



## Week 1: Victim Mindset

No one likes feeling trapped. All of us have something that is holding us back, getting in our way, or keeping us from experiencing God's best for us.

### Discussion Questions

1. Was there ever a time you felt trapped (in an elevator, on a flight, in traffic, in a relationship, in a job)? What was that like?
2. Clay talked about having a victim mindset. How would you describe what that means?
3. In what area of life (e.g., work, health, relationships, finances) are you most likely to have a victim mindset?
4. Thinking about the last week, when were you inclined to blame someone else instead of owning your thoughts?
5. You can choose to believe that God is arranging the circumstances around you to do something in you and through you. In his message, Clay gave us a three-step game plan to overcome the victim mentality:
  1. Identify your own victim thoughts.
  2. Be aware of the false benefits of your victim thoughts.
  3. Replace them with something more helpful.
6. Read Philippians 2:5–11. Which next step do you need to take this week?
7. How can this group pray for you?

### Changing Your Mind

Through Christ, God became a victim so we could experience victory. Choose to believe that God is arranging the circumstances around you to do something in you and through you.

Let God be your vindicator. Let him be your defender. If he's in you, he can change you. If he's in you, your thoughts can change.