

NOTES

Sunday, November 16th, 2025

1. Reread the story of Tamar in 2 Samuel 13:1-20. What stands out to you about this story in the Bible?
2. We all have different stories, but we understand pain. There is a “Tamar” in all of us. How can you relate?
3. Try to put into your own words what Victim Mentality is. When have you felt victim to a victim’s mentality?
4. What lies have you believed about yourself because of what has been done to you in the past? How does this limit you and hold you back? What’s one thing you can do to move out of this mindset, and into healing and freedom?
5. Jesus chose to be a victim for you. He willingly stepped into abuse for something He never did, simply because He loves you. Talk about this as a group. What does this act of love stir inside of you?

