

Victim Mentality

Victim: One who is harmed by or made to suffer under a circumstance or condition.

Mentality: A way of thinking or believing.

- **Helpless** – Personal: “There is nothing I can do.”
- **Hopeless** – Situational: “There is nothing that can be done.”
- Diagnosis vs. Prognosis – A matter of identity

Prayer Strategy

- Recognize Symptoms
 - Depression, chronic hopelessness
 - Fear, anxiety, timidity
 - Shifting blame or responsibility
 - Codependency
 - Villain / Victim roles
 - Failure to thrive
- Pray to discover the source or root of a victim mentality
 - Personal failure
 - Trauma event
 - Pattern of failure
 - Culture
 - Oppressed people group
 - Family of origin
 - Abuse
 - Codependency
 - Justice mentality
- Remove legal ground
 - Generational curse, word curse, sin issues
- Forgive others
- Receive forgiveness
- Confess false belief (helpless, hopeless, unworthy, etc)
- Pray to receive the truth to replace the mentality
- Reconcile with God as the source of hope
- Reconcile with others in renewed relationships

Victorious Mentality – Romans 5:3-6

- Overcomers – Romans 8:37-39