

EXTRA

GRACE REQUIRED



PART 9 The Martyr

MARTYR COMPLEX

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Feelings of being unappreciated and/or mistreated become chronic self-pity, which turns to pessimism, complaint and manipulation.

THE MARTYR'S TWO-FOLD PROBLEM

- 1 No one ever complains their way into being appreciated.
- 2 Nobody likes a martyr.

"Don't complain about all your problems—80% of people don't care; the other 20% think you deserve them." (Mark Twain)

1 KINGS 19

¹ Ahab told Jezebel how Elijah killed all the false prophets. ² So she sent Elijah a message: "May the gods deal with me if by this time tomorrow I don't make you like one of them." ³ Afraid, Elijah ran for his life. When he got to Beersheba he left his servant there ⁴ and went a day's journey into the wilderness. Coming to a broom bush, he sat under it and prayed that he might die: "I have had enough, Lord. Take my life; I am no better than my ancestors."

1 KINGS 19

⁵ Then he fell asleep under the bush. Suddenly an angel touched him and said, "Get up and eat." ⁶ Elijah looked and nearby was bread baked over hot coals and a jar of water. He ate and drank, then slept again. ⁷ The angel again touched him, "Get up and eat; the journey is too much for you." ⁸ So he did, and strengthened by the food he traveled forty days and nights until reaching Horeb, the mountain of God.

1 KINGS 19

⁹ There he spent the night in a cave. And the word of the Lord came: "What are you doing here, Elijah?" ¹⁰ He said, "Lord, I have been zealous for you, but Israel has rejected your covenant, torn down your altars, and killed your prophets. I am the only one left, and now they are trying to kill me too."



A MARTYR'S
CLOUDY VIEW OF LIFE

ISOLATION

"Elijah left his servant." (v.3)

ANGER

"Lord, I've had enough." (v.4)

NEGATIVITY

"I am no better than my ancestors." (v.4)

EXHAUSTION

"He crawled under a bush and fell asleep." (v.5)



A MARTYR'S
CLOUDY VIEW OF LIFE

RESENTMENT

"I've been zealous for you, yet Israel has rejected your covenant." (v.5)

EXAGGERATION

"I am the only one left." (v.10)

ANXIETY

"They are trying to kill me too." (v.10)



A FOCUS ON
FALSE REALITIES

1

Elijah focused on feelings instead of facts.

Feelings are to be our servant,
not our master.

"I've had it; I might as well to die!" (v. 4)

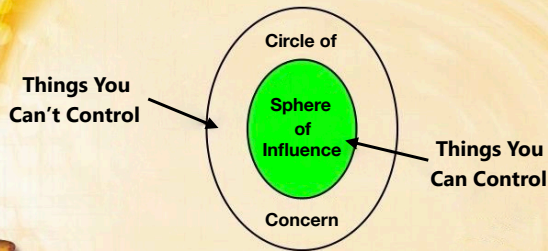
A FOCUS ON FALSE REALITIES

2

Elijah focused on his circle of concern rather than his sphere of influence.

"Israel still rejected God's covenant." (v. 10)

Concern vs. Influence



It is wisdom to focus on the things we can change, not on the things we cannot.

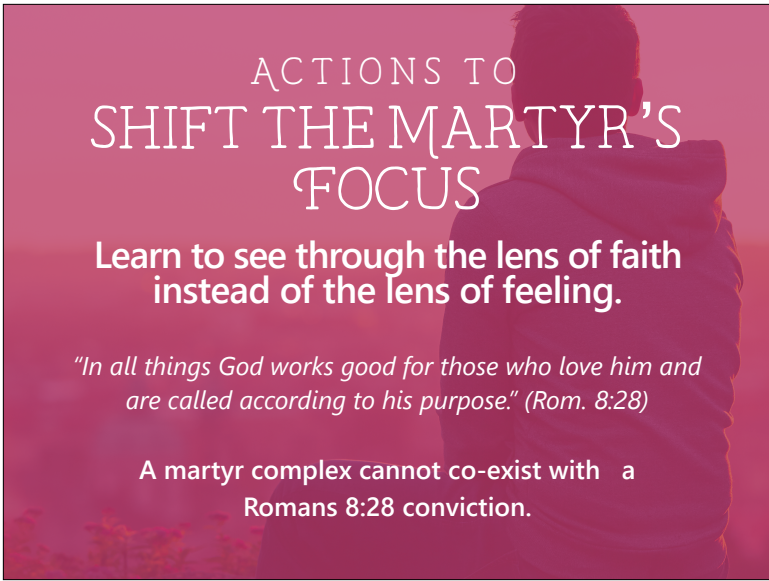
A FOCUS ON FALSE REALITIES

3

Elijah focused on the negative but ignored the positive.

NEGATIVE: "I'm the only one left! And now they're trying to kill me, too, Lord." (. 10)

POSITIVE: "Go back the way you came. When you get there, anoint Hazael king over Aram. Also, anoint Jehu as king over Israel, and anoint Elisha to succeed you as prophet." (v. 15-16)

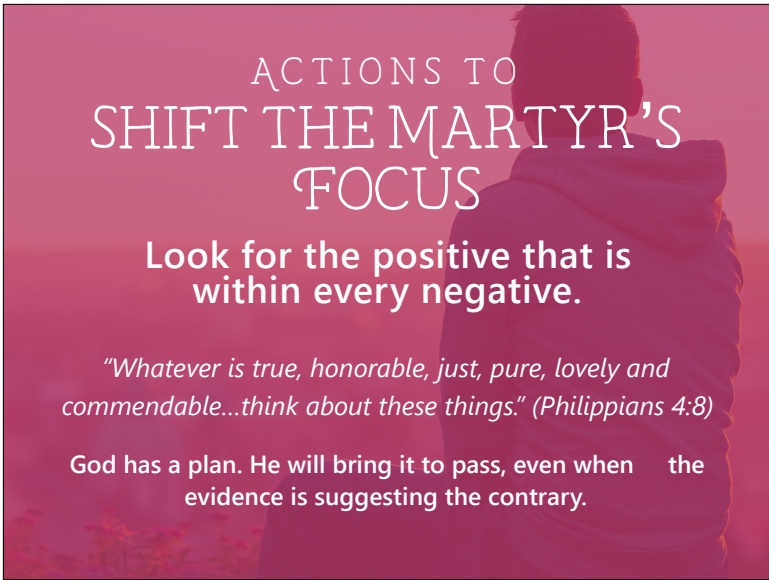


ACTIONS TO
SHIFT THE MARTYR'S
FOCUS

**Learn to see through the lens of faith
instead of the lens of feeling.**

*"In all things God works good for those who love him and
are called according to his purpose." (Rom. 8:28)*

A martyr complex cannot co-exist with a
Romans 8:28 conviction.



ACTIONS TO
SHIFT THE MARTYR'S
FOCUS

**Look for the positive that is
within every negative.**

*"Whatever is true, honorable, just, pure, lovely and
commendable...think about these things." (Philippians 4:8)*

God has a plan. He will bring it to pass, even when the
evidence is suggesting the contrary.



BUILD A BRIDGE

I cannot be surrendered to God and a martyr complex at the same time!

*So practice trust, act in faith,
and offer thanks.*

EXTRA GRACE REQUIRED



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