

**Podcast Worksheet**  
**Victim Identity Part 1: You are Good Stuff**

**Scriptural Texts:**

2 Samuel 13; Psalms 119:73; 139:14-15; Jeremiah 2:21; 1 Timothy 4:4; Philippians 4:13

**Main Points:**

1. Being victimized means something painful happened because of someone else's actions.
2. While painful issues will always be part of our story, they do not have to be part of our identity.
3. A victim is someone who chooses to define themselves by the choices they have made, and by the things that have happened to them.
4. What we are and what has happened to us are two different things; they aren't connected.
5. We can allow our failures and shortcomings to become part of our false our identity, too.
6. Our true identity is something that never changes because it comes from God.
7. God created us and designed our basic package to be perfect for the life for which he's made us.
8. Everyone is an excellent work of God's hands. We all have full value; there are no 'seconds.'
9. Reversing the habit of tearing ourselves down is a battle worth fighting.
10. Satan loves lying to us about our worth and value, encouraging us to be victims.
11. God says we are choice vines, seeds of the highest quality! He says we are good stuff!
12. Trying to find our significance in viewing ourselves as victims reaps a pitiful payoff.
13. Victims prefer to hang onto their wounds rather than get healing; they want people to feel sorry for them.
14. Victims blame others rather than take responsibility for their choices.
15. Self-pity is poison to the abundant life.

**Questions:**

1. What painful events have led you to choose to see yourself as a victim?
  
  
2. How have your regretful choices impacted how your view yourself?
  
  
3. Read the scriptural texts. What truths do you hear God speaking about your true identity?

**Prayer of Response:**

Lord God, I am weary of being beaten down with a false view of my value and believing Satan's lies. Please help me see the truth that past painful events do not define me. You alone define me as a wonderful person. I choose to embrace the truth that I am good stuff. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to \_\_\_\_\_

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