

UPROOTING REJECTION #8 “Rejection, Blame and a Victim Mentality”

John 5:5-9

Intro: We are looking at the principle of rejection in people’s lives: Disapproval/lack of valuing

Rejection is the root of so many unhealthy/destructive emotions/reactions/mindsets/choices

We will be looking at the roots of rejection in order to bring freedom

Through supernatural deliverance and the power of truth we will find freedom to uproot rejection

Today: Looking at how people commonly react to rejection: Blame and a victim mentality

I. BLAME AND A VICTIM MENTALITY

A. Rejection is an assault on a person’s worth/value

1. The message that you are not loved/not wanted/not valued causes deep wounds

a. **Psalm 109:22**

1. Not just information – painful/confusing/tormenting. “Yes I did wrong... this was terrible.. no. We try and get rid of.

2. Rejected people cannot live with the idea that they are worth less – or have no value

a. *Unnatural: You were made to be loved/valued – That is God’s plan!*

3. Human nature: You have to deal with these feelings – you can’t just carry it

a. Some people try and prove they have value: *They are fighting the rejection message*

B. But one answer is to shift it off of you – and onto others

1. **Blame:** Shifting responsibility off of us and onto someone else

a. **Genesis 3:12**

1. An explanation for why we are the way are: *It’s someone else’s fault!*

Worth is connected to your pride. Can’t ignore this.

2. This is pride enthroned: *I cannot stand to admit that I am responsible for any problem*

a. It’s not just the issue today: *It brings back memories of being shamed/embarassed*

b. People who never say sorry – never apologize: *Marriage. Kids. Friends. Never made a mistake?*

1. *Would you die if you were to admit that you are wrong/you did wrong? Would you die if you said sorry?*

c. Blame is often aggressive and angry: *Explosive reactions of finger-pointing*

3. Human nature tends to extremes: *Shame says everything is my fault – blame says nothing is my fault*

a. Reality is balanced: *Some things are not my fault – some things are my fault!*

C. What goes hand in hand with blame is a victim mentality.

1. A **victim mentality** refers to a state of mind in which a person feels helpless and as though the world is against them.

a. **John 5:7** “

1. Explanation for why we are the way are – **coupled with helplessness**

2. A victim mentality involves self-pity: *A feeling of self-indulgent sorrow over our own sufferings*

a. We rehash past events in our minds – that in our minds “prove” that we are powerless
I can’t. Mentality. People are the problem... explanations.

1. **John 5:7**

a. *If only...I had better parents/better spouse/netter job/more opportunities...*

c. Self-pity produces envy: *Easy for you to talk – you can walk!*

1. Of course you are blessed: *You had a Dad/good parents/good Pastor*

3. Self-pity loves to tell other people their pain: *The man speaks it out to Jesus*

a. It can get you attention from others: *Ohhh, how terrible – you poor thing!*

1. *1 Kings 21:5 Oooh, you poor thing. What's the matter? Nothing.....!*

b. It gives us validation in our pain: *All our feelings are true and correct – b/c someone heard our pain*

c. It gives us a free pass from all responsibility: *Nothing is our fault! Do not have the right to hold me accountable... You don't know my background! What I have been through.*

4. A victim mentality can get strange satisfaction out of being rejected or things going bad

a. It reinforces our victim mindset: *See – they are out to get me! See – it is unfair!*

Each new problem proves... I am a victim. I am not responsible. Nothing I can do to change.

Conspiracy theories. Chem trails and fluoride. Refuge of the weak. “In life, nothing is my fault. People love this in life, because... it has nothing to do with me. Not my fault. Excuse... the system. Anyone we don't agree with, they are “in” on it.

II. THE COST OF BLAME AND A VICTIM MENTALITY

A. Blame and a victim mentality come at a cost

1. **It affects your relationships:** This man was in a crowd of people – and yet he lived alone. Any size crowd... yet feel totally alone. Some of this is demonic. Part: rejections creates separation.

a. Trying so hard to not look foolish – you make yourself look foolish: *Never your fault???*
No-one believes you.

b. You cause unnecessary friction: People are offended – and relationships never get healed

1. *Ephesians 4:32 At some times... it will be your fault.*

c. You tire people out: *They can only listen to so much pain and self-pity*

2. **It blinds you to the possibilities of life:** God is standing in front of him – and he can't see!
Jesus in front of him.. Do you want a miracle?!

a. *John 5:7*

1. He responds to God's offer – with the story: *How bad/how long/how unfair/how impossible...*

b. The result is bondage to past events/past pain: *Stuck in life – 38 years!*

3. **It affects your relationship with God:**

a. You see God as being unfair: *Ruth 1:20 Husband and wife, disobeyed God. Doesn't work out. Comes him, means pleasant...*

Secretly on the inside, God you made me this way. You didn't stop it. You didn't help me.

b. God does not accept our blame/victim mentality: *Ezekiel 18:25*

III. HEALING BLAME AND A VICTIM MENTALITY

A. God wants to heal us – set us free

1. One of only a few miracles that Jesus initiated: He doesn't want us to stay the way we are! *Most miracles people come to Jesus. Here, he knows he is stuck... wants to help us. If you are experiencing the effects of rejection, God doesn't want to leave you like that.*

B. Look at the path to healing

1. **You have to decide what you want:** *God gives you that power! Power to choose.*

a. *John 5:6*

1. I don't want to be bound by fear/I want to have healthy relationships/I want God to use my life

b. That involves believing God: [Matthew 9:28](#)

2. You have to take responsibility:

a. We have to repent of our pride: *I am wrong sometimes/I am sorry*

1. [1 Peter 5:6](#)

b. We have to be honest about our part in our problems in life:

1. [Galatians 6:5](#) *I share a percentage of my problems! This is my part.*

c. We have to break the curse of our words

1. Rejected blaming victims speak things that are the opposite of God's truth

a. That releases a curse/negative spiritual force in our lives

2. Break the curses of words – and claim the blessing of God

a. [1 Chronicles 4:10](#)

b. [Psalm 23:1-6](#)