

Decoupling from Pseudo-Identities

(The Victim)

A victim is a person who has come to feel helpless and passive in the face of misfortune or ill-treatment. Based on life experiences, this become an integral part of some people's personality. Unfortunately, remaining in a space of powerlessness hinders progress as one tends to be a blame-shifter that never takes responsibility for their own success. The reality is that we all have a choice. Will you turn your tragedy into a triumph? Will you turn your mess into a message? Your pain into progress? Or will you remain a victim?



Romans 8:37

No, in all these things we are more than conquerors through him who loved us.

You are NOT defined by your circumstances but by who you have become in Christ.

What are some characteristics of a victim?

1. The victim often feels anxious, ignored, helpless, or manipulated.
2. The victim is fatalistic and has an external locus of control.
3. The victim is often a people-pleaser. This often results in resentful feelings towards those they are trying to please, especially when there is no reciprocity. They need to feel appreciated in order to feel validated.
4. The victim has believed lies about God, themselves, others and how the world works. For example:
 - "Everything bad happens to me."*
 - "I can't do anything about it, so why try?"*
 - "I deserve the bad things that happen to me."*
 - "No one cares about me."*
 - "They all have an unfair advantage."*
 - "God is too busy for people like me."*
 - "There is nothing special about me."*
 - "No one likes me, I am just a burden."*
 - "I can't trust anyone. They will let you down at some point."*
 - "They are all in it for themselves."*
 - "When they are nice to me it's because they feel sorry for me."*
5. The victim allows others to choose for them
6. The victim often lacks clarity when speaking as he is indirect
7. The victim is often low on self-care and has a martyr syndrome
8. The victim expects bad things to happen to them
9. The victim does not take responsibility. It's always someone else or something else's fault.

- 10. The victim believes that there is no point in trying because they are powerless to bring about change.
- 11. The victim believes that their emotional state is in someone else's hands. "I will be happy when my husband starts..."
- 12. The victim does not actively look for solutions to change the status quo.

Judges 6:1–16, 22 - 29

¹ *The Israelites did evil in the eyes of the Lord, and for seven years he gave them into the hands of the Midianites.*

- The Israelites ended up in this situation because of their own evil doing. They were not victims but probably saw themselves as such.

² *Because the power of Midian was so oppressive, the Israelites prepared shelters for themselves in mountain clefts, caves and strongholds.*

- Often victims are under spiritual oppression that causes passivity. When God frees them He restores their WILL.

Phil 2:13

For it is God who works in you to will and to act in order to fulfil His good purpose.

³ *Whenever the Israelites planted their crops, the Midianites, Amalekites and other eastern peoples invaded the country.* ⁴ *They camped on the land and ruined the crops all the way to Gaza and did not spare a living thing for Israel, neither sheep nor cattle nor donkeys.* ⁵ *They came up with their livestock and their tents like swarms of locusts. It was impossible to count them or their camels; they invaded the land to ravage it.* ⁶ *Midian so impoverished the Israelites that they cried out to the Lord for help.* ⁷ *When the Israelites cried out to the Lord because of Midian,* ⁸ *he sent them a prophet, who said, "This is what the Lord, the God of Israel, says: I brought you up out of Egypt, out of the land of slavery.* ⁹ *I rescued you from the hand of the Egyptians. And I delivered you from the hand of all your oppressors; I drove them out before you and gave you their land.* ¹⁰ *I said to you, 'I am the Lord your God; do not worship the gods of the Amorites, in whose land you live.' But you have not listened to me."*

- They had internalised the constant oppression and ended up with an inferiority complex. They had a slave mentality despite God delivering them and giving them a new identity.
- Breakthrough comes when we embrace our true identity in Christ and stop looking at how big our enemy seems to be.

1 John 4:4

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

¹¹ *The angel of the Lord came and sat down under the oak in Ophrah that belonged to Joash the Abiezrite, where his son Gideon was threshing wheat in a winepress to keep it from the Midianites.* ¹² *When the angel of the Lord appeared to Gideon, he said, "The Lord is with you, mighty warrior."*

- God will always start with your identity. He calls you something new that is linked to your purpose.

¹³ *"Pardon me, my lord," Gideon replied, "but if the Lord is with us, why has all this happened to us? Where are all his wonders that our ancestors told us about when they said, 'Did not the Lord bring us up out of Egypt?' But now the Lord has abandoned us and given us into the hand of Midian."*

- The victim will always focus on their circumstances and not God's words.
- Your interpretation of events shapes your view of God and ultimately your identity.

¹⁴ *The Lord turned to him and said, "Go in the strength you have and save Israel out of Midian's hand. Am I not sending you?"*

- God wants the victim to focus on their purpose. He is interested in your destiny.

¹⁵ *"Pardon me, my lord," Gideon replied, "but how can I save Israel? My clan is the weakest in Manasseh, and I am the least in my family."*

- Victims often have an inferiority complex
- Victims have debilitating rules about who can be used by God and who can't

John 14:12

Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father.

¹⁶ *The Lord answered, "I will be with you, and you will strike down all the Midianites, leaving none alive."*

²² *When Gideon realized that it was the angel of the Lord, he exclaimed, "Alas, Sovereign Lord! I have seen the angel of the Lord face to face!"* ²³ *But the Lord said to him, "Peace! Do not be afraid. You are not going to die."* ²⁴ *So Gideon built an altar to the Lord there and called it The Lord Is Peace. To this day it stands in Ophrah of the Abiezrites.* ²⁵ *That same night the Lord said to him, "Take the second bull from your father's herd, the one seven years old. Tear down your father's altar to Baal and cut down the Asherah pole beside it.* ²⁶ *Then build a proper kind of altar to the Lord your God on the top of this height. Using the wood of the Asherah pole that you cut down, offer the second bull as a burnt offering."*

- We will have breakthrough to the degree to which we are willing to tear down things that dishonour God and build up things that honour Him in our lives.

²⁷ *So Gideon took ten of his servants and did as the Lord told him. But because he was afraid of his family and the townspeople, he did it at night rather than in the daytime.*

- The fear of man is one of the most common hindrances to destiny

Gal 1:10

Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.

Prov 29:25 (Berean Bible Study)

²⁵ *The fear of man is a snare, but whoever trusts in the LORD will be set securely on high.*

Rom 8:31

What, then, shall we say in response to these things? If God is for us, who can be against us?

Luke 12:4-5

⁴ *"I say to you, My friends, do not be afraid of those who kill the body and after that have no more that they can do. "* ⁵ *"But I will warn you whom to fear: fear the One who, after He has killed, has authority to cast into hell; yes, I tell you, fear Him!"*

²⁸ *In the morning when the people of the town got up, there was Baal's altar, demolished, with the Asherah pole beside it cut down and the second bull sacrificed on the newly built altar!* ²⁹ *They asked each other, "Who did this?" When they carefully investigated, they were told, "Gideon son of Joash did it."*

You cannot hide a light under a bushel. If God has promoted you, at some point the world will notice.

Personal Mastery Prayers for those breaking out of the Victim Identity

1. Thank you Lord that I can trust my own intuition and instincts without constantly second guessing myself.
2. Today I take full responsibility for attaining my goals and achieving fulfilment in life.
3. I declare that any change I have to face this week is not frightening for me. I have not been given a spirit of fear but of power, love and a sound mind. I declare that the changes I experience are opportunities for growth.
4. I declare that I am in charge of my use of time. I choose to glorify God with every hour this week. I am free to say no to things that will distract me from God's purpose for my life.

5. I feel powerful today because greater is He that is in me than he that is in the world. The influence and impact I have on the world around me is greater than it has on me.

6. I declare that I am quickly finding my voice. I can speak freely. I will tell my own story. My story is worth sharing.

7. Today I am willing to admit to and correct my mistakes. I see feedback given to me as a source of learning. My mistakes are not my identity. My identity is in Christ. I am one with Christ. I am not defined by my mistakes. I am open to learning. I am grateful that I have people willing to help me. I see feedback as a gift.

8. I declare today that I am in control of my beliefs and what I think. My mind is active rather than passive. I have a sound mind. My mind is being renewed daily.

9. I am growing in emotional self-awareness. I can reflect on my own behaviour and assess myself. Just as God assessed His handiwork in creation and saw it was good, I can also self-validate. Today I am free from addiction to external validation. Today I am free from approval addiction. Thank you Lord that I am unconditionally accepted by you. Thank you that you delight in me. Thank you that you rejoice over me with singing. Thank you that I can abide in you and remain in your love. Thank you that I bear your name and that's enough. Thank you that I am complete in Christ. Thank you that today I do not need any other label to attach to my name. I declare that Christ is enough for me!

10. Today I embrace your standards Lord. Today I choose to be aware of the values that move and guide me, as well as their roots in you. I will no longer be ruled by values I have irrationally adopted or uncritically accepted from others. I am comfortable feeling successful and happy living out my values.

11. Because I am in Christ, I am confident of my ability to cope with the basic challenges of life. I've got this. I can handle it. I can do all things through Christ who strengthens me.

12. Thank you Lord that I can feel comfortable expressing and asserting my needs and wants. I will no longer walk in false humility that rejects your blessings. You have blessed me to be a blessing and I fully embrace that.

13. Today I choose to forgive all those that have negatively affected the way I see myself. I choose to stop blaming them and I take responsibility for my own esteem and emotional well-being. I forgive and release where there was:

- i. Neglect or abuse in my life (Verbal, Physical or Emotional)
- ii. Unpredictable behaviour from caregivers
- iii. Over-Compensating parents – overly harsh or overly relaxed or indifferent
- iv. Exclusion for being an outsider or just different
- v. Stressful life events caused by others (job loss etc)
- vi. Undue comparisons with unattainable measure or with another person
- vii. Being on the receiving end of others' stress and anxiety

I choose to tell myself a different story today. I choose to see Jesus even in those negative experiences.

14. I submit my self-concept to you Lord. I declare that it will be based on the truth about myself, the truth about others, the truth about God and the truth about how the world works.

15. I declare today that I create the climate wherever I go.

16. Thank you Lord that I can condition myself emotionally. I can determine my mood.

17. Thank you Lord that I can choose my attitude. Thank you that my attitude largely determines my altitude in life.

18. I declare that I am in charge of what I say. I also declare that I am in charge of what I think.