

Warning: Don't Get Stuck in Self-Pity

Jesus is never invited to a pity party. It's the only party we throw where we don't invite anyone but ourselves. Many prophets battled self-pity, and no one is exempt, so believers must remember to keep their focus on God.

Self-Pity Is an Addiction

It is impossible to care for others if we are consumed with ourselves. Self-pity can activate the brain's dopamine pathways and thus create an addictive circuit. People get addicted to self-pity and tend to wallow in it. We see this in Scripture with the prophets.

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The amazing prophet Jeremiah cursed the day he was born. He was in such despair that he even cursed the man who helped his mother deliver him as an infant.

Cursed be the day I was born! May the day my mother bore me not be blessed! Cursed be the man who brought my father the news, who made him very glad, saying, "A child is born to you—a son!" May that man be like the towns the Lord overthrew without pity. May he hear wailing in the morning, a battle cry at noon. For he did not kill me in the womb, with my mother as my grave, her womb enlarged forever. Why did I ever come out of the womb to see trouble and sorrow and to end my days in shame? (Jer. 20:14-18, NIV).

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***A movement of warriors contending for revival to come to our cities,
freedom to break out in our circles
and salvation to sweep through our regions.***

Jeremiah was in so much despair that he regretted being born. Negative emotions can lead to aborting your purpose in God and for some, can lead to something even worse. The sadness we experience will block what we God has set us apart to do. We must never let misery block our ministry. While Jesus hung on the cross, saddened by the actions of those He came to save, even then, He had enough self-will to pray for others, "Father, forgive them."

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Self-Pity Will Make You Critical

Jonah was another prophet whose despair was recorded in the Bible. He prayed to die after allowing self-pity to make him so angry that he no longer wanted to live (Jon. 4:1–3). Jonah became critical of God because after he finally delivered the message God intended for him to share with the people of Nineveh, they repented, and God had mercy on them. Jonah said he knew God would have mercy on them and was upset that he had to make the journey all the way to Nineveh.



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Are you a critic or a cheerleader of others? Self-pity will

make you critical, and you can block your progress by looking at others in judgment. We can not see someone else's pain and then be critical of others.

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