

Self-Pity

Dictionary Definitions of Self-Pity:

Pity for oneself; especially: a self-indulgent dwelling on one's own sorrows or misfortunes.

A feeling of pity for yourself because you believe you have suffered more than is fair or reasonable.

Pity for oneself; especially exaggerated or self-indulgent pity where you believe that you are the victim who has done no wrong and is deserving of condolence from everyone.

Self-pity is easily the most destructive of the non-pharmaceutical narcotics; it is addictive, gives momentary pleasure and separates the victim from reality.

The need to vocalize or advertise your problems, suffering and the way others have treated you; all in an effort to get others to lavish you with sympathy.

Social Media is an avenue for Self-Pity to flourish. You can post a statement that sets forth how you were wronged, betrayed, hurt, abused, used, etc.

Then others will post their comments coming into agreement with your position, thus validating the fact that you have been treated unjustly by someone or maybe by the world in general.

You can then read the posts with satisfaction that indeed, others understand your plight and how hard it has been for you.

It also allows you to feed the self-pity of others, posting comments on your friend's timeline, when they post information about their problems, misfortunes, etc.

A person with a strong self-pity spirit will post one thing after another, each one explaining what horrible treatment he/she has had to endure from others. The more posts about one incident, the more you know you are suffering from strong self-pity.

The Spiritual Aspect of Self-Pity

The spirit of self-pity is a part of the spirit of rejection and feeds an ungodly need for attention.

But the attention is not for what God has done for us

It is to cause us to seek attention for what we perceive as unjust suffering.

So it actually glorifies what Satan is doing, not what God is doing.

Satan always seeks that we would give him and his kingdom attention.

Many who have self-pity do not actually want to be delivered, but would rather receive attention and sympathy for their condition and the circumstances of their life. Self-pity is a self-centered mind-set that takes the focus off of the Lord Jesus and the power of deliverance in His name. It allows us to make various excuses for underachievement in the earthly and spiritual realms.

According to the promise of Scripture, old things have passed away and all things become new. To unduly focus on the issues of the past frustrates the spiritual principle of death to the old man and new life in Christ that brings every thought into captivity to His obedience. We cannot receive the full impartation from Heaven available to us while continuing in self-pity.

Freedom from self-pity begins with a conscious decision to close the access to this spiritual poison and receive the revelation of truth pointing to the deliverance of our soul.

Self-pity can lead to many forms of greedy self-indulgence — from adultery, because your spouse is this way to that, to buying stuff you can't afford, to wasting time on some form of entertainment, to drugs and over-eating, to laziness, to dating that person who's no good for you. The person thinks, I deserve or need _____ because of what happened to me. I wonder how many people who battle with particular, recurring or habitual sins are failing because they haven't taken out the root of self-pity.

Self-pity is sin for two big reasons. First, it's saying something about the character of God, saying that he's not good or loving or kind since he is withholding. Second, self-pity is sin because it's saying something about your importance, your entitlements, your rights. I deserve this. I do not deserve that, etc.

Self-pity springs out of our unbelief towards God – that God has somehow let us down and pride towards ourselves – that we deserve/are entitled to better treatment than we have received. Self-pity expresses unbelief and pride so effectively and produces in us confession and actions that are the opposite of faith and humility.

There is an antidote to self-pity, along with deliverance and that is gratitude to God. It is the conscious decision to thank God for all he's done for you in Christ. In being grateful, we take the axe to the root of unbelief (saying God's not good) and pride (saying I deserve more). In being grateful we find there's power to climb out of the hole of self-pity and kill all of the accompanying temptations by simply discovering joy and happiness in God.

“Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving” (Col. 2.6–7).

Ministry for Self-Pity

I repent for and renounce the spirit of self-pity and all its underlings. I ask for forgiveness and that all curses be broken in Jesus name.

Self-Pity

Rejection	Unthankful	Envy	Need for Attention
Unbelief	Entitlement	Jealousy	Selfishness
Doubt	Blame	Rebellion	
Pride	Strife-Division		