mold my life and teach me Truth

- Life happens FOR them, not TO them
- Life happens FOR them to go through with God!!
- Every day is a new challenge to conquer
- There are new heights to gain, new lessons to learn, new areas to deny self and put others first!!

Ro 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

- My God is too big to be surprised or overwhelmed by my greatest need or problem!!

4. Growth mentality sees their personal problems as normal to humanity in many ways

1Cor 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

- They can easily see others who have it worse
- They seek to be faithful like others who suffered these things

5. Growth mentality fosters thankfulness

1Thess 5:18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

- Thankfulness to God and others
- A feeling of being blessed even in adversity
- They can see that every bad event could have been worse and their thankful it wasn't

6. Growth mentality knows they must obey God regardless how they feel

1John 5:3 For this is the love of God, that we keep his commandments: and his commandments are not grievous.

- They see blessings in obedience
- They know that self-denial is actually good for them spiritually

7. Growth mentality sees people as valuable and friendship as precious

Prov 17:17 A friend loveth at all times, and a brother is born for adversity.

Prov 27:17 Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.

- People are not my problem in life
- People are not out to get me
- Friendship is precious as I seek to give more than I get

Growth mentality thinks the best of others, not the worst.

- It gives the benefit of the doubt to others
- It is harder on myself than on others

8. There's a great future for the growth mentality

- Being in the center of God's will is the perfect place to be
- Yielding to the Spirit of God in my life will lead me in Heavenly pathways

Rom 8:1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.