

GIANTS, GRAPES & GRASSHOPPERS

Chapter 1: Fruitful or Fretful (Numbers 13-14:38)

1. POWER TRUTH: Don't be fretful—be **fruitful**! (p 13)
2. What is the secret of those who have weathered the storms of life, remaining faithful, becoming **better** instead of *bitter* with each trial and testing? They endured as good soldiers, and became overcomers through the *Word* and their *worship*. (p 17)
3. Joshua and Caleb were the only two in the group of twelve who came back with a positive **outlook**. (p 18)
4. Believers who have allowed the Holy Spirit to develop the fruit of the **Spirit** have learned to see the Provider and not the problem. They saw grapes, not the giants! (p 19)
5. Praise is always positive. True praise always **silences** the negative voices because it turns your focus to God. (p 21)
6. The difference in being fruitful or fretful can be determined by our **focus**. (p 24)
7. How do I see the *giants* (the problems), the *grapes*, (promises and provision), and the *grasshoppers* (my personal perception of myself) in times of **crisis**? (p 24)
8. Often in the midst of the storm, we lose our proper focus. Instead of **seeing** the Peace Speaker, we see the situation, the sorrow, the sickness, the sin. (p 24)
9. Ask yourself this, do I spread a **negative** attitude fueled by my complaints, or do I make an effort to uplift others (and myself) by speaking a positive viewpoint? (p 24)
10. Numbers 13:32 says, "And they [the ten spies] gave the children of Israel a **bad** report..." it was followed by how they perceived themselves in the face of the enemy. (p 25)
11. "...we were like grasshoppers in our own sight [they saw themselves as victims, not **victors**; weaklings and not warriors], and so we were in their sight. (p 25)
12. We need to recognize the plot of the Enemy to keep fear alive so that our **focus** will not be on God and His Word. (p 26)
13. An excellent prayer: "Lord, help us to see the Enemy's plot and always remember that You have a good plan. Your plan is good, and I choose to **trust** You. Help me to overcome my fears by focusing on Your Word, Your promises, and Your purpose for my life." (p 26)
14. The fruitful life produces **praise** that leads to His promise, His peace, His power, and His provision. Don't be fretful—be fruitful. (p 28)

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Chapter 2: Worry Versus Worship

1. POWER TRUTH: Worry and worship cannot coexist! When worry is active, worship is dismissed from your heart. When worship is **alive** in you, worry disappears. (p 31)
2. Worrying will take you to a place the author calls the “Valley of **What If**.” This Valley will take you down some twisted paths and keep you at a dark place that makes you fearful and fretful. (p 33)
3. How do we **overcome** our fears and defeat negative thoughts so that we walk in a life of fruitfulness and praise? (p 35)
4. In 2 Corinthians 10:3-6 Paul teaches us to refute and **cast down** every argument, all theories and reasonings, every proud and lofty thing that exalts itself and sets itself up against the true knowledge of God. (p 36)
5. The building of a stronghold begins with accepting a thought that **contradicts** who God is and what His Word says He is able and willing to do. (p 36)
6. We must filter our thoughts through His Word and **throw out** the thoughts that do not line up to the Word of God. (p 36)
7. “But **seek** (aim at and strive after) first of all His kingdom and His righteousness (His way of doing and being right), and then all these things taken together will be given you besides” (Matthew 6:33 AB). (p 38)
8. Jesus is telling His followers **not** to worry. He is reminding us that we are taken care of, watched over, and loved by God. (p 38)
9. His Word will **heal** your hurting heart and mend your broken spirit. His Word will silence the voice of your giant. (p 40)
10. He will not in any way fail me or give up on me or leave me without support. He will not, He will not, He will not in any degree leave me helpless or **forsake** me or let me down. He will not relax His hold on me! (p 41)
11. “The Lord is my **Light** and my Salvation—whom shall I fear or dread? The Lord is the Refuge and Stronghold of my life—of whom shall I be afraid?” (Psalm 27:1 AB) (p 41)
12. “**Fear not**, for I am with you; be not dismayed, for I am your God. I will strengthen you, ye, I will help you, I will uphold you with My right hand” (Isaiah 41:10). (p 42)
13. “God is our refuge and strength, a very **present** help in trouble” (Psalm 46:1 KJV). (p 42)
14. We replace the seeds of discouragement, fear, and worry planted in our mind by the Enemy and put in its place **truth**. (p 44)

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Chapter 3: Cull and Cultivate

1. POWER TRUTH: The Word of God, when read, applied, and meditated upon, will help cull the bad thoughts and **cultivate** the good. (p 47)
2. Some things in our **spiritual** garden need to be culled while others need to be cultivated. Culling the bad produce is to uproot the lies of the Enemy. (p 49)
3. We are to “pull down” the **thoughts** that cause us to worry and prevent us from worshipping. In an actual garden, it would be like pulling up weeds. (p 50)
4. “Finally, brethren, whatever things are **true**, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things” (Philippians 4:8). (p 51)
5. You can be sure that the Enemy, your giant, will whisper words of **discouragement** in your ear on a daily basis if you allow him. (p 53)
6. Recognize the devil’s plot and turn a deaf ear to his lies. **Think** on the Word of God and meditate on it daily. (p 54)
7. **Laugh** often; **Invest** in others; **Forgive** those who hurt you; **Expect** great things ahead. (p 54)
8. “Let the words of my mouth and the meditation of my **heart** be acceptable in Your sight, O Lord, my strength and my Redeemer” (Psalm 19:14). (p 54)
9. Our words **build up** or tear down. Our words can heal or hurt—motivate or mutilate. (p 55)
10. “Let the word of Christ **dwell** in you richly in all wisdom, teaching and admonishing one another in psalms, hymns and spiritual songs, singing with grace in your hearts to the Lord” (Colossians 3:16). (p 55)
11. Colossians 3:15 says, “Let the peace of God rule in your heart,…” (p 55). The word *rule* is the word from which our term **umpire** is derived. The peace of God is the umpire in our heart, standing guard over our thoughts, declaring, “That thought is safe,” or “No, you’re out.” (p 57)
12. When we allow the peace of God to umpire our hearts, the thought process changes because we will not permit ungodly, discouraging thoughts to take **root**. (p 57)
13. We must **daily** filter our thoughts. Our thoughts cannot be filtered through opinions of man or logic, but through the Word of God. (p 57)

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Chapter 4: Perfect Peace . . . Please!

1. POWER TRUTH: Jesus has not only gone to prepare a place of eternal and perfect peace for us in heaven, but He has also given us the **gift** of His peace to abide in while we live our lives here on earth. (p 61)
2. His peace is something this world doesn't **understand** and cannot reproduce. (p 63)
3. We must allow our thoughts and our hearts to **remain** constantly focused on Him in order to walk in the pathway that produces perfect peace and genuine praise. (p 63)
4. The warfare in your **mind** saps your strength and robs your heart of peace until all contentment is gone. (p 64)
5. Fear is from the **Enemy**. It is birthed when we see the giants and hear their whispers. It is strengthened when we focus on our problems. (p 65)
6. According to John 14:1-3, Jesus **instructs** us not to allow our hearts to be troubled, distressed, or agitated. (p 66)
7. "Peace I leave with you: My [own] peace I now **give** and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourself to be fearful and intimidated and cowardly and unsettled]." John 14:27 AB) (p 67)
8. Positions, popularity, possessions, power and people are constantly subject to change. If your source of peace is **temporary**, so then is your peace. (p 68)
9. According to Philippians 4:6, (p 69) after we give everything to God in prayer, we are to give "thanksgiving." This is **praise** before the answer-before your Red Sea parts. (p 70)
10. Real peace is not connected to events, people, places, money, health or other good things this life may bring. Real peace comes from **knowing** and trusting Jesus. (p 72)
11. "You will guard him and **keep** him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, and hopes confidently in You" (Isaiah 26:3 AB). (p 72)
12. "And let the peace of God rule in your **hearts**, to which also you were called in one body; and be thankful" (Colossians 3:15). (p 74)
13. You may not have received the promise **yet**, but your attitude of thanksgiving demonstrates your trust in Him. (p 75)
14. True peace comes only from Him and belongs only to His **children**. (p 75)

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Chapter 5: Powerful Praise

1. POWER TRUTH: Commit your heart to give **generously** of your praise to God. He deserves it when the Red Sea parts. He deserves it before your miracle. He deserves it during your storm. (p 77)
2. It is easy to praise Him when all is well. But what about the times when everything around you is in **turmoil**? (p 79)
3. “Sing praises to God, **sing** praises unto our King, sing praises. For God is the King of all the earth; sing ye praises with understanding” (Psalm 47:6-7 KJV). (p 80)
4. When praise is raised unto God simply because of who He is, not just because of answered prayers, there is often an even deeper **awareness** of His presence. (p 81)
5. When our relationship and understanding increase, praise is a natural response. To know Him is to **love** Him, and to love Him is to worship Him. (p 82)
6. **Seven** Hebrew words translate into English as “praise.” But their root words have different meanings. (p 83)
 - **Yadah** To extend your hands in worship. (p 83) (See Psalm 145:10 on p 85)
 - **Towdah** To raise your hands in adoration. (p 83) (See Psalm 50:14 on p 85)
 - **Halal** To celebrate; joyful praise and dance (p 83) (See Psalm 145:2 on p 85)
 - **Shabach** To shout aloud His praise (p 84) (See Psalm 145:4 on p 85)
 - **Barak** To kneel in adoration (p 84) (See Psalm 95:6 on p 85)
 - **Zamar** To worship with musical instruments (p 84) (See Psalm 108:1 on p 85)
 - **Tehillah** To worship by singing songs of praise (p 84) (See Psalm 108:3 on p 85)
7. Let’s take a closer look at the word Tehillah. It means to worship by singing songs of praise. “But thou art holy, O thou that **inhabits** the praises of Israel” (Ps 22:3). (p 86) (**KJV word “inhabitest” modernized**)
8. Isn’t it wonderful to ponder the thought that God inhabits our **singing**? (p 86)
9. In Chronicles 20, King Jehoshaphat instructed the singers to go before the army. When should we sing? **Before** the battle. (p 88)
10. Paul and Silas had been beaten and thrown into prison, and at the midnight hour, they began to sing. When should we sing? **During** the battle. (p 89)
11. When should we sing? **After** the battle. Immediately after the triumphant victory that God gave the children of Israel by parting the Red Sea and destroying Pharaoh and his army, Miriam led the women in a song of praise and worship. (p 89)
12. Praise is wonderful, It is a spontaneous and often corporate act in our services. True worship comes from the **heart**. (p 91)

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Chapter 6: I Am Not a Grasshopper

1. POWER TRUTH: The Holy Spirit abides in me, and I am standing on the solid Rock, *I am **not** a grasshopper!* I am more than a conqueror through Jesus Christ. (p 95)
2. Praise is the way we *fight the good fight!* I have to **get past** the grasshopper syndrome. I cannot see myself the way the Enemy wants me to—I must see myself as God sees me! (p 97)
3. The giants in the valley are intent on keeping you from obtaining God's promises. They want to keep the problems before you so you can't see the **promise**. More importantly, they want to keep your eyes off of the Provider of the promises. (p 100-101)
4. The devil is a **liar** and the Father of all lies, and he attempts to plague our minds with his lies during spiritual warfare. (p 102)
5. "Let the words of my mouth and the meditation of my **heart** be acceptable in Your sight, O Lord, my strength and my Redeemer" (Psalm 19:14). (p 104)
6. Treat others the way you want to be treated. A kind, loving, and encouraging word brings life and provides **strength** for this journey and the battles we fight. (p 104-105)
7. Words that tear down bring pain and sorrow. A **wounded** warrior may be utterly destroyed by harsh words. *We must be careful not to "speak for the giants!"* (p 105)
8. "Let no foul or polluting language, nor evil word nor unwholesome or worthless talk [ever] come out of your mouth, but only such [speech] as is **good** and beneficial to the spiritual progress of others, as is fitting to the need and the occasion. . ." (Ephesians 4:29a AB). (p 105)
9. *Say this out loud: "I am **not** a grasshopper!"* (p 106)
10. "You number and record my wanderings: put my **tears** into Your bottle—are they not in Your book?" (Psalm 56:8 AB). (p 107)
11. "Ye are of God, little children, and have overcome them: because **greater** is he that is in you, than he that is in the world" (1 John 4:4 KJV). (p 109)
12. Say this out loud to yourself "I am more than a conqueror through Jesus Christ! All the time—every time—I am strengthened through Him. I am **victorious** through the blood of Jesus. His power is available to me and works through me to overcome the plot of the Enemy. (p 110)
13. Remember that He will **never**—not once—leave you alone in this journey. Your destination is set. (p 111)