

Teaching Outline

Title: *Breaking the Bondage of Despise*ment By: Pastor Larry Folson
Date: Thursday, 12/11/25

Section 1: Don't Despise Yourself

- **Despise**ment is a strong spirit that devalues people. Jesus explained in *Mark 3:27*: “*No one can enter a strong man’s house and plunder his goods, unless he first binds the strong man. And then he will plunder his house.*” → To break free from self-despise, you must first bind that spirit in Jesus’ name.
- **Revelation knowledge is the foundation of freedom.** When Peter declared, “*You are the Christ, the Son of the living God*” (*Matthew 16:16–18*), Jesus said this revelation was from the Father and upon it He would build His church. → Freedom begins when you receive revelation of who Jesus is and who you are in Him.
- **Without revelation, people perish.** *Proverbs 29:18* (AMP) says: “*Where there is no vision [no revelation of God and His word], the people are unrestrained.*”

→ Self-despise ment thrives when people lack divine revelation of their worth in Christ.

- **Our fight is spiritual, not against people.**

Ephesians 6:12: “For we do not wrestle against flesh and blood, but against principalities, powers, rulers of darkness, and spiritual hosts of wickedness in heavenly places.” → Self-despise ment is not just psychological; it is a spiritual attack that must be resisted with God’s Word.

- **Self-despise ment often begins in trauma.**

Example: Mephibosheth in 2 Samuel 4:4 —

“Jonathan, Saul’s son, had a son who was lame in his feet. He was five years old when the news about Saul and Jonathan came from Jezreel; and his nurse took him up and fled. And it happened, as she made haste to flee, that he fell and became lame. His name was Mephibosheth.” → Being “dropped” in childhood left him with a broken image of himself. Many believers carry similar wounds.

- **The enemy uses despise ment as a dream killer.**

God places dreams inside us to fulfill His purpose, but the enemy works to devalue people so they never reach their potential.

- **True freedom begins with revelation of your value in Christ.** When you see yourself as God sees you — holy, loved, and worthy — you break the bondage of self-judgment and walk in His plan.

Section 2: Eat Better to Be Better

Teaching Flow (with Scriptures)

- **Principle: Feeding on the Word of God renews the inner man.** *Ephesians 4:24: “And that you put on the new man which was created according to God, in true righteousness and holiness.”* → To overcome despicement, you must “eat better” — feed on the Word and put on the new man in Christ.
- **The anointing of Jesus breaks shame and heals the broken heart.** Jesus declared His mission in *Luke 4:18: “The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed.”* → Shame and brokenness are destroyed by the anointing.
- **Mephibosheth’s name signifies breaking away from shame.** Though he was lame and despised,

King David restored him: 2 Samuel 9:7: “*So David said to him, ‘Do not fear, for 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.’*” → Eating at the king’s table restored his identity. In Christ, we are restored at His table.

- **Jesus bore shame to remove it from our lives.** Hebrews 12:2: “*Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.*” → Jesus despised shame so we could be free from it.
- **No longer living in Lodibar (below the bar).** Lodibar means “no pasture” or “low place.” Mephibosheth was brought out of Lodibar to sit at the king’s table. → In Christ, we are lifted above the bar, seated in heavenly places (*Ephesians 2:6*).
- **Restoration comes by dining at Christ’s table.** Feeding on the Word daily renews your self-image. Matthew 4:4: “*Man shall not live by bread alone, but by every word that proceeds from the mouth of God.*” → Spiritual nourishment transforms your identity.
- **Meditate on scripture as seed; it grows into righteousness fruit.** Luke 8:11: “*Now the parable is*

this: The seed is the word of God." → The Word planted in your heart produces lasting change.

Section 3: The Key to Staying Free

Teaching Flow (with Scriptures)

- **Freedom is secured in Christ.** *John 8:36: "Therefore if the Son makes you free, you shall be free indeed."* → Staying free means continually walking in the truth of what Jesus has already accomplished.
- **Your words determine your freedom.** *Proverbs 18:21: "Death and life are in the power of the tongue, and those who love it will eat its fruit."* → Speaking agreement with God's Word sustains freedom; speaking problems reinforces bondage.
- **The Word must be planted and cultivated.** *Matthew 13:23: "But he who received seed on the good ground is he who hears the word and understands it, who indeed bears fruit and produces: some a hundredfold, some sixty, some thirty."* → Freedom is maintained by

planting the Word in your heart and guarding it against weeds (lies, doubts, distractions).

- **Your identity is fixed in Christ.** *Colossians 1:21–22:* “*And you, who once were alienated and enemies in your mind by wicked works, yet now He has reconciled in the body of His flesh through death, to present you holy, and blameless, and above reproach in His sight.*” → Staying free means continually seeing yourself as God sees you: holy, blameless, above reproach.
- **Victory is maintained by testimony.** *Revelation 12:11:* “*And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.*” → Freedom is reinforced when you testify of what Jesus has done, not what the enemy is doing.
- Freedom is not a one-time event but a lifestyle.
- It is sustained by:
 - **Agreement with God’s Word** (Proverbs 18:21).
 - **Planting and cultivating scripture** (Matthew 13:23).
 - **Seeing yourself as reconciled and blameless** (Colossians 1:21–22).
 - **Testifying of Christ’s victory** (Revelation 12:11).

Closing Statement

In closing, the teaching stressed three keys to lasting freedom:

1. Keep your mouth in line with the Word

- *Proverbs 18:21: “Death and life are in the power of the tongue, and those who love it will eat its fruit.”*
- Freedom is maintained by speaking what God says, not what circumstances suggest. Your words must agree with scripture.

2. Keep the Word planted and cultivated in your heart

- *Matthew 13:23: “But he who received seed on the good ground is he who hears the word and understands it, who indeed bears fruit and produces.”*
- The Word must be guarded against weeds (lies, doubts, distractions) so it can grow and bear fruit.

3. Keep your self-image aligned with Christ’s finished work

- *Colossians 1:21–22: “Yet now He has reconciled... to present you holy, and blameless, and above reproach in His sight.”*
- Staying free means continually seeing yourself as God sees you — reconciled, holy, blameless, above reproach.

Final Emphasis

Freedom is not just about being delivered once; it is about living daily in agreement with God's Word. As you keep your mouth, your heart, and your self-image aligned with scripture, you remain seated at the King's table, walking in lasting victory.