

# Living From the Inside Out: Sowing the Seed, Harvesting the Word

## Part 1 — Mustard Seed Faith: Don't Despise the Size

### Foundational Text

**Matthew 13:31–32**

*“Another parable He put forth to them, saying: The kingdom of heaven is like a mustard seed, which a man took and sowed in his field, which indeed is the least of all the seeds; but when it is grown, it is greater than the herbs and becomes a tree, so that the birds of the air come and nest in its branches.”*

Jesus taught that the mustard seed, though the least of all seeds, grows into something greater.

God's kingdom and His ways may seem small and insignificant, especially when judged by worldly logic.

At first, the things God asks us to do may appear foolish or insignificant, but when practiced, they produce results.

The enemy's subtle strategy is to complicate what is simple, adding more than necessary, so that the heart of God's word is missed.

God's kingdom may look small and insignificant at first, but it grows into greatness.

The enemy tries to complicate what is simple, so that the heart of God's word is missed.

Do not despise God's ways, His principles, or His people — His way is always wise.

## Section 1: Don't Despise Yourself or Others

### **Ephesians 6:12**

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”

- Our fight is not with people but with spiritual wickedness.
- The enemy works through ignorance, using people who do not know who they are in Christ to oppose the things of God.

### **Matthew 16:23**

“But He turned, and said unto Peter, Get thee behind me, Satan: thou art an offence unto me: for thou savourest not the things that be of God, but those that be of men.”

- Peter meant well, but he was speaking from human reasoning, not from God's perspective.
- Jesus identified that worldly thinking was being influenced by the enemy.

### **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.”

- You are fearfully and wonderfully made.
- The enemy wants you to despise yourself, but God's word declares your value.

**Summary:** The enemy's strategy is to make us despise ourselves and others, convincing us that what is small, weak, or different has no value. Many times advice may sound good, but the question must always be: “*What does the Word say?*” The Word is the final authority.

Do not despise yourself or others, nor despise God's ways even when they seem small or insignificant. Honoring God's ways breaks the lies of inferiority and comparison, because His ways may appear least, but they are always the greater way.

## **Application**

- Do not despise yourself or others. You are fearfully and wonderfully made.
- Do not despise God's ways, even when they seem small or insignificant.
- Break free from comparison — it is not wise.
- Honoring God's ways, even in their simplicity, breaks the enemy's lies of inferiority.
- God's ways may appear least, but they are always the greater way.

## **Section 2: You Must Eat Better to Be Better**

### **John 6:35**

“And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.”

- Feeding on Jesus, the bread of life, is how believers are nourished.
- To be better, you must eat better — feeding on His word and presence.
- Jesus is the way, the truth, and the life; His words are the bread of life.

### **2 Samuel 9:7–9**

“So David said to him, Do not fear. I will surely show you kindness for Jonathan your father’s sake, and will restore to you all the land of Saul your grandfather, and you shall eat bread at my table continually. Then he bowed himself, and said, What is your servant, that you should look upon such a dead dog as I? And the king called to Ziba, Saul’s servant, and said to him, I have given to your master’s son all that belonged to Saul and to all his house. You therefore, and your sons and your servants, shall work the land for him, and you shall bring in the harvest, that your master’s son may have food to eat. But Mephibosheth your master’s son shall eat bread at my table always.”

- David honored his covenant with Jonathan by restoring Mephibosheth and inviting him to eat continually at the king’s table.
- Mephibosheth saw himself as a “dead dog,” insignificant and unworthy, but David’s kindness lifted him into honor.
- Eating at the king’s table represents covenant promise and fellowship — it changes how you see yourself.

- Servants were assigned to work the land and bring in the harvest, symbolizing angels working behind the scenes for the heirs of salvation.

**Summary (true to the script):** To be better, you must eat better. Feeding on Jesus, the bread of life, restores identity and self-worth. Like Mephibosheth, who was lifted from shame to honor at the king's table, believers are invited to eat continually at Christ's table. This fellowship changes how we see ourselves — not as worthless, but as children of the King. Angels serve and work on behalf of believers, bringing in harvest and provision. The environment you feed in matters: feeding at the table of Jesus builds you up in who you are in Him.

## **Application**

- To be better, you must eat better — feed on Jesus, the bread of life.
- Eating at the King's table changes your inner image from shame to honor.
- You are not a “dead dog”; you are a child of the Most High God, seated at His table.
- When you feed on Jesus, you begin to value yourself and break free from low self-esteem and despising.
- Angels are working behind the scenes to bring provision and harvest as you stand in faith.

## **Section 3: Freedom From the Spirit of Despisement**

**Mark 8:22–26**

**“And he cometh to Bethsaida; and they bring a blind man unto him, and besought him to touch him. And he took the blind man by the hand, and led him out of the town; and when he had spit on his eyes, and put his hands upon him, he asked him if he saw ought. And he looked up, and said, I see men as trees, walking. After that he put his hands again upon his eyes, and made him look up: and he was restored, and saw every man clearly. And he sent him away to his house, saying, Neither go into the town, nor tell it to any in the town.”**

- **The blind man’s first vision was “men as trees walking.” This glimpse is symbolic: men are like trees planted by the rivers of water, meant to bear fruit in season.**
- **Just as the mustard seed begins small but grows into a great tree, so the kingdom of God transforms our inner image.**
- **What begins as a seed of faith within us grows into trees of righteousness when nourished and protected.**

**Isaiah 61:3**

**“To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified.”**

- **Believers are called “trees of righteousness, the planting of the LORD.”**

- **Breaking free from shame and despising allows us to grow strong, fruitful, and glorify God.**

#### **Acts 3:6–8**

**“Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk. And he took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength. And he leaping up stood, and walked, and entered with them into the temple, walking, and leaping, and praising God.”**

- **Peter, once fearful and denying Jesus, was transformed by time spent with Him.**
- **At the gate Beautiful, he boldly commanded the lame man to rise and walk in Jesus’ name.**
- **The man was healed instantly, walking and leaping and praising God.**

#### **Acts 4:13**

**“Now when they saw the boldness of Peter and John, and perceived that they were unlearned and ignorant men, they marvelled; and they took knowledge of them, that they had been with Jesus.”**

- **Though called “unlearned and ignorant,” Peter and John demonstrated boldness and authority because they had been with Jesus.**
- **Transformation comes from being with Him; His life within produces courage and power.**

**Summary (true to the script): Freedom from the spirit of despisement comes when our inner image is healed and restored by Jesus. We are called trees of righteousness, planted by the**



**Lord to bear fruit. Shame and inferiority are broken when we feed on Christ and walk in His authority. Like Peter and John, boldness and miracles flow not from human credentials but from being with Jesus.**

**Application (true to the script):**

- Do not despise the seed of God's word, His principles, or His ways, even when they seem small.
- Nourish the seed of faith so it grows into fruit-bearing trees of righteousness.
- Break free from the spirit of despisement — seeing yourself as insignificant or unworthy only empowers the enemy.
- Transformation comes from being with Jesus; His life within you produces boldness and authority.
- Opinions of men fade when you live from the inside out, rooted in Christ.
- Freedom from despising yourself allows you to walk in signs, wonders, and fruitfulness.

# Closing Remarks

- **God's ways may look small but are always greater.** Even when His principles seem insignificant, they carry power to grow and bring lasting results.
- **Feeding on Jesus restores self-worth and identity.** Like Mephibosheth at the king's table, when we feed on the bread of life, shame is replaced with honor.
- **Breaking free from shame and despising leads to fruitfulness, maturity, and authority.** When we stop seeing ourselves as worthless, we grow strong in Christ and begin to bear lasting fruit.
- **The enemy uses comparison and devaluation to suppress purpose, but faith in Christ breaks barriers.** Comparison keeps us trapped, but faith lifts us above inferiority and unlocks our God-given calling.
- **Believers are called to grow up, mature, and walk in signs and wonders.** Like Peter and John, boldness comes from being with Jesus. We are set for signs and wonders, called to tear down strongholds and live from the inside out.