

Rise and Shine

Going from a Victim Mentality to a Victor Mentality

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God wants us to RISE UP in Victory over sin and its effects.

God wants us to SHINE the light of His glory!

The Victim Mentality and Where It Comes From

One of the effects of sin is a victim mentality, a way of thinking that has been conditioned from the hurt, pain, and trauma of a fallen world – a state of being that causes a person to see himself or herself as someone continually under the control of circumstances or other people.

But Jesus came to save us, and continues a saving process, a transformation of becoming WHOLE, including a NEW WAY OF THINKING that comes from the right standing we have before God through Him.

Guilt, shame, and fear stem from sin, which are major players in the development of the victim mentality and a sin consciousness. After becoming born again, God begins to renew our minds to His righteousness and to undo a wrong way of thinking.

Not everyone who has a victim mentality is able to identify their condition, whether slight or extreme or somewhere in between. Be open to the Holy Spirit throughout this study to see if there is an area where the Lord wants to lead you into more freedom.

Personal Example:

When I was young, I served on a church staff where the women in leadership were older and closer to one another, often leaving me feeling on the outside of their circle. When I tried to reach out to them, I felt ignored or rejected. As a result, I questioned my worth and my calling. Church leadership also taught that women were not to be in leadership roles, teaching women were not designed by God for positions of authority like men were. When I went to my young husband about the discrimination, he told me he didn't agree with the doctrine, but he felt we needed to overlook it and be content where we were. I felt powerless, unwanted, and unfulfilled. I also felt stuck and lost hope in my God-given purpose. I believe churches should be a place where young ministers are nurtured and mentored, but I didn't have that as a young woman. I felt victimized, but I didn't realize I had taken on a victim mentality.

I went home to visit my family, and a spiritual friend prayed over me. I told her nothing about my situation. She saw a vision of me being in a circular room with several doors. She saw me knock on those doors, and each time the doors were answered, they were

slammed shut. She went on to say the Lord was going to heal my hurts from rejection, pouring in the oil and wine as in the story of the Good Samaritan.

Shortly after that prophetic word, we left the church. God led us to a church where women were celebrated and included, but I found myself holding back. After God healed me, He also had to restore me. To restore me, He had to undo the lies I had been told and learn a lesson. As a young person looking to leadership to mentor me, which is the Lord's design, the Lord told me to look directly to Him to learn who I was. I was to lean on Him to help me step into the calling He gave me. Now my heart is to mentor young female leaders and to support other leading ladies.

There was a tightknit group of women that didn't make room for me, but through a process of being set free, God has made room for me. I went from victim to victor by His grace and mercy. Now I can rise up in Him and shine His glory in my story!

The Victim Mentality Description

Perception

This topic is important because the way we perceive ourselves will affect how we

- Think
- Feel
- Behave

If we see ourselves as a victim, then we will think, feel, and behave as someone who not only has been victimized, but someone who is still a victim, someone still under the control of something or someone else. However, whom the Son has set free is free indeed!

If we see ourselves as a victor, then we think, feel, and behave as someone victorious.

As a man thinks in his heart, so is he. Proverbs 23:7

Perpetual

People with a victim mentality not only were hurt in their past; they also REMAIN HURTING. They are stuck in their yesterday and easily hurt in their present.

The enemy was never just out to cause pain, but his aim was to cause ineffectiveness, The damage done through pain, lies, shame, guilt, fear... causes dysfunction, a distorted way of functioning or living. It is a damage that keeps a person from moving forward.

When we see ourselves as a victor in Christ, we overcome the work of the enemy and are able to break free from the victim mentality and embrace grace!

And you will know the truth, and the truth will set you free." John 8:32

Victim Mentality vs Victor Mentality

Looks for sympathy

Sympathy can give comfort to a victim, giving feelings of being understood, accepted, significant, and validated.. It's a needy quality, a need that must be met by God rather than latching on and clinging to other people.

Gaining sympathy could also be a way of building some sort of control to get our way through a support system that picks up offense, takes sides, and feeds unhealthy issues. It's manipulative and an addictive bondage. Jesus came to set us free through surrender, letting go of our attempts to control.

Feels self-pity

When someone sees himself or herself as a victim, an attitude of “woe is me” can develop. Someone with a victim mentality may feel cheated, even feeling as if they can never get ahead because they were ripped off earlier in life. The victim mentality is very self-centered. The real robbery was not what was lost or stolen, but what continues to be taken through the victim mentality.

A victor mentality feels blessed by God, looking to God for favor, carrying an attitude of praise.

Generates Negativity

Because someone sees himself or herself as a victim, he or she will often be negative. He or she will often complain, criticize, and rarely show gratitude.

With a victor mentality in Christ, a person is positive in faith, believing God is working on his or her behalf, providing the authority and power necessary for an abundant life.

Works passive aggressively

People with a victim mentality often feel powerless and helpless. Because of that feeling, they often don't step out. They withdrawal, and if they do try to get their way, it's done through manipulative means. People with a victim mentality often struggle with being forthcoming; therefore, their methods are sometimes passive aggressive.

People with a victor mentality have the freedom to speak the truth in love, relate with transparency, and communicate without manipulation.

May show aggressive behavior

For others, anger and force are seen as ways to find expression or solutions to being victimized, sometimes feelings as if the whole world is against him or her.

Someone with a victor mentality puts their trust in the Lord, and when action needs to be taken, that action is taken with confidence in God with an identity found in Christ.

Blaming self or others

Some go through abuse and have no wrongdoing, yet struggle with guilt, blaming themselves. This is a lie from the enemy, using guilt to keep a person attached to the abuse.

Sometimes those who were victimized in the past may take the stance of a victim in the present and future, tending to always shift blame off of themselves and onto someone else. It could be a reason for bad behavior, but it isn't an excuse. God holds each of us accountable for our choices. God also works to undo the works of the enemy, working with us with patience, but He will also expect that we receive and apply His truth. God wants us to be free! God wants us to rise and shine!

The first case of victim mentality is seen in the beginning of the Bible when Adam blamed Eve and Eve blamed the serpent. We also see Adam and Eve hiding from God rather than face being confronted.

God's purpose for correction is to take ownership of any part we played, then repent. Then God can restore. A victor mentality trusts God's love and allows transparency. It will yield to the Father, learn from Him, then receive the correction to stay on the right course.

Wants entitlement

Some people with a victim mentality feel the world owes them something. They feel entitled to take possession of what belongs to someone else.

People who come to Christ will look to Him to bless them to be all they are designed to be, do all they are called to do, and possess all they are given to steward.

Feels offended

A person who is offended is a person who was hurt and gets trapped by unforgiveness.

Staying offended at someone(s) for wounds from the past become a place where you dropped anchor. Your ship can't move on in freedom, because like an anchor, offense will hold us to that moment or season of hurt through thoughts, feelings, desires, and behaviors. Pull up anchor, release the offender, and sail on!

Resists authority

People with a victim mentality may struggle with trust and control; therefore, they may wrestle with honor or submission to authority.

People with a victor mentality have their trust in God; therefore, they can serve leadership wholeheartedly and participate with others without reservation. Conflicts can be resolved, differences can be discussed, and grace can be extended.

Jesus Sets Us Free From the Victim Mentality

Jesus can heal us anywhere we hurt, restore anything that has been broken, and set us free from anything that has had us bound.

You may have been victimized, but you don't need to stay a victim.

Whatever happened to you, is not who you are. Don't receive a false identity.

Jesus came to give us a new identity in Him – the identity of a victor, and overcomer.

How to Rise and Shine

Grace and Faith

The same way we are saved is the same way we walk our salvation:
GRACE THROUGH FAITH. *Ephesians 2:8-10; Philippians 2:12*

2 Corinthians 9:8 And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.

Ephesians 3:20

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us,

Faith is believing, but also a dependency upon God to the point of taking action.

To have a personal faith in God, we have to open up and trust Him.

To trust Him, we have to know and receive His love and what Christ has done for us.

The opposite of faith is doubt and self-sufficiency. It's a control issue; surrender and obey. Then expect God's power, presence, and favor to flood your life to overflowing!

Make the choice and take a step

Whether we feel like it or not, choose freedom, and receive it in your heart. Then trust God to help work freedom in you, even if it takes a process. Do your part, and trust God will do His part. We are on a journey of transformation, and God will never give up on you!

Allow the Spirit to reveal and heal

Hebrews 4:12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

Embrace truth

Romans 12:2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

God will change our thinking with His Word and His Holy Spirit.

Forgiveness

Even if we went through abuse and were victimized, we have to let go of what we feel they owe us for what harmed us. Releasing someone else is giving them into the hands of God. It's not our place to punish. When we do, we can move mountains!

Mark 11:25 "And whenever you stand to pray, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses."

Take responsibility

No matter what we've gone through, we are still responsible for our choices today. Repent of anything we have done or are doing that is not in line with God's best. Receive His forgiveness. As soon as we recognize it, be quick to obey. It's always best to nip sin in the bud.

Jeremiah 3:13 Only acknowledge your iniquity

Let go and grab ahold

Let go of what once was in order to grab onto what now is and what tomorrow could be.

Don't become familiar and comfortable with the victim identity. Don't hold onto it. Don't be afraid to leave what you know to receive a new identity, an identity of a victor!

Philippians 3:13-14 13 Brethren, I do not count myself to have [a]pprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, 14 I press toward the goal for the prize of the upward call of God in Christ Jesus.

Rebuke the devil

He latches onto hurts, dysfunctions, and wrongful behaviors

Ephesians 6:12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

2 Corinthians 10:4 For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.

Conclusion

God wants us FREE to be who He created us to be, do what He called us to do, and possess the territory He has given to us. He is the God of the breakthrough!

Some things may happen in an instant under His anointing, and other things might be God dealing with Him as we surrender, layer by layer.

God is on your side! He will never leave you for turn away from you!

Rise, shine; for your light has come! And the glory of the Lord is risen upon you. Isaiah 60:1

A victim mentality will stay down.

A victor mentality will rise up! God wants us to rise up.

And since you're going to RISE, you might as well SHINE!
Give God the glory.