



HOW TO BE A **HIGH VALUE MAN**

S E R M O N G U I D E

How To Be A High-Value Man

Judges 3:31

INTRODUCTION

Five years ago, style and image consultant Kevin Samuels became an internet sensation for his advice on relationships, dating, fashion, and success in life. He was controversial—brash, often chiding people for their looks and what he regarded as unrealistic dating expectations, and not hesitant to put people down in the process. One of his most well-known concepts was the “high-value man,” defined by qualities like making at least \$10K per month for several years, having group acceptance, belonging to a network of other high-value men, being visible in one’s profession, and being in high demand. Samuels also emphasized appearance—height, build, and dress. Critics have rightly pointed out that his view reduces a man’s worth to his salary and status, ignoring character, integrity, responsibility, and spirituality. The Bible says, “Man looks at the outer appearance, but God looks at the heart.” Being a high-value man is not about cars, clothes, and cash, but about character, consciousness, and conviction. It’s about who has the man, not what the man has. In Judges 3:31, we meet Shamgar, an often-overlooked judge of Israel, whose one-verse story shows us what it truly means to be a high-value man.

KEY POINTS

1. High-Value Men Flourish Despite Their Background

Shamgar’s name is not Hebrew; it literally means “a stranger.” His father’s name, Anath, comes from a Canaanite god of war. There’s no mention of him coming from a prestigious tribe or family. Yet, without the usual Israelite credentials, Shamgar flourished. Many people think they need a certain pedigree to matter, but Shamgar shows us that you can bloom where you are planted. God doesn’t call the qualified; He qualifies the called. Our background doesn’t nullify our future. If Shamgar could make it, we can make it.

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2. High-Value Men Succeed Despite Meager Resources

Unlike others in Israel's history who used powerful weapons or large armies, Shamgar had only an oxgoad—a simple farmer's tool not designed for battle. Yet with it, he defended Israel and defeated 600 Philistines. This teaches us that when God is on your side, it doesn't take much to succeed. Throughout Scripture, God used ordinary people with ordinary tools to accomplish extraordinary things. Often, everything you need is already in your hand. Shamgar's story challenges us to do what we can, with what we have, where we are.

3. High-Value Men Are Secure in Who They Are

Compared to other biblical heroes, Shamgar's accomplishments and recognition may seem small—only one verse, fewer enemies defeated than others. Yet, Shamgar was secure in his identity. His value wasn't based on comparisons. Many suffer from "Obsessive Comparison Disorder," measuring worth by someone else's highlight reel. True success is faithfulness to your own path. Your worth isn't found in popularity, prestige, or possessions, but in the fact that you are fearfully and wonderfully made. Shamgar knew his role, fulfilled it faithfully, and "he, too, delivered Israel."

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QUESTIONS TO CONSIDER

1. How does Shamgar's story challenge society's definition of a "high-value man"?
2. What personal limitations or backgrounds have you allowed to hold you back, and how can you flourish despite them?
3. In what ways can you better use the resources already in your hand to serve God and others?
