

# Quitting the Blame Game

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**Questions:** What is the craziest “not responsible” sign or situation you have come across? What are the most common “blame game” phrases you have heard?

**Read:** Genesis 3:11–13

**Sin > Shame > Blame**

**Blaming someone else comforts us because it relieves us of the responsibility for ourselves.**

**A Victim Mindset:** when we think that our actions are beyond our control and we are not responsible for the choices we make.

Geri Scazzero lists these six signs that indicate we may be using blame to avoid personal responsibility:

- You feel you have been dealt a “bad hand” in life.
- You don’t think you can change anything in your life for the better.
- You view negative occurrences and relationships in your life as being out of your control.
- You rarely believe you are wrong.
- You think apologizing is a sign of weakness.
- You dwell on the past instead of looking to the future.

**Blaming strips us of our God-given power to choose and keeps us helplessly stuck in immaturity and sin.**

**Blaming is settling for a scapegoat when what we really need a Saviour.**

**Read** Genesis 3:21

**Question:** What does God reveal about His character by His response to Adam and Eve?

**When we play the blame game, we run from grace.**

**Read** Hebrews 4:16

**Questions:** One of the most powerful questions you can ask is “How am I contributing to the problem?” What area in your life do you need to take responsibility and quit playing the blame game?

**We need to learn to receive and give grace.**

**Question:** What does receiving and giving grace look like in your life today?

**Next Step:** My Spirit, My Responsibility YouVersion Bible Reading Plan <https://my.bible.com/reading-plans/1336-my-spirit-my-responsibility>