



The Walk

Helps for modeling our lives after Jesus Christ



Wherever We Go



Whatever We Do

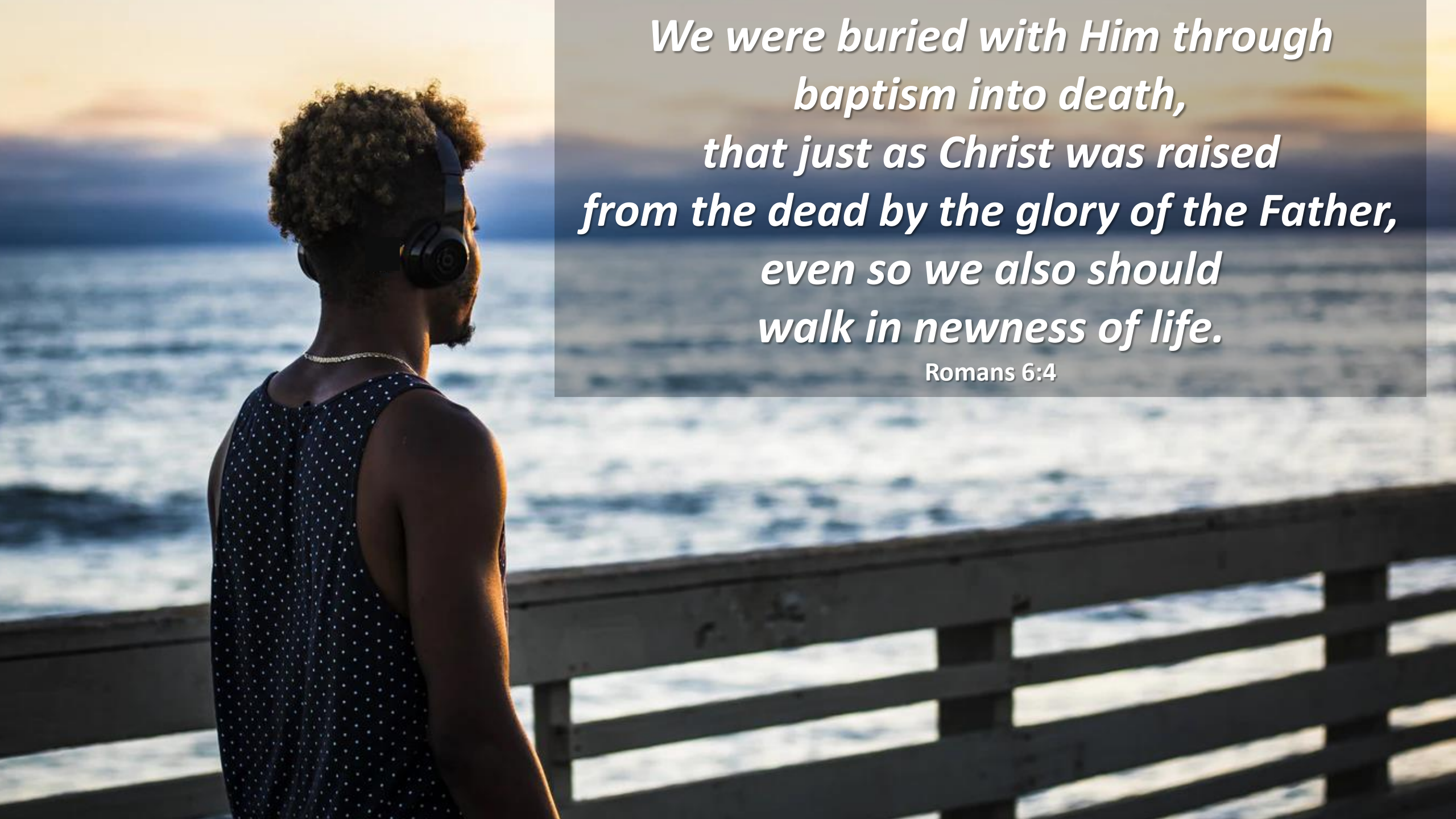


**The Lord Wants
Us To Be Holy**

Holy = Different

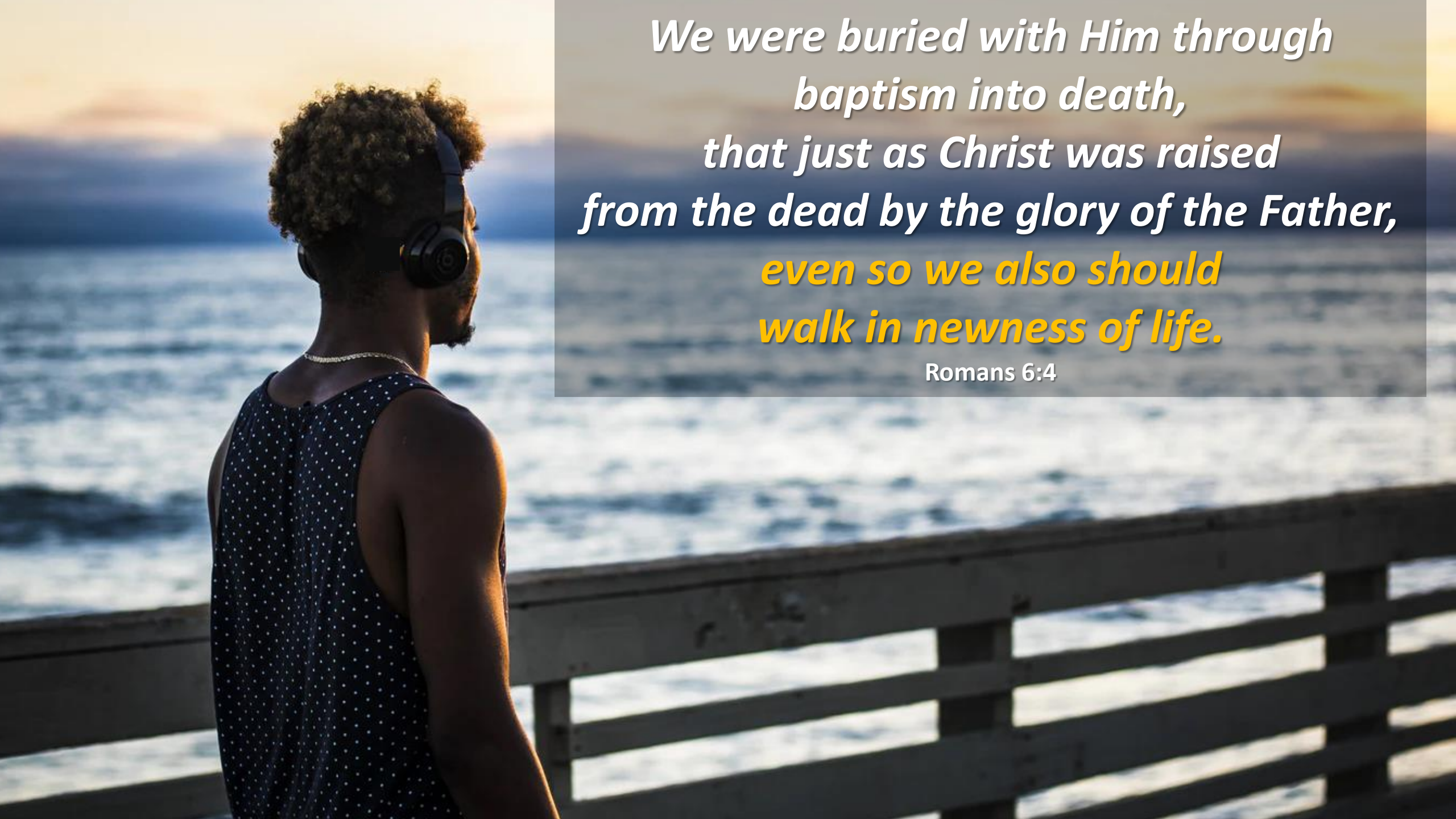
**Stand Out As
Different**





*We were buried with Him through
baptism into death,
that just as Christ was raised
from the dead by the glory of the Father,
even so we also should
walk in newness of life.*

Romans 6:4



*We were buried with Him through
baptism into death,
that just as Christ was raised
from the dead by the glory of the Father,
even so we also should
walk in newness of life.*

Romans 6:4

Living our lives after the model of the Lord Jesus Christ

*For God called you to do good, even if it means suffering,
just as Christ suffered for you.*

He is your example, and you must follow in his steps.

He never sinned, nor ever deceived anyone.

*He did not retaliate when he was insulted,
nor threaten revenge when he suffered.*

He left his case in the hands of God, who always judges fairly.

1 Peter 2:21-23

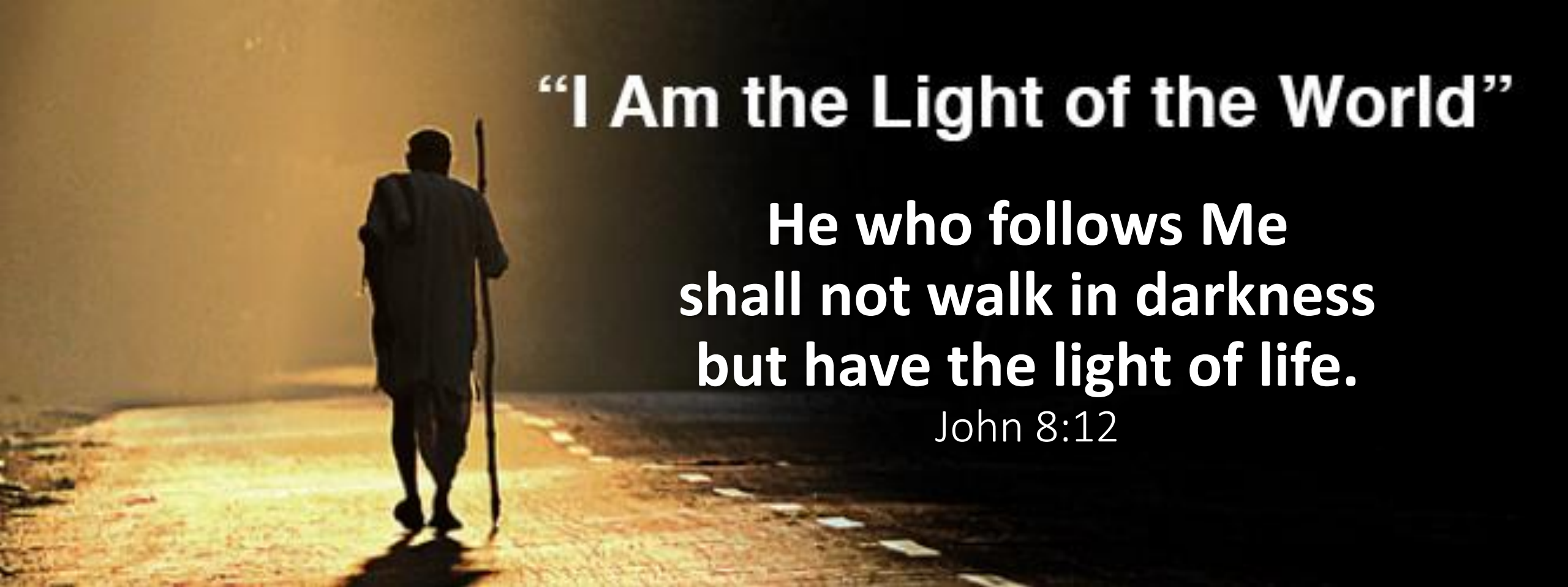
Walk (figuratively) how we live or conduct our behavior.

Thoughts

Words

Actions



A silhouette of a person walking away on a path towards a bright light, holding a staff. The path is illuminated by the light, creating a strong contrast with the dark surroundings. The person is walking away from the viewer, towards the light source on the horizon.

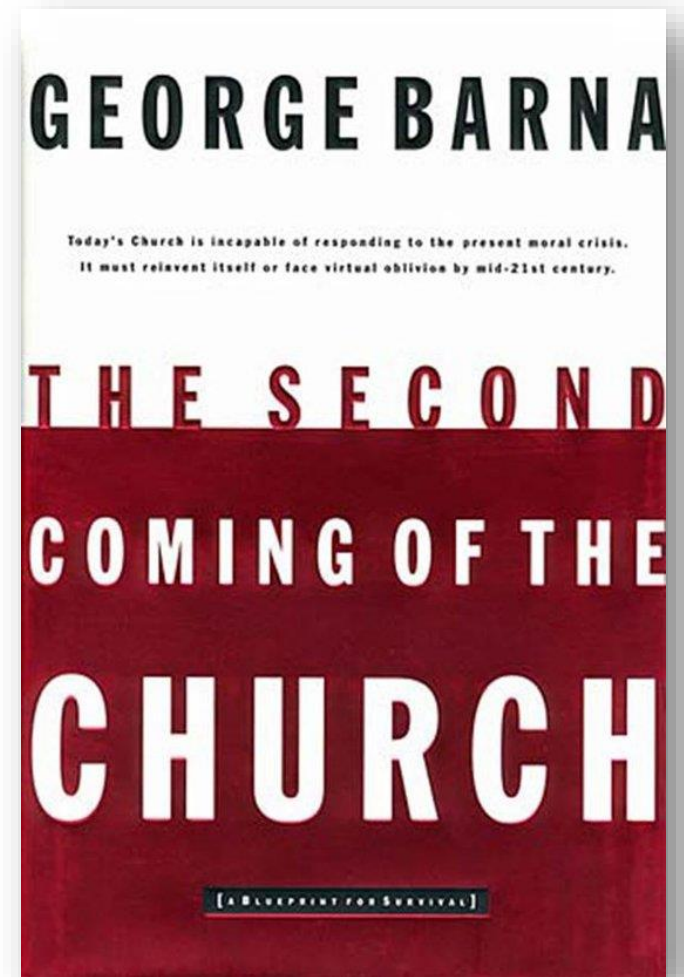
“I Am the Light of the World”

**He who follows Me
shall not walk in darkness
but have the light of life.**

John 8:12

But is there
much difference in
behavior between

Christians & Non-Christians





Born Again Christians:
27%

Non-Christians:
23%

Gave money to help the poor



**Born Again Christians:
24%**

**Non-Christians:
34%**

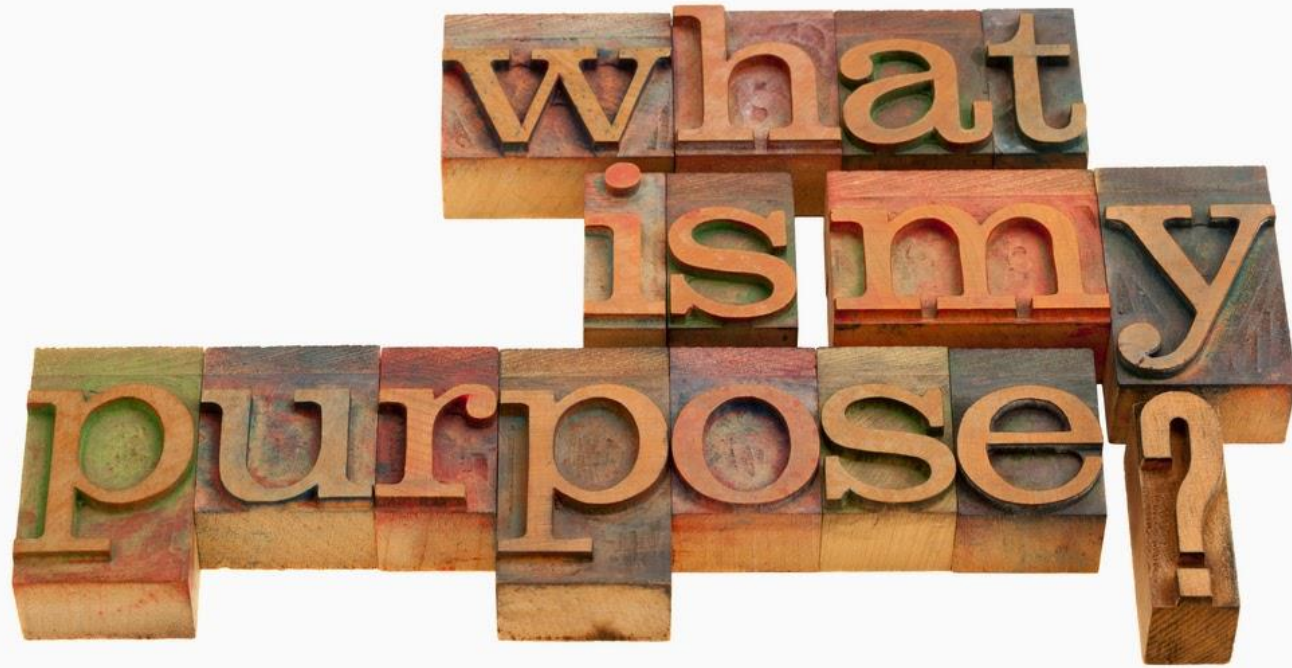
Donated money to
a nonprofit organization
In the past month



Born Again Christians:
47%

Non-Christians:
48%

Still trying to figure out
the purpose of life



Born Again Christians:
36%

Non-Christians:
47%

**Find it impossible
to get ahead
because of financial debt**



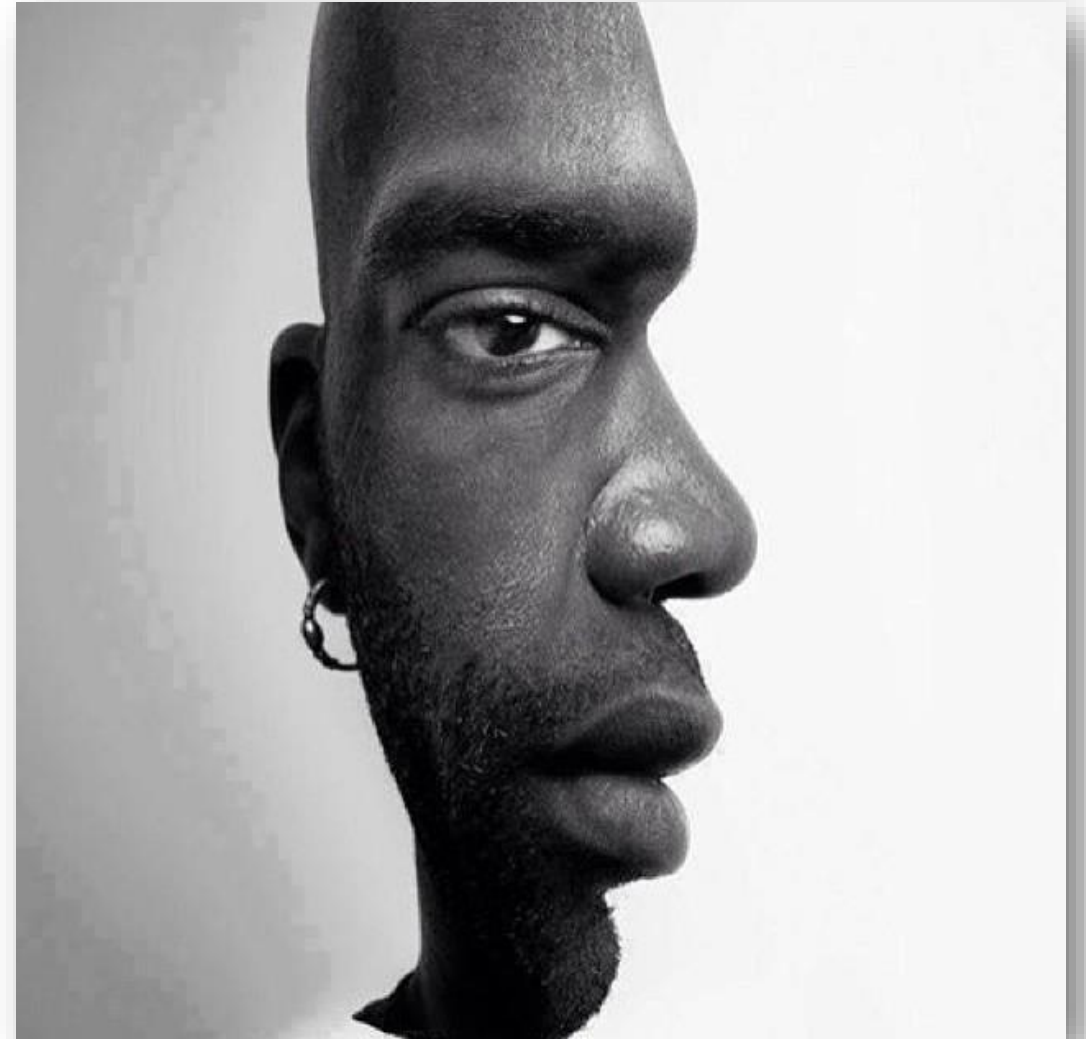
**Born Again Christians:
33%**

**Non-Christians:
39%**

Almost the same

No Difference

WHY?





Spiritual Battle



Problems From The Beginning



**A Response
is Often
Feeling Like a Victim**

EVERYDAY VICTIM STATEMENTS



Do these sound familure?



- **Look what you made me do**
- **You hurt my feelings**
- **I want an apology**

- **It's not my fault**
- **I'm sick and tired of ____**
- **Nothing I do makes any difference**



- **What about me?**
- **I can't help it that is just the way I am**
- **I've done everything I possibly can**
- **You make me so mad (frustrated, angry)**
- **I am late because I hit every red light & was behind a school bus**

VICTIM MENTALITY - Produces



Situations at Work



Situations while Driving



Situations at Home



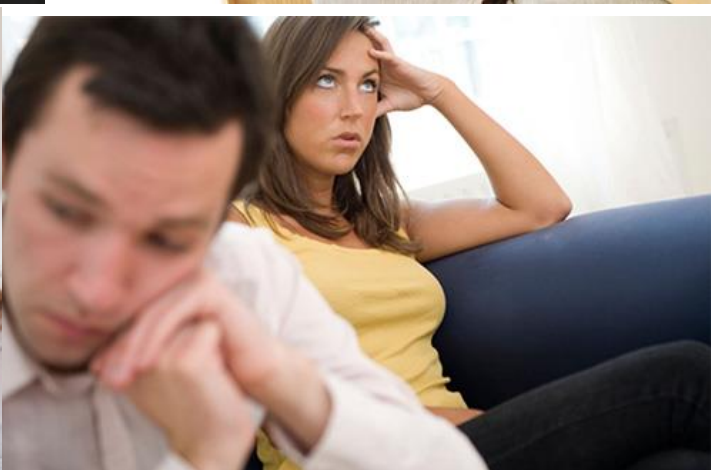
Situations while Shopping



VICTIM
THINKING

VICTIM THINKING – Produces Problems In

Marriage and Relationships



VICTIM THINKING – Produces the Blues



Rainy days and Mondays always...



I always feel bad
on rainy days

She was a victim to the weather.

Nothing outside of you should
control your emotions ... that
leads to being a victim.



THE VICTIM THINKING



Blame someone else for their problem

Unwilling to take responsibility for actions



FROM THE BIBLE

Adam & Eve

Genesis 3:12-13



The woman whom You gave *to be* with me, she gave me of the tree, and I ate.”

And the LORD God said to the woman, “What *is* this you have done?”

The woman said, “The serpent deceived me, and I ate.”



**Someone Else
Is To Blame**

THE VICTIM THINKING



Feel it is right to be emotionally upset

Gain pleasure feeling sorry for themselves

THE VICTIM THINKING

Use the negatives:



“I can’t”

“I had no choice”

“Why me?”

“This always happens to me!”

THE VICTIM THINKING- May Generally Be Feeling

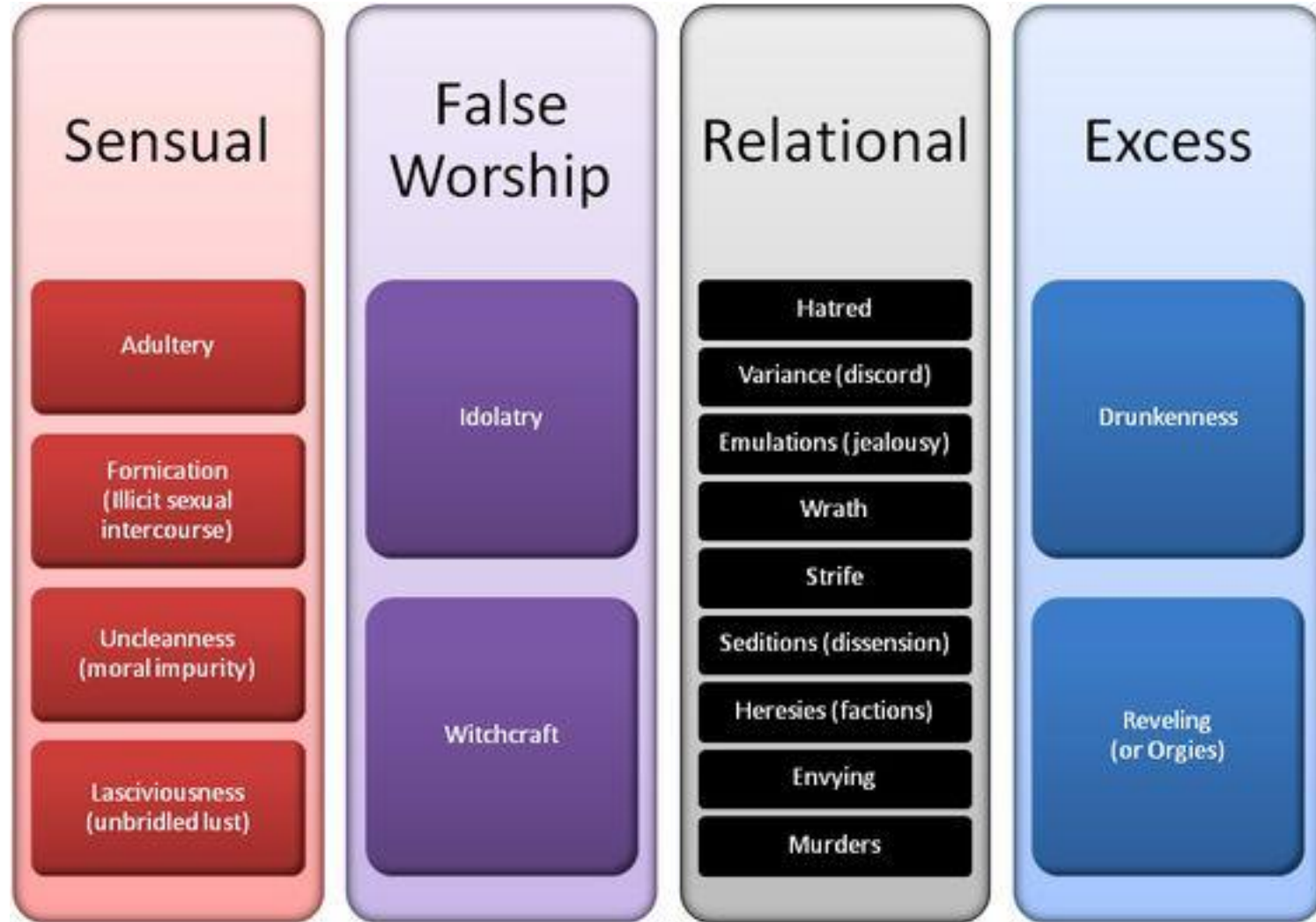
**Negative
Self-absorbed**



**Helpless
Powerless**

**Entitled
Defensive
Stubborn**





The Works of the Flesh (Galatians 5:19-21)

The Works of the Flesh (Galatians 5:19-21)

Sexual Sins

Religious Sins

Attitude Sins

Social Sins



Attitude Sins (Galatians 5:20-21) New Life Version

...hating, fighting, being jealous, being angry, arguing,
dividing into little groups and thinking the other groups are wrong,
false teaching, wanting something someone else has...



A wide-angle view of a boat's wake on a deep blue sea under a clear sky. The wake is a turbulent trail of white and light blue water extending from the bottom center towards the horizon. In the distance, a city with buildings and a prominent tower is visible on the right, with mountains in the background. The sky is a clear, bright blue.

The Wake of Damage

FROM THE BIBLE

An Example of Victim Thinking & Its Results





FROM THE BIBLE

King Saul

1 Samuel 18:7,9





FROM THE BIBLE

King Saul

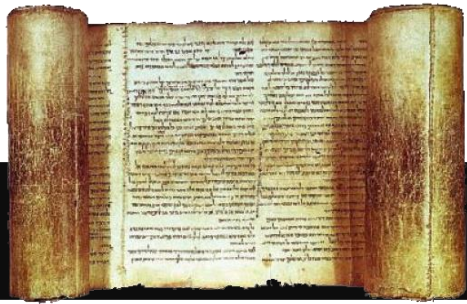




FROM THE BIBLE

King Saul





FROM THE BIBLE

King Saul

1 Samuel 9-31

*Saul has killed his thousands,
and David his ten thousands!*



So from that time on Saul kept a jealous eye on David.

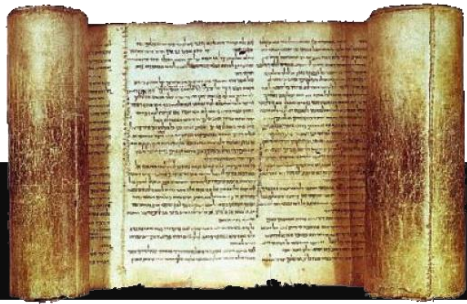




FROM THE BIBLE

King Saul





FROM THE BIBLE

King Saul

1 Samuel 26:21



I have sinned...
I have played the fool
and erred exceedingly.



FROM THE BIBLE

King Saul



There is a
way out
of the
Victim Thought
Pattern

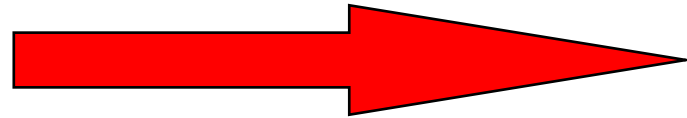
A dark, narrow tunnel with a ladder leaning against a wall and a light fixture on the ceiling. The walls are rough and textured, and the floor is uneven. The lighting is dim, with a bright spot from the ceiling fixture illuminating the ladder and the surrounding area.

A CHOICE

THE PROCESS



Stimulus



Reaction

Victim Mode

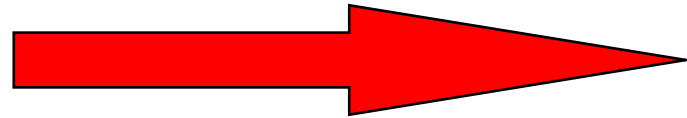




THE PROCESS



Stimulus



Reaction

Victim Mode

AWARNESS OF VICTIM THINKING

Components of Victim Thinking

1. Thoughts and statements



How often do we say or think these?



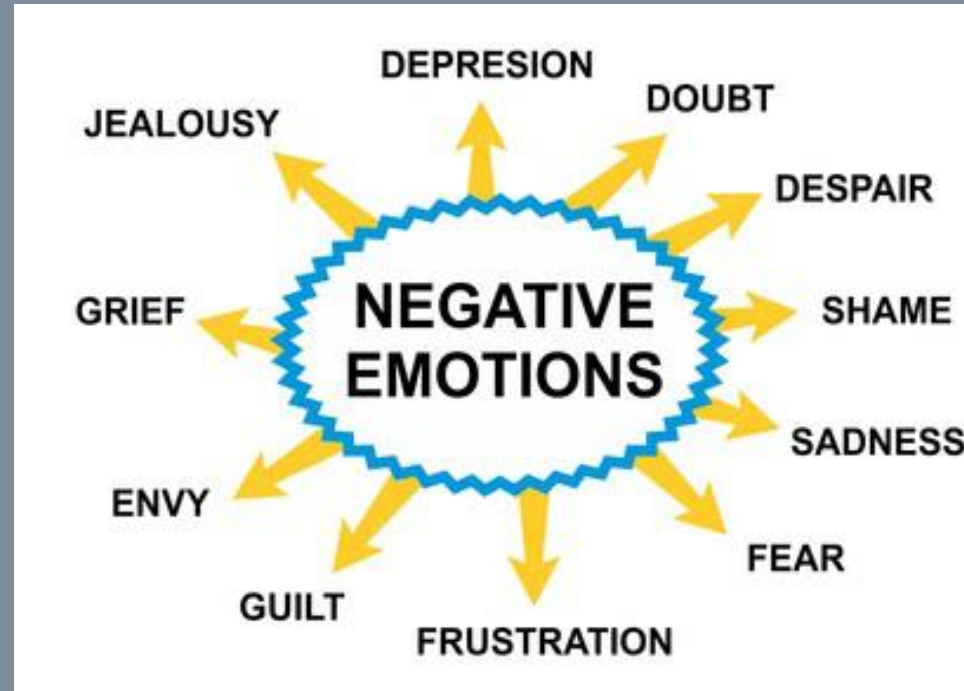
- **I can't win for loosing**
- **I won't forget what you did**
- **Can you believe she did that to me?**

- **It's just not fair**
- **It's all his/her fault**
- **I can't help it**

AWARNESS OF VICTIM THINKING

Components of Victim Thinkig

2. Emotions



AWARNESS OF VICTIM THINKING

Components of Victim Thinking

2. Emotions

Alert



SEVERE

WEATHER

WARNING

AWARNNESS OF VICTIM THINKING

Components of Victim Thinking

2. Emotions

Alert

SEVERE

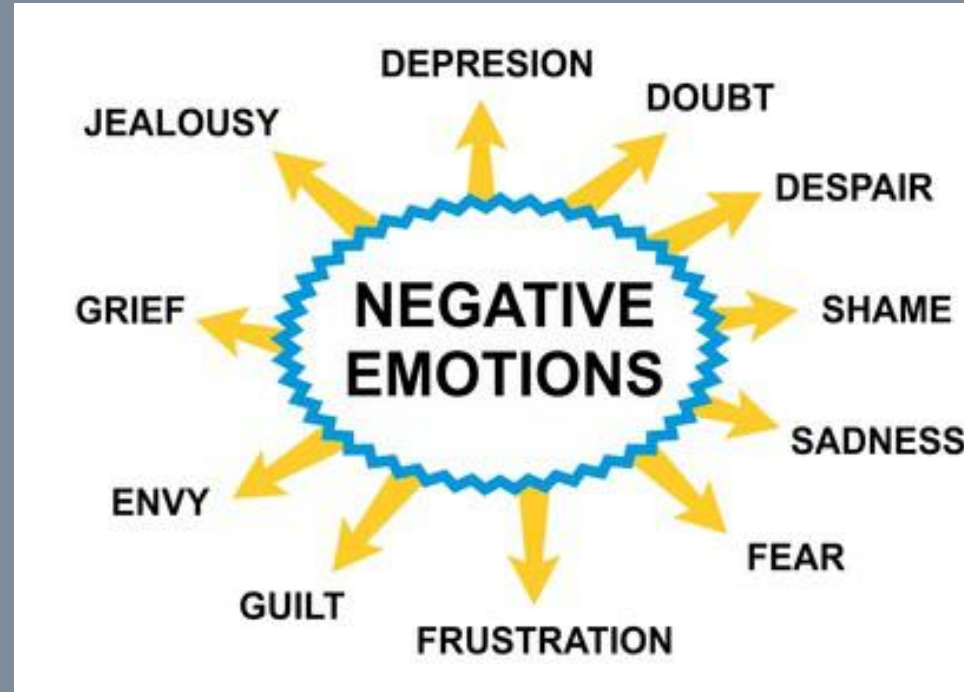
WEATHER

WARNING

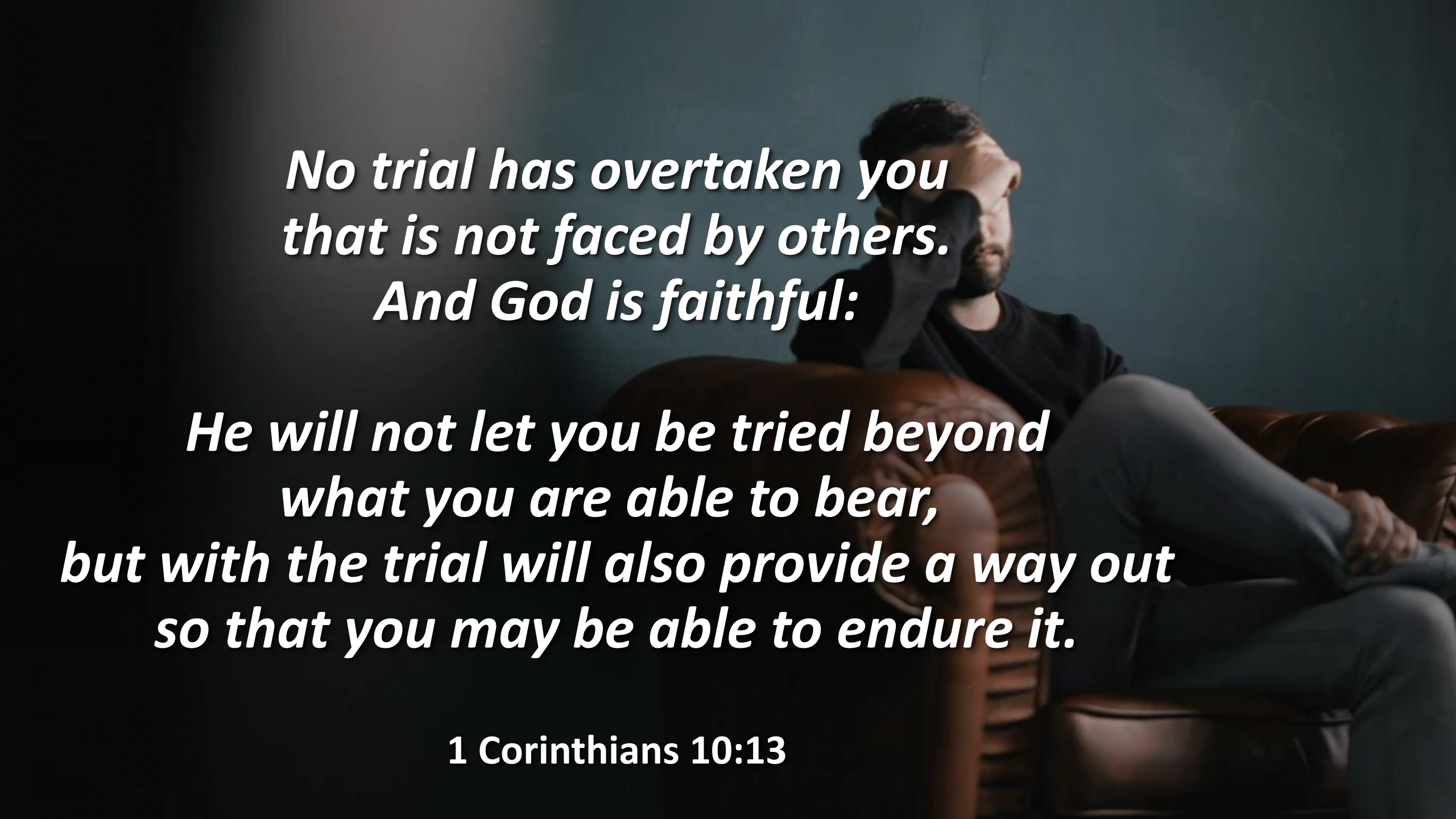
AWARNESS OF VICTIM MENTALITY

Components of Victim Mentality

2. Emotions Alert



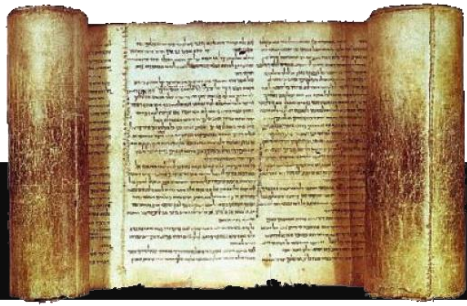


A man with a beard and glasses is sitting on a brown leather couch, looking off to the side with a thoughtful expression. The background is a dark, muted blue-grey color.

***No trial has overtaken you
that is not faced by others.
And God is faithful:***

***He will not let you be tried beyond
what you are able to bear,
but with the trial will also provide a way out
so that you may be able to endure it.***

1 Corinthians 10:13



FROM THE BIBLE

The Life of David

1 Samuel 30:1-20





FROM THE BIBLE

The Life of David





FROM THE BIBLE

The Life of David



Now David was
greatly distressed...
But David
strengthened
himself in
the LORD his God.

1 Samuel 30:6



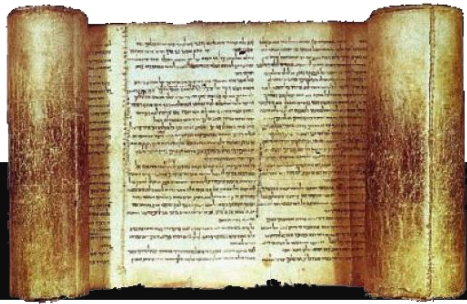
FROM THE BIBLE

Remembered The Lord's Presence



And the LORD,
He *is* the One who goes before you.
He will be with you;
He will not leave you nor forsake you;
do not fear nor be dismayed.”

Deuteronomy 31:8



FROM THE BIBLE

Remembered The Lord's Nature



I will love You, O LORD, my strength.

The LORD is my rock

And my fortress and my deliverer;

My God, my strength, in whom I will trust;

My shield and the horn of my salvation,
my stronghold.

I will call upon the LORD,

who is worthy to be praised;

So shall I be saved from my enemies.

Psalm 18:1-3



FROM THE BIBLE

Remembered The Lord's Goodness



Abraham

Isaac – Jacob

Joseph

Moses

Joshua

Deborah

Gideon – Samson

Ruth and Boaz



FROM THE BIBLE

Remembered The Lord's Nature



**When Problems Come
Glance At Them
But
Gaze Upon God**

Simple Tool

LORD, how they have increased who trouble me!
Many *are* they who rise up against me.
Many *are* they who say of me,
“There is no help for him in God.”

BUT

But You, O LORD, *are* a shield for me,
My glory and the One who lifts up my head.

Psalm 3:1-3

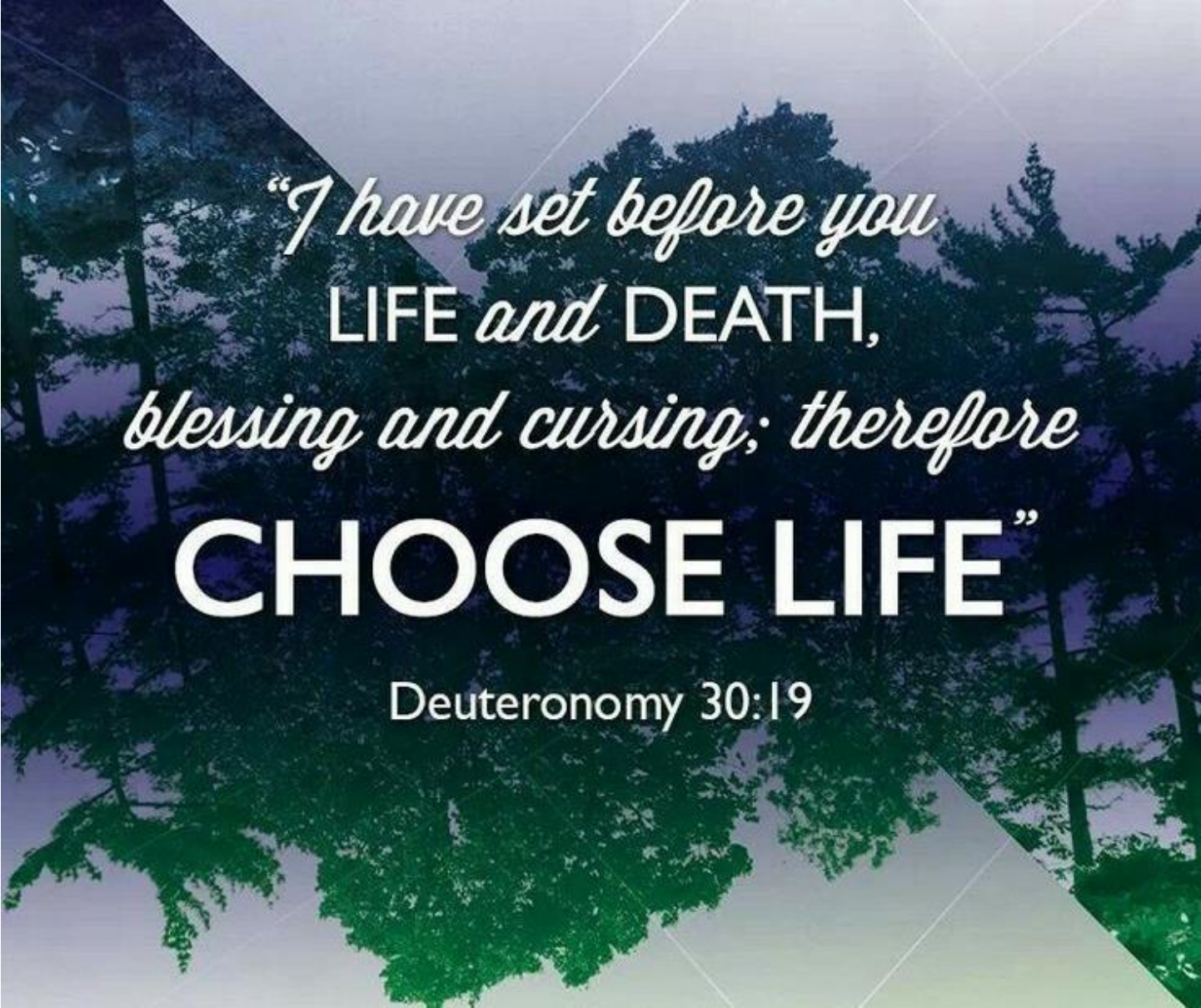
Simple Tool

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Many are they who say of me,
“There is no help for him in God.”
But You, O LORD, are a shield for me,
My glory and the One
who lifts up my head.*

Psalm 3:1-3



*“I have set before you
LIFE and DEATH,
blessing and cursing; therefore*

CHOOSE LIFE”

Deuteronomy 30:19

Thoughts in Victim Thinking



**Someone or something
is responsible for my situation!**

I have a right to be upset!

This is really bad for me!



- **It's so hard for me**
- **I my parents were terrible**
- **I'm overwhelmed**
- **Nobody works as hard as I do around here**

- **I can't trust anybody**
- **I been traumatized for life**
- **Things always go wrong for me**
- **Watching the news makes me angry, scared, upset, helpless...**

THE GOAL

A photograph of a dark, narrow tunnel. A wooden ladder is leaning against the right wall, extending from the floor to a small rectangular opening in the ceiling. Through this opening, a bright blue sky with white clouds is visible. The walls of the tunnel are rough and textured, and the floor is also dark and uneven. The overall atmosphere is one of confinement and a path leading to light.

Eliminating any “Victim Mentality” in Ourselves

Realizing God Has Empowered
us to live without feeling like a victim

As believers we have the Holy Spirit



He will provide help as we ask.