**VICTORIOUS LIFE CHURCH – BIBLE STUDY**

**Silent Killer - Low Self Esteem Part II**

**Grasshoppers Don’t Eat Grapes**

**TEXT: NUMBERS 14: 2-12; 22-24;36-38**

[**2And all the children of Israel murmured against Moses and against Aaron: and the whole congregation said unto them, Would God that we had died in the land of Egypt! or would God we had died in this wilderness!**](https://www.kingjamesbibleonline.org/Numbers-14-2/)

[**3And wherefore hath the LORD brought us unto this land, to fall by the sword, that our wives and our children should be a prey? were it not better for us to return into Egypt?**](https://www.kingjamesbibleonline.org/Numbers-14-3/)

[**4And they said one to another, Let us make a captain, and let us return into Egypt.**](https://www.kingjamesbibleonline.org/Numbers-14-4/)

[**5Then Moses and Aaron fell on their faces before all the assembly of the congregation of the children of Israel.**](https://www.kingjamesbibleonline.org/Numbers-14-5/)

[**6And Joshua the son of Nun, and Caleb the son of Jephunneh, which were of them that searched the land, rent their clothes:**](https://www.kingjamesbibleonline.org/Numbers-14-6/)

[**7And they spake unto all the company of the children of Israel, saying, The land, which we passed through to search it, is an exceeding good land.**](https://www.kingjamesbibleonline.org/Numbers-14-7/)

[**8If the LORD delight in us, then he will bring us into this land, and give it us; a land which floweth with milk and honey.**](https://www.kingjamesbibleonline.org/Numbers-14-8/)

[**9Only rebel not ye against the LORD, neither fear ye the people of the land; for they are bread for us: their defence is departed from them, and the LORD is with us: fear them not.**](https://www.kingjamesbibleonline.org/Numbers-14-9/)

[**10But all the congregation bade stone them with stones. And the glory of the LORD appeared in the tabernacle of the congregation before all the children of Israel.**](https://www.kingjamesbibleonline.org/Numbers-14-10/)

[**11And the LORD said unto Moses, How long will this people provoke me? and how long will it be ere they believe me, for all the signs which I have shewed among them?**](https://www.kingjamesbibleonline.org/Numbers-14-11/)

[**12I will smite them with the pestilence, and disinherit them, and will make of thee a greater nation and mightier than they.**](https://www.kingjamesbibleonline.org/Numbers-14-12/)

[**22Because all those men which have seen my glory, and my miracles, which I did in Egypt and in the wilderness, and have tempted me now these ten times, and have not hearkened to my voice;**](https://www.kingjamesbibleonline.org/Numbers-14-22/)

[**23Surely they shall not see the land which I sware unto their fathers, neither shall any of them that provoked me see it:**](https://www.kingjamesbibleonline.org/Numbers-14-23/)

[**24But my servant Caleb, because he had another spirit with him, and hath followed me fully, him will I bring into the land whereinto he went; and his seed shall possess it.**](https://www.kingjamesbibleonline.org/Numbers-14-24/)

[**36And the men, which Moses sent to search the land, who returned, and made all the congregation to murmur against him, by bringing up a slander upon the land,**](https://www.kingjamesbibleonline.org/Numbers-14-36/)

[**37Even those men that did bring up the evil report upon the land, died by the plague before the LORD.**](https://www.kingjamesbibleonline.org/Numbers-14-37/)

[**38But Joshua the son of Nun, and Caleb the son of Jephunneh, which were of the men that went to search the land, lived still.**](https://www.kingjamesbibleonline.org/Numbers-14-38/)

(REVIEW) In our text taken from Numbers 13:23-33 (Which was read last week)

* The leaders of the tribes returned from spying out the land of Canaan
* They reported back to Moses and Aaron and the whole congregation and said:

Num. 13:27 - Surely it (the land) flows with milk and honey; and this is the fruit of it.

NEVERTHELESS

* The People are strong
* The Cities are Walled
* There were giants there (sons of Anak)
* Amalekites, Hittites, Jebusites, Amorites, Canaanites, etc.
* 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 who went up with him said
* *WE BE NOT ABLE TO GO UP AGAINST THE PEOPLE*
* *They are stronger than we*
* *The land eats up the inhabitants*
* *There are giants there*
* *We saw ourselves as grasshoppers; they saw us as grasshoppers also*
* ***They brought back an evil report***

We concluded that there were 2 Teams of Leaders:

* Team Grasshopper (Low Self-esteem)
* Team Caleb (Balanced Self-esteem)

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Tonight I would like to focus on these 5 items:

1. What is Self-Esteem?
2. Compare and contrast Team Caleb and Team Grasshopper
3. Why is low self-esteem a Silent Killer?
4. What distinguished Caleb and Joshua from the other leaders?
5. How does God want us to live life?

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1. **What is Self-Esteem?**

Self-esteem is considered to be one of the many factors that affect our actions, decisions, an even outlook in life.

Generally speaking, we can think of **self-esteem** as the extent to which we approve of and respect ourselves. It’s our personal evaluation of our own worth and may not actually reflect our actual talents and abilities. It’s strictly our opinion: how we feel about ourselves.

**Nathaniel Branden,** a leading expert in this field, believed that self-esteem comes from within us, and is based on six practices that we take part in. He called these practices, the Six pillars of Self-Esteem, meaning that they support the development of high self-esteem. The more we participate in these practices, the stronger our self-esteem becomes.

**THESE PILLARS ARE:**

1. Living Consciously
2. Self-Acceptance
3. Self-Responsibility
4. Self-Assertiveness
5. Living Purposefully
6. Personal Integrity
7. **The practice of living consciously**–this practice centers around being present in the moment and being aware of what’s going on inside of us as well as around us. We don’t ignore information that we don’t like and we pay attention to our emotions. People who are living consciously are able to focus on what’s happening now, and stop thinking about the past or the future.
8. **The practice of self-acceptance**–this practice is largely about accepting ourselves unconditionally. We are compassionate toward ourselves even when we don’t admire our own feelings and decisions. These factors do not change our respect for ourselves.
9. **The practice of self-responsibility**–this practice builds off of the second one. While all our emotions are valid and we should give ourselves complete permission to feel them, our choices and actions are in our own control. No one else can make them, change them or fix them for us. A key to this practice is swapping out the question “who’s to blame?” with “what can be done?”
10. **The practice of self-assertiveness**–this practice centers around being authentic in our interactions. In Branden’s own words it’s about “refusing to fake the reality of who we are or what we esteem in order to avoid disapproval.”
11. **The practice of living purposefully**–what are your long-term goals? What are your short-term goals? Getting clear on your goals and the actions needed to achieve them can help this practice.
12. **The practice of personal integrity**–according to Branden this is “living with congruence/consistency between what we know, what we profess, and what we do; telling the truth, honoring our commitments, exemplifying in action the values we profess to admire.” In other words, giving ourselves respect and holding ourselves to the values and truths we hold. “

“When we seek to align ourselves with reality as best we understand it, we nurture and support our self-esteem.” – Branden

But while this excerpt helps to clarify our understanding of self-esteem, as believers, we must understand that the greatest and only true source of Self-Esteem is found within the pages of the Word of God, 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 in Him.

1. **Compare and contrast Team Caleb and Team Grasshopper?**

**SIMILARITIES**

* Both teams were composed of Tribe Leaders
* Each leader had similar experiences (Bondage in Egypt; Led by Moses; Saw the Miracles; Experienced Deliverance from Pharoah; Each understood Canaan to be the Promised Land; Each saw the fruit of the Promised Land; Each Saw the Obstacles)

**DIFFERENCES**

* Their interpretation of the OBSTACLES

*TEAM CALEB*

* The smaller Team (THE CROWD IS NOT ALWAYS RIGHT)
* Focused on the opportunities
* Let us go up At Once, We are Well Able to overcome it!
* Num 14:6-9 “… it is an exceeding good land
* The Giants are bread for us (Giants are the breakfast of Champions)
* Had another spirit in them
* They wholly followed the Lord
* Entered the Promised Land (Canaan)

*TEAM GRASSHOPPER*

* *The larger team (THE CROWD IS NOT ALWAYS RIGHT)*
* *We be* NOT ABLE to go up against the people
* Focused on the obstacles
* Brought back an evil report
* Murmured and complained against Moses (God)
* Did not enter the Promised Land – Died in the wilderness

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

 Prov. 23:7 “….. **As a man thinketh in his heart, so is he…..”**

**Question 3: Why is low self-esteem a Silent Killer?**

* It is estimated that 95% of people in society have a problem with low esteem – manifested in feelings of inferiority which can be a serious handicap to success and happiness.
* It is not visible on the outside (masked) but can be damaging on the inside.
* It can kill off our potential and ruin our relationships
* It can steal the joy and peace from our relationship with God
* It can cause us to negate the gift of God in us through unbelief
* God does not want us to be victimized by this Silent Killer
* The effect of low-esteem Team Grasshopper? (Num. 14:36-37.) They died in the wilderness and did not enter the Promised Land

**(Rom. 15:4) These things were written for our learning, that we may have hope**

**(1Cor. 10:11) All these things happened to them for examples and for our admonition (authoritative counsel or warning)**

**Question 4: What distinguished Caleb and Joshua from the other leaders? (Num. 14:24; 32:11-12) Deut. 1:34-36)**

* **They had another spirit in them**
* **They wholly followed the Lord**

**Question 5: How does God want us to live life?**

**He want’s us to live life by seeing ourselves from HIS point of view.**

**(Rom: 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 has dealt to every man the measure of faith**

**That is – WE OUGHT TO HAVE A BALANCED SELF-IMAGE / SELF ESTEEM**

**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)**