

## The Victimization of a Gentle Soul

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All around our culture, people see something odd  
Everyone is a victim in one way or another  
People are perceived as victims of their circumstances;  
Or they have fallen victim to predators – who torment them body and soul.  
People are victims because bad things happen or worse,  
Bad people have come along and inflicted harm upon their heart.

Being a victim creates a troublesome trend –  
One is a victim and that generates feelings of resentment and anger.  
Resentment builds into the seeds of bitterness  
Bitterness festers in the heart and compels a sense of entitlement  
Entitlement, that feeling of being owed something better,  
Deserving something greater, different, more significant  
Selfishness rises to the surface and dominates the heart

The gentle soul is open and unafraid;  
It is kind and hopeful;  
Gentleness is tender and merciful, gracious and good.  
The gentle soul is pleasing and pleased.

When the gentle soul becomes victimized  
By things, circumstances and yes even people  
The heart withdraws and grows quiet  
The soul is filled with fear and timidity  
It is enveloped in despair and grief  
The life is lost in the darkness of the night

Sadly, bad things do happen  
Bad situations and circumstances arise  
Bad emotions and memories are stirred  
And yes, we are forced to confess  
Bad people to inflict pain, harm and their own fear  
Into the lives of others.

Yet, each person, even me, myself  
Have a choice to make when confronted  
I can be a victim and go down a dark and lonely road...  
Or I can be something else and travel a lightened path.

I can feel victimized and entitled  
I can excuse my own behavior and blame others

I can feel taken advantage of and slighted  
I can feed the anger, entitlement and rage in my heart  
Or I can see something else at work.

I can take a view that I am not a victim of circumstances (or people)  
But one who experiences the totality of the human condition  
And view these events as mere stepping stones  
Following a path to be the person God intends me to be.  
I can see these as building blocks that the Creator is using  
To create the beautiful and wonderful structure called my life.  
I can envision my life a wondrous tapestry  
Of varying colors and tones, textures and material  
Woven by the very Spirit of God  
Into a beautiful work  
Pleasing to God and beneficial to all those in my life.

At the start of a new year  
I choose to embrace a different mind  
Instead of a victim, exposed and helpless  
Angry and withdrawn,  
Bitter and feeling wounded and weary  
I choose to view my life as a work of art  
A canvass of blended color and meaningful experiences  
Which allows me to be the very person  
God created me to be  
And longs for me to embrace.

So for today, I am no longer a victim –  
Not a victim to things and situations,  
Circumstances or people.  
I am a victor in the Creator who fashioned  
Both my creation and the unfolding of my life

I choose to embrace my life  
Not allowing myself to feel embittered and entitled  
But feeling grateful and blessed.

Creator and Sustainer –  
Thank you for allowing me victory over my victimization.  
Restore my gentle soul in the new year  
And permit me the joy of the journey into your beauty!