

## Self-Pity (Victim Mentality)

**False teachers of the last days are “Pity-Merchants,” promoting a victim mentality. 2 Peter 2:18-20**

For speaking out arrogant words of vanity they entice by fleshly desires, by sensuality, those who barely escape from the ones who live in error, 19 promising them freedom while they themselves are slaves of corruption; for by what a man is overcome, by this he is enslaved.

### **1. Self-Pity blames others for personal failure to rely upon the Lord. Gen 16**

(Triggered by many different events. Family, parents, economics, society, unrealized expectations.)

Wikipedia: Self-pity is the [psychological](#) state of mind of an individual in perceived adverse situations who has not [accepted](#) the situation and does not have the confidence nor ability to cope with it. It is characterized by a person's belief that he or she is the victim of events and is therefore deserving of condolence. Self-pity is generally regarded as a negative emotion in that it does not generally help deal with adverse situations. However, in a social context, it may result in either the offering of sympathy or advice. Self-pity may be considered normal, and in certain circumstances healthy, so long as it is transitory and leads to either [acceptance](#) or a determination to change the situation.

### **2. Self-Pity does not trust God and thus demonstrates rejection of His promises. Prov 3:5-8**

Trust in the Lord with all your heart, And do not lean on your own understanding. 6 In all your ways acknowledge Him, And He will make your paths straight. 7 Do not be wise in your own eyes; Fear the Lord and turn away from evil. 8 It will be healing to your body, And refreshment to your bones.

### **3. Since at its core is unbelief, it blinds the individual to reality. 2 Cor 4:3-5**

**(The deception is that it makes us think we are seeing reality. Attitudes that leave out God may seem real but are inaccurate.)**

And even if our gospel is veiled, it is veiled to those who are perishing, in whose case the god of this world has blinded the minds of the unbelieving, that they might not see the light of the gospel of the glory of Christ, who is the image of God.

### **4. Faith is a key issue in the Angelic Conflict and thus is part of the battle we face every day. 2 Cor 10:3-6**

For though we walk in the flesh, we do not war according to the flesh, 4 for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. 5 We are destroying speculations and every lofty thing

raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,

5. Self-Pity is a manifestation of fear and arrogance. Elijah. 1 Kings 18

6. It is an "I" disease. Php 2:3,14

- A. Sacrifices relationships.
- B. Enlists others.
- C. Lives foolishly.
- D. Forsakes God.

7. Deal with Self-Pity as with Fear.

- A. Face the Reality.
- B. Expand your thinking.
- C. Accept His promises.
- D. Refocus.

8. Be an Overcomer, because Christ has overcome the world.

**John 16:33**

"These things I have spoken to you, that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."

**1 John 5:4-6**

For whatever is born of God overcomes the world; and this is the victory that has overcome the world — our faith. 5 And who is the one who overcomes the world, but he who believes that Jesus is the Son of God?