



Joseph Refused
To Be A
Victim



Victim Mentality

- Are there victims? Absolutely!
 - But you do see, for you note mischief and vexation, that you may take it into your hands; to you **the helpless** commits himself; you have been the helper of the fatherless
 - Psalm 10:14



Victim Mentality

- Victim mentality defined:
 - “Belief that one is **always** a victim: the idea that bad things will **always** happen to one.”
 - Someone (thing) keeps life from getting better
- Is this how God wants life viewed?



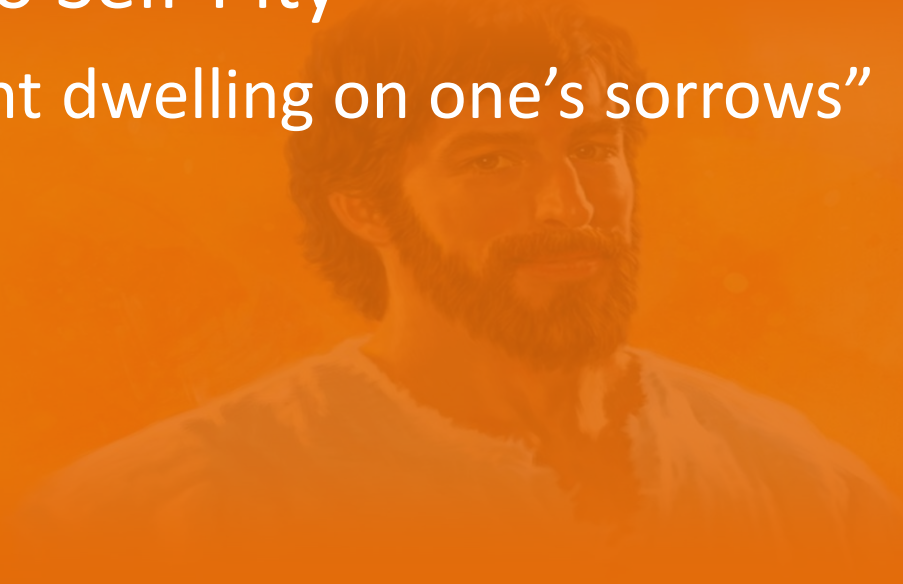
Joseph's Children

- Manasseh: “Forgetting”
 - “God has made me forget all my hardship and all my father's house.” – Genesis 41:51b
- Ephraim: “Fruitful”
 - “God has made me fruitful in the land of my affliction.” – Genesis 41:52b

Overcoming Victim Mentality: Forget and Remember

How Joseph Defeated Victim Mentality

- Gave no Place to Self-Pity
 - “A self-indulgent dwelling on one’s sorrows”





Self pity is easily the most
destructive of the
non-pharmaceutical narcotics; it is
addictive, gives momentary pleasure
and separates the victim from
reality.

— *John Gardner* —

AZ QUOTES

How Joseph Defeated Victim Mentality

- Gave no Place to Self-Pity
 - Easy for good people to fall into this temptation
 - [Elijah] said, “I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.”
-- I Kings 19:14

Self-pity: exploring the links to personality, control beliefs, and anger

Dr. Joachim Stoeber

- High level of Self-pity...
 - Viewed self as controlled by chance/powerful others
 - Viewed self as defenseless
 - High in emotional loneliness
 - High in anger rumination

He is not greater in this house than I am, nor has he kept back anything from me except you, because you are his wife. How then can I do this great wickedness and sin against God? – Genesis 39:9

How Joseph Defeated Victim Mentality

- Allowed Himself to Forget
 - Victim mentality relives bad situations over and over
 - Times when another is blamed for bad outcome
 - Bitterness and hate allowed to grow
 - Thinks others have much better situation

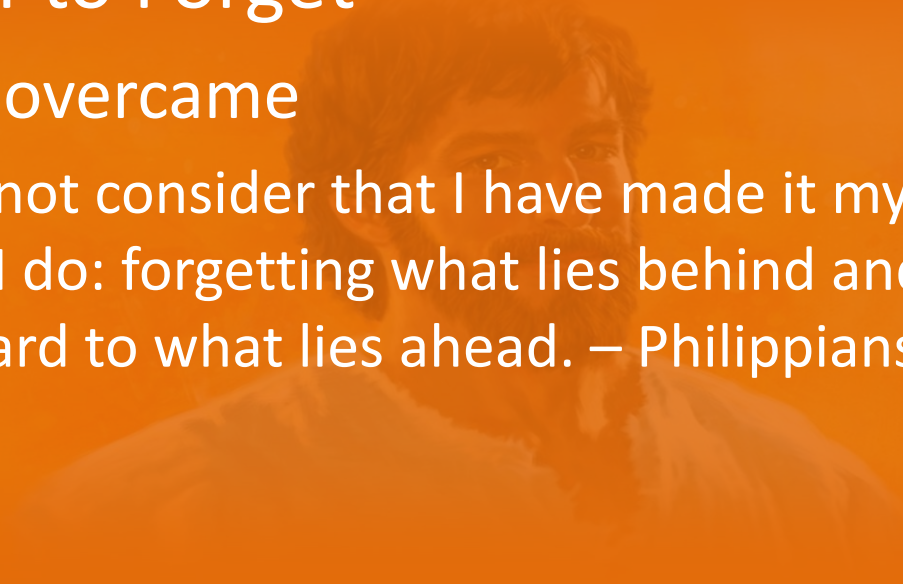
ADULT CHILDREN OF
NORMAL PARENTS
ANNUAL CONVENTION



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How Joseph Defeated Victim Mentality

- Allowed Himself to Forget
 - Note how Paul overcame
 - Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead. – Philippians 3:13



How Joseph Defeated Victim Mentality

- Allowed Himself to Forget
 - Joseph came to terms with past and moved forward
 - Demonstrated what God does in forgetting sins
 - Did not waste precious time in perpetual hurt
 - He entrusted God with his future
 - How, though, can this be done?

Occam's Razor

The simplest explanation is
usually the correct one.

Therefore do not be anxious about tomorrow,
for tomorrow will be anxious for itself. Sufficient
for the day is its own trouble – Matthew 6:34

How Do I Defeat Victim Mentality?

- Don't War Against Reality
 - Life is not fair or unfair: life is life!
 - Blaming others for unhappiness...
 - Causes loss of touch with reality
 - Creates perpetual state of unhappiness

How Do I Defeat Victim Mentality?

- Don't War Against Reality
- Turn Vengeance Over to God
 - He will deal with victimizers
 - Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord. – Romans 12:19
 - Leaves us free to do good/forget painful past

How Do I Defeat Victim Mentality?

- Don't War Against Reality
- Turn Vengeance Over to God
- Trust God to Create Good Conclusion

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. – Philippians 4:6-7

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- Trust God to Create Good Conclusion
 - Requires re-creation of the mind
 - “We have the mind of Christ” – I Corinthians 2:16
 - “By the renewal of your mind” – Romans 12:2

