

## **BEING A VICTIM WITHOUT A VICTIM MENTALITY**

*Psalm 10 // March 5, 2023 AM*

**I. Bring your perplexities to God (v. 1).**

**II. Bring your perpetrators to God (vv. 2-11).**

**III. Bring your petitions to God (vv. 12-15).**

**IV. Bring your praises to God (vv. 16-18).**

### QUESTIONS FOR FAMILY WORSHIP

1. What is a victim? What is a victim mentality? Why is it important to distinguish between the two?
2. What is lament? And how does it lead us away from a victim mentality when we are suffering as innocent victims?
3. Is it really appropriate to ask God, "Why?"? Aren't David's questions of God signs of his lack of faith in God?
4. Why does David spend so much time describing his oppressors? What does He focus on, and what does this teach us?
5. How does lament promote praise? Do we only praise God when he changes our situation? Or can we praise Him even when He doesn't?
6. How did Jesus demonstrate the grace of lament as the ultimate innocent victim that human history has and ever will know?

### QUESTIONS FOR PRIVATE REFLECTION

1. When suffering unjust treatment from others, where do I tend to turn for relief? Social media? Friends? Food? Alcohol? Or God?
2. Is biblical lament (i.e., pain-provoked prayer that promotes praise) foreign to me? If so, what does this say about the way I deal with the struggles of life in a fallen world?
3. Do I succumb to the victim mentality? Do unfair circumstances lead me to justify being consumed with myself?