**VICTORIOUS LIFE CHURCH BIBLE STUDY**

**SILENT KILLER – EMOTIONALLY HEALTHY CHRISTIANITY**

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**TITLE: “LOW SELF-ESTEEM**

**SUBTITLE: "GRASSHOPPERS DON'T EAT GRAPES"**

**TEXT: NUMBERS 13:23-33**

**23. And they came unto the brook of Eshcol, and cut down from thence a branch with one cluster of grapes, and they bare it between two upon a staff; and they brought of the pomegranates, and of the figs. 24. The place was called the brook Eshcol, because of the cluster of grapes which the children of Israel cut down from thence. 25. And they returned from searching of the land after forty days. 26. And they went and came to Moses, and to Aaron, and to all the congregation of the children of Israel, unto the wilderness of Paran, to Kadesh; and brought back word unto them, and unto all the congregation, and shewed them the fruit of the land. 27. And they told him, and said, We came unto the land whither thou sentest us, and surely it floweth with milk and honey; and this is the fruit of it.**

**28. Nevertheless the people be strong that dwell in the land, and the cities are walled, and very great: and moreover we saw the children of Anak there. 29. The Amalekites dwell in the land of the south: and the Hittites, and the Jebusites, and the Amorites, dwell in the mountains: and the Canaanites dwell by the sea, and by the coast of Jordan. 30. And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it. 31. But the men that went up with him said, We be not able to go up against the people; for they are stronger than we. 32. And they brought up an evil report of the land which they had searched unto the children of Israel, saying, The land, through which we have gone to search it, is a land that eateth up the inhabitants thereof; and all the people that we saw in it are men of a great stature. 33. And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight.**

**INTRODUCTION:**  We are living in an age where people are extremely image conscious and seemingly obsessed with what others think and how people feel about them. An age that measures their value and self-worth by the number of likes and followers that they get on social media. However, what this age needs to realize is that what is more important than what others think of us and how others feel about us, is what we think and how we feel about ourselves. Because, the truth is that others can think well of us, celebrate and applaud us and believe in our talents and abilities but we will go nowhere and will accomplish little until we learn how to think well of, celebrate, applaud and believe in, ourselves. We can even find ourselves surrounded by haters and those who may not like us, but if we like ourselves and know how to value ourselves, there is nothing that anyone on earth can do to stop us. You see, it is vital that we as a people know who we are in God and through Him we come to understand how important it is to possess a healthy sense of self-esteem.

Self-esteem is that which relates to our self-identity. **It basically deals with three questions:** 1. **Who am I**? (Who are you?) 2. **What am I**? (What are you?) 3. **Why am I**? (Why are you here?).

Self-esteem involves **Self-Image which** is a term that describes how I see myself. It also involves **Self-confidence** which refers to my belief in my ability. Real Self-esteem is the value that we place upon ourselves as a person. This is why a person may have self-confidence and not have self-esteem in that one can believe in their ability but yet not value and feel good about themselves. Self-esteem is how we feel about ourselves in the chambers of our mind. It is how we feel when we are alone at home or alone in a crowd. It is estimated that 95 percent of all people in our society have a problem with low self-esteem which is manifested in feelings of inferiority which can be a serious handicap to success and happiness.

It is because of that that we have identified Low Self Esteem as a Silent Killer, because like all Silent Killers it is one that is not visible on the outside but can be damaging on the inside. It can reside in us for our entire lives without being noticed while insidiously operating to kill off our potential, ruin our relationships, and steal the joy and peace from our relationship with God. Low self-esteem is one of those things that people have a way of hiding and masking. We engage in **defense mechanism** which are tactics developed by the ego to protect us against the fears we have about how we feel about ourselves. There are people who are abrasive and even mean in an attempt to hide their fear of letting people get close to them. There are people who practice putting others down with cutting and rude remarks to try to make others feel as bad as they feel about themselves. There are those who dress in a loose manner to gain attention because while they may be proud of their body they are insecure about their personality or level of intelligence. There are bullies in schools exerting power and creating fear in others in an attempt to hide their own bad feelings about who they are. There are people who are promiscuous because they don’t feel good about themselves so they search for someone to help them feel good and worth while even if it’s just for a few moments of sexual pleasure. We unconsciously ruin relationships, we over eat, over spend, over dress, over indulge and the list goes on as we search for something to try to heal our low self-esteem. This wicked silent killer can be fatal because it can have us hating the one who we should love more than anyone else. Hating and loathing the one who we cannot get away from. Despising the person we look at in the mirror everyday, who we wake up with, go to work with, eat with, study with, go home with, go to church with and to sleep with at night. We can find ourselves actually hating ourselves because of a Low Self Esteem.

**“The worst loneliness is to not be comfortable with yourself.” (Mark Twain)**

However, we need to understand that the greatest and only true source of self-image and self –

esteem is found in our relationship with God and within the pages of His Word because it is clear in the word that God desires that we think and feel good about ourselves and have a healthy and balanced sense of who we are. God does not want us to be victimized by the Silent Killer called Low Self Esteem.

When we come to our text the Children of Israel now find themselves at the southern edge of the Promised Land and are about to enter in as the fulfillment of the promise that God had given to Abraham many years ago, declaring that he would give him the land called Canaan. We know that after receiving this promise that Abraham’s descendants became slaves in Egypt for 400 years and finally, God moved on their behalf and heard their cries for deliverance. He raised up a deliverer named Moses and helped them escape Egyptian bondage. Moses led the Israelites out of Egypt and then across the Red Sea which swallowed up the pursuing Egyptian army. Despite their murmurings and complaining God led them through the wilderness by a pillar of cloud by day and a fire by night, he provided for them by turning over angels tables in the wilderness and feeding them with the manna from heaven as well as quail meat every day. They have now found their way to Mount Sinai where the people were given the 10 Commandments so they could order their lives in the new land and now they are finally about to enter Canaan Land. According to Numbers 13, Moses commands the 12 tribes of Israel to select one leader who will go as spies into the land. By this arrangement every tribe would have a witness of its own who investigated the land to determine if it was fertile or barren, walled or unprotected and whether the people were strong or weak, few or many. We will call them the C.I.A. that is the Canaan Intelligence Agency. The text we read today picks up at this point, where the men are returning after 40 days of reconnaissance to bring their report of the land to Moses, his brother Aaron, and the whole Israelite community. Joshua and Caleb's group comes back with a glowing and exciting report and brought back a sample of the grapes from a place called Eschol- the place of grapes or clusters. The grapes were so big that they had to use two staffs with men on each end and place the grapes on them and carry them back. They stood and declared before Moses saying, let us at once go up and take the land. However, the other group returned with a totally different report. A report that the scripture describes as an evil one calculated to dishearten the people and to raise fear in their minds.

1. 31-33

**But the men that went up with him said, We be not able to go up against the people; for they are stronger than we. And they brought up an evil report of the land which they had searched unto the children of Israel, saying, The land, through which we have gone to search it, is a land that eateth up the inhabitants thereof; and all the people that we saw in it are men of a great stature. And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight.**

The men of the second report saw the same things that the men of the more positive report had seen but the difference in their response was based on their sense of self-esteem. One group, through God, saw themselves as Conquerors while the second group saw themselves as Grasshoppers. **ARE YOU A CONQUERER OR A GRASSHOPPER?** We want to examine our text and see the effects that low self-esteem had upon these men and how it can still affect us today.

1. **LOW SELF ESTEEM AFFECTS HOW WE VIEW OURSELVES**

A. HEALTHY SELF ESTEEM: Everyone has an opinion of themselves.

1. Many times it is expressed in different ways

a. If asked by others- We would basically stay positive

\* I’m an introvert or extrovert

\* I’m shy, bold, a go-getter, aggressive, laidback

\* Confident

b. What we don’t share is the inner negative voices

\* You’re so dumb, you’re always messing up, you’re broke and will always be broke, loser, you’re worthless, will never measure up, never fit in, I don’t deserve to be loved…..

**Proverbs 23:7**

**“.....As a man thinketh is His heart, so is he...**

2. A BIBLICAL HEALTHY SELF IMAGE IS BALANCED: NOT TOO HIGH AND NOT TOO LOW

**Romans 12:3**

**For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.**

a. There are people that are High Minded and arrogant- Think they are all that; the cat’s meow, the best thing to happen to the church since the Apostle Paul.

b. Then there are those who are Low minded and pitiful. Woe is me..., I can’t do anything well, the devil puts a “too” in our minds? Too fat, too skinny, too tall, too short, too dumb, too slow, too disadvantaged......

B. Low Self Esteem and The Spy Team

1. Team Caleb

**26. …. and brought back word unto them, and unto all the congregation, and shewed them the fruit of the land. 27. And they told him, and said, We came unto the land whither thou sentest us, and surely it floweth with milk and honey; and this is the fruit of it.**

**28. Nevertheless the people be strong that dwell in the land, and the cities are walled, and very great: and moreover we saw the children of Anak there. 29. The Amalekites dwell in the land of the south: and the Hittites, and the Jebusites, and the Amorites, dwell in the mountains: and the Canaanites dwell by the sea, and by the coast of Jordan. 30. And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it.**

1. They Saw Land and Fruit
2. They saw the giants
3. They saw themselves as ‘well able to overcome”

2. Team Grasshopper

**. And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers,**

a . They Saw Giants that made them feel like Grasshoppers

b. Directionless- Hop with no landing place in mind

c. Only effective in Swarms- Mob mentality, no personal identity and goes with the crowd

**d. Destructive- devourer without contribution**

**e. Non- fighters:**

**s**

**2. Grasshopper Don’t Eat Grapes- If you see yourself as a Grasshopper you will never attain the PROMISE**

**C. Healthy Self Image through God-** Our Problem is that we are going to the wrong places and looking to the wrong sources to determine our Self-Esteem.

1. Negative Sources
2. Media- TV, Print, Television shows: Ridiculous size models and actors, expensive clothes that says whether you’re in or out. If you don’t have a certain image or talk a certain way.
3. Other people: Abusive people from our past, angry parents, ex-boyfriends or girlfriends, spouses, the actions of your father or mother wo weren’t there for you.
4. Our Past: Often times we define ourselves by what we’ve been through. Our events or circumstances do NOT determine our value

**Illustration**: **Still Valuable**

A well-known speaker began his seminar by holding up a twenty-dollar bill. He asked everyone at the conference, "Who would like this new twenty-dollar bill?" Hands went up all over the room. He said, "I’m going to give this twenty-dollar bill to one of you, but first I need to crumple it." He wadded up the bill and asked, "Who still wants it?" Hands were quickly raised. The speaker dropped the bill and ground it into the floor with his shoe. He picked up the crumpled, dirty bill. "Now who wants it?" Everyone still lifted their hands. "Friends, you have all learned a valuable lesson” the speaker concluded. “No matter what I did to the money, you still want it because its value hasn’t changed. Even though the bill is crumpled and dirty, it’s still worth twenty dollars.” Although someone may have been misused and abused, he or she still has infinite worth. Every person is precious in God’s sight. Do you see others—and yourself—as priceless? What I have been through does not change my value.

**Psalms 139:14**

**I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.**

1. **LOW SELF ESTEEM EFFECTS HOW WE THINK OTHERS VIEW US**

A**. Our Self Image will Have an Impact on All of Our relationships.**  Having a good self-image will not only help you but will also help all of your relationships. **It is a picture that we carry of how we view ourselves.** Some of us have a warped perception of ourselves and do not see ourselves as God sees us. We don’t see our value. If we don’t love ourselves we can’t love anyone else.

1. How We View Ourselves will have an Impact on How we think Others View us.

* **If I don’t think much of myself I will think that you don’t think much of me either.**
* **If I think I’m ugly then I will assume that you think I am ugly too.**
* **If I think I am a loser then I will assume that you think I am a loser as well.**
* **If I don’t think I am worthwhile then I will think that you don’t think I am worthwhile.**
* **If I don’t love me then I assume that you don’t love me either.**

**Matthew 22:37-39**

**Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. 39 And the second is like unto it, Thou shalt love thy neighbour as thyself.**

**(Henry Ford) Whether you think you can, or you think you can’t, you are right.**

2. There are people that are having conflict with imaginary enemies.

They assume that people are against them because they are against themselves.

They are actually fighting against people that are trying to love them.

* + - * **I know you don’t really love me**
      * **I know you want to be with someone else**
      * **I know you’re gonna leave me**
      * **I know you don’t really like me.**
* **These are indications of Insecurity:**

**a. STAY AWAY FROM SELF LOATHING PEOPLE**

**“The man who does not value himself, cannot value anything or anyone.” (Ayan Rand)**

\* If they will put drugs in their body they will never respect or love you

\* If they will kill themselves they will take you out too.

\* If they will abuse themselves and their body they will abuse you too.

b. (Superman and Wonder-woman)

B. The Negative Self View of the Spies

**And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight.**

**Question:** Who told these men that the Giants saw them as Grasshoppers? How did they know what the Giants were seeing? (Elephants- afraid of mice/ God could have magnified them in the sight of the Giants)

1. Grasshopper Thinking Produces Grasshopper Assumptions

a. If You Think You are Small Your Enemies will think you are small too, and capitalize on it.

**Psychological Warfare: I hate to fight but I would never let an enemy know it.**

**I’M NOT A GRASSHOPPER!!**

1. **LOW SELF ESTEEM AFFECTS OUR VIEW OF GOD’S PROMISES AND OUR DESTINY**

A. THE GOD OF PROMISES

Everett R. Storms, a school- teacher in Canada, made a detailed study of promises. According to Time,' Storms, of Kitchener, Ontario, Canada, During his twenty-seventh reading of the Bible, a task which took him a year and a half, Storms came up with a grand total of 8,810 promises (7,487 of them being promises made by God to humankind).

The word promise appears more than 100 times in sacred scripture.

[**Hebrews 6:13**](https://biblia.com/bible/nkjv/Heb%206.13) **it says, “For when God made a promise to Abraham, since he had no one greater by whom to swear, he swore by himself.”**

**"God's promises are, virtually, obligations that he imposes upon himself.” (Friedreich Wilhelm Krummacher)**

**Psalm 138:1-2**

**1. I will praise thee with my whole heart: before the gods will I sing praise unto thee. 2. I will worship toward thy holy temple, and praise thy name for thy lovingkindness and for thy truth: for thou hast magnified thy word above all thy name.**

**- His promises are backed by all the honor of His name.**

1. God’s Promises are accessed Through Covenant

**a. The term "covenant" is of Latin origin (con venire), meaning a coming together. It presupposes two or more parties who come together to make a contract, agreeing on promises, stipulations, privileges, and responsibilities**

2. Covenant Promises Must be Accessed

a. Based on Action

b. Based on Identity.

2. Low Self Esteem Impacts Covenant because it involves a lack of Knowledge and acceptance of who we are.

B. God’s Promise and the Children of Israel: God had already declared to them the excellence of the land. He had promised to guide them to the land and on top of that he was visibly present with them as the majestic pillar of cloud and fire.

1. Their real duty was not to go and spy out the land but to do what God has said and take the land.

a. Their lack of Self Identity blinded them to God’s Promises

b. When We Hear God’s Promises while we Don’t have Self Image we think that God is talking to someone else.

WHO ME?- YES YOU!!!

**2**. Limited themselves By Past Failures

a. This is the generation after the one who had wandered in the wilderness for 40 years.

b. They had failed to believe God.

c. They made the error of thinking that their faithlessness and disobedience of yesterday had to be a hinderance in their pursuit of future promises.

3. Just because we failed to submit to God’s will and word yesterday it does not disqualify us from being blessed today.

**GOD STILL WANTS TO BLESS YOU!**

**Philippians 3:13-14**

**Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.**

**Numbers 13:30-32**

**And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it. But the men that went up with him said, We be not able to go up against the people; for they are stronger than we. And they brought up an evil report of the land which they had searched unto the children of Israel, saying, The land, through which we have gone to search it, is a land that eateth up the inhabitants thereof; and all the people that we saw in it are men of a great stature.**

b. God had already promised them the land and all they had to do is show up and walk in God’s Promise.

**SHOW UP AND WALK**

* You may not have the ability but....
* No Credentials
* Not worthy
* may have failed in the past
* Don’t have it all together

**Philippians 1:6**

**Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:**

**Philippians 4:13**

**I can do all things through Christ who strengthens me**

**I’M NOT A GRASSHOPPER!!**

**I AM WHO “I AM” SAYS I AM!!!**

**The Top and not the Bottom, The Head and not the tail (Deut. 28:13)**

Beloved of God (Rom. 1:7); My Beloved Brethren (James 2:5)

Children of God (John 1:12) Sons of the Living God (Rom 9:26)

Sons of the Most High (Luke 6:35); Children of the Promise (Rom 9:8)

Dear Children (Eph 5:1); Elect of God (Col 3:12)

The Faithful (Ps 12:1) The Godly (2 Pet 2:9)

Heirs of God (Gal 4:7) Holy Priesthood (I Pet 2:5)

The Just (Hab 2:4) Living Stones (1 Pet 2:5)

Special People (Titus 2:14) Slaves of Righteousness (Rom 6:18)

Sheep of Christ (John 10:1-16) Servants of Christ (1 Cor 7:22)

Salt of the Earth (Matt 5:13); Light of the world (Matt 5:14)

A Chosen Generation, A Royal Priesthood, A Holy Nation, A Peculiar People that We Might Show forth the praise of Him that has called us out of darkness into His marvelous light. (1 Peter 2:9)

More Than a Conqueror (Rom 8:37)