



Biblical Counselling UK

# ANGER

BEING CROSS – BEING CHRISTLIKE

## Re-orienting victim mindset

Ste Casey



## Does this sound familiar?

- You find conversations with the person draining, all one-way traffic.
- You feel over-privileged
- You feel pressure to show compassion, as if it is a test
- They have burned through carers
- There is hostility to suggestions of doing things differently
- Rarely want to talk about the Lord



## Prof Kets de Vries

- One of the problems with dealing with someone with a victim mentality is that he likely does not want help, and will react negatively to attempts to change his behaviour or mindset.
- A tightly-held interpretation, narrative, lens for seeing their life – that blames their situation or others for their unhappiness and stuckness.



## Why is this so alluring and ensnaring to a troubled/hurt heart?

- Offers identity – “I’m special!”
- Offers justification – “I’m free from blame!”
- Offers power – “You/they should!”
- Offers superiority – “I have special wisdom!”



## 1) Invite them to let Jesus restore them

- John 5v6 – “Do you want to be healed?”
  - Can you see a day that troubles and controls you less?
  - How does the presence of Jesus give us a real sense of hope for change?



## 2) Invite them to own their own victimising

- Isaiah 53 – “..laid on Him the iniquity of us all.”
- Luke 23 – “..this man has done nothing wrong.”
  - How does Jesus bearing our sin help us own our wrong?
  - How does that re-orient the way we think about our superiority over those who have hurt us?



### 3) Invite them into the party

- Luke 15v28 – “But he was angry and refused to go in. His father came out and entreated him.”
  - What might we have to lay down in order to go into the party?
  - How is the Father coming out to you at the moment?



## 4) Invite them into the renewed dignity of choice

- 2 Kings 5v1-5 – “Would that my lord was with the prophet who is in Samaria. He would cure him”
  - What faith-filled choices can you make to serve and bless?
  - How will that free you from being dictated to by past hurtful experiences?





## Where to land

- 2 Corinthians 1:4 “....Comfort others with the comfort we have received.”

