

## Series: Spring Cleaning



### Title: Getting Rid Of Fear

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“Send men to spy out the land of Canaan, which I am going to give to the sons of Israel. From each of their fathers’ tribes you shall send a man, every one a leader among them.” So Moses sent spies from the Wilderness of Paran at the command of the Lord, all of them men who were heads of the Israelites. they came to Moses and Aaron and to all the congregation of the sons of Israel in the Wilderness of Paran at Kadesh, and brought back word to them and to all the congregation, and showed them the land’s fruit. They reported to Moses and said, “We went in to the land where you sent us; and it certainly does flow with milk and honey, and this is its fruit. But the people who live in the land are strong, and the cities are fortified (walled) and very large; moreover, we saw there the descendants of Anak [people of great stature and courage]. [The people descended from] Amalek live in the land of the Negev (South country); the Hittite, the Jebusite, and the Amorite live in the hill country; and the Canaanites live by the [Dead] Sea and along the side of the Jordan.”

**(Numbers 13:2-29 AMP)**

<https://bible.com/bible/1588/num.13.2-29.AMP>

“Then all the congregation [of Israel] raised their voices and cried out, and the people wept that night. All the Israelites murmured [in discontent] against Moses and Aaron; and the whole congregation said to them, “Oh that we had died in the land of Egypt! Or that we had died in this wilderness!”

**(Numbers 14:1-2 AMP)**

<https://bible.com/bible/1588/num.14.1-2.AMP>

I. \_\_\_\_\_

“But the men who had gone up with him said, “**We are not able to go up against the people [of Canaan], for they are too strong for us.**” So they gave the Israelites a bad report about the land which they had spied out, saying, “The land through which we went, in spying it out, is a land that devours its inhabitants. And all the people that we saw in it are men of great stature. There we saw the Nephilim (the sons of Anak are part of the Nephilim); and we were like grasshoppers in our own sight, and so we were in their sight.”

**(Numbers 13:31-33 AMP)**

<https://bible.com/bible/1588/num.13.31-33.AMP>

A. The land devours its inhabitants

B. We looked like grasshoppers in our sight and their sight

II. \_\_\_\_\_

“Then all the congregation [of Israel] raised their voices and cried out, and the people wept that night. All the Israelites murmured [in discontent] against Moses and Aaron; and the whole congregation said to them, “Oh that we had died in the land of Egypt! Or that we had died in this wilderness!”

**(Numbers 14:1-2 AMP)**

<https://bible.com/bible/1588/num.14.1-2.AMP>

- A. Ten men infected an entire congregation.
- B. Ten men brought discontentment on an entire congregation.
- C. Ten men caused an entire congregation to sin by murmuring.
- D. Ten men caused an entire congregation to speak negatively.

### III. \_\_\_\_\_

**“Why is the Lord bringing us to this land [of Canaan], to fall by the sword? Our wives and children will become plunder. Would it not be better for us to return to Egypt?”** So they said one to another, **“Let us appoint a [new] leader and return to Egypt.”**  
**(Numbers 14:3-4 AMP)**

<https://bible.com/bible/1588/num.14.3-4.AMP>

- A. Did God bring us this far to kill us?
- B. Did God bring us this far to lose our families?
- C. Shouldn't we return to Egypt?
- D. Maybe we should appoint a new leader?

### IV. \_\_\_\_\_

**“The Lord said to Moses, “How long will these people treat me disrespectfully and reject Me? And how long will they not believe in Me, despite all the [miraculous] signs which I have performed among them? I will strike them with the pestilence (plague) and dispossess them, and will make you into a nation greater and mightier than they.”** So the Lord said, **“I have pardoned them according to your word; but indeed as I live, all the earth will be filled with the glory of the Lord.** Surely all the men who have seen My glory and My [miraculous] signs which I performed in Egypt and in the wilderness, **yet have put Me to the test these ten times and have not listened to My voice, will by no means see the land which I swore to [give to] their fathers; nor will any who treated me disrespectfully and rejected Me see it.** The Lord spoke to Moses and Aaron, saying, **“How long shall I put up with this evil congregation who murmur [in discontent] against Me? I have heard the complaints of the Israelites, which they are making against Me. Say to them, ‘As I live,’ says the Lord, ‘just what you have spoken in My hearing I**

**will most certainly do to you; your dead bodies will fall in this wilderness, even all who were numbered of you, your entire number from twenty years old and upward, who have murmured against Me. According to the number of days in which you spied out the land [of Canaan], forty days, for each day, you shall bear and suffer a year for your sins and guilt, for forty years, and you shall know My displeasure [the revoking of My promise and My estrangement because of your sin]. I, the Lord, have spoken. I will most certainly do this to all this evil congregation who are gathered together against Me. In this wilderness they shall be consumed [by war, disease, and plagues], and here they shall die.’ ” As for the men whom Moses sent to spy out the land, and who returned and made all the congregation murmur and complain against him by bringing back a bad report concerning the land, even those [ten] men who brought back the very bad report of the land died by a plague before the Lord.”**  
**(Numbers 14:11-36 AMP)**

<https://bible.com/bible/1588/num.14.11-36.AMP>

- A. They disrespected God by their unbelief.
- B. They disregarded what God had already done.
- C. They were forgiven but had to suffer the consequences.
- D. They unfortunately received what they had spoken.

**How do we get rid of fear?**

**1. Confront your fear(s)**

“David said to Saul, “Let no man’s courage fail because of him (Goliath). **Your servant will go out and fight with this Philistine.**” But David said to Saul, “Your servant was tending his father’s sheep. When a lion or a bear came and took a lamb out of the flock, I went out after it and attacked it and rescued the lamb from its mouth; and when it rose up against me, I seized it by its whiskers and struck and killed it. David said, “The Lord who rescued me from the paw of the lion and from the paw of the bear, He will rescue me from the hand of this Philistine.” And Saul said to David, “Go, and may the Lord be with

you.” Then David said to the Philistine, “You come to me with a sword, a spear, and a javelin, but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have taunted. This day the Lord will hand you over to me, and I will strike you down and cut off your head. And I will give the corpses of the army of the Philistines this day to the birds of the sky and the wild beasts of the earth, so that all the earth may know that there is a God in Israel, and that this entire assembly may know that the Lord does not save with the sword or with the spear; for the battle is the Lord’s and He will hand you over to us.” When the Philistine rose and came forward to meet David, David ran quickly toward the battle line to meet the Philistine. **David put his hand into his bag and took out a stone and slung it, and it struck the Philistine on his forehead.** The stone penetrated his forehead, and he fell face down on the ground. So David triumphed over the Philistine with a sling and a stone, and he struck down the Philistine and killed him; but there was no sword in David’s hand. **So he ran and stood over the Philistine, grasped his sword and drew it out of its sheath and killed him, and cut off his head with it. When the Philistines saw that their [mighty] champion was dead, they fled.”**

**(1 Samuel 17:32-51 AMP)**

<https://bible.com/bible/1588/1sa.17.32-51.AMP>

## **2. Confess your fear(s)**

“I sought the Lord [on the authority of His word], and He answered me, **And delivered me from all my fears.”**

**(Psalms 34:4 AMP)**

<https://bible.com/bible/1588/psa.34.4.AMP>

“If we [freely] admit that we have sinned and confess our sins, He is faithful and just [true to His own nature and promises], and will forgive our sins and cleanse us continually from all unrighteousness [our wrongdoing, everything not in conformity with His will and purpose].”

**(1 John 1:9 AMP)**

<https://bible.com/bible/1588/1jn.1.9.AMP>

### 3. Claim God's promises over your fear(s)

“Be strong and courageous, **do not be afraid or tremble in dread before them**, for it is the Lord your God who goes with you. He will not fail you or abandon you.”

**(Deuteronomy 31:6 AMP)**

“The Lord is my light and my salvation— **Whom shall I fear?** The Lord is the refuge and fortress of my life— **Whom shall I dread?**”

**(Psalms 27:1 AMP)**

<https://bible.com/bible/1588/psa.27.1.AMP>

“**The Lord is on my side; I will not fear. What can [mere] man do to me?**”

**(Psalms 118:6 AMP)**

<https://bible.com/bible/1588/psa.118.6.AMP>

“**Do not be afraid of sudden fear** Nor of the storm of the wicked when it comes [since you will be blameless]; For the Lord will be your confidence, firm and strong, And will keep your foot from being caught [in a trap].”

**(Proverbs 3:25-26 AMP)**

<https://bible.com/bible/1588/pro.3.25-26.AMP>

“**The fear of man** brings a snare, But whoever trusts in and puts his confidence in the Lord will be exalted and safe.”

**(Proverbs 29:25 AMP)**

<https://bible.com/bible/1588/pro.29.25.AMP>

“**The fear of human opinion disables; trusting in God protects you from that.**”

**(Proverbs 29:25 MSG)**

<https://bible.com/bible/97/pro.29.25.MSG>

**“Do not fear [anything], for I am with you; Do not be afraid, for I am your God.** I will strengthen you, be assured I will help you; I will certainly take hold of you with My righteous right hand [a hand of justice, of power, of victory, of salvation].”  
**(Isaiah 41:10 AMP)**

<https://bible.com/bible/1588/isa.41.10.AMP>

“But you, Israel, are my servant. You’re Jacob, my first choice, descendants of my good friend Abraham. I pulled you in from all over the world, called you in from every dark corner of the earth, Telling you, ‘You’re my servant, serving on my side. I’ve picked you. I haven’t dropped you.’ Don’t panic. I’m with you. There’s no need to fear for I’m your God. I’ll give you strength. I’ll help you. I’ll hold you steady, keep a firm grip on you.”  
**(Isaiah 41:8-10 MSG)**

<https://bible.com/bible/97/isa.41.8-10.MSG>

#### **4. Commit to living by FAITH**

“Look at the proud one, His soul is not right within him, **But the righteous will live by his faith** [in the true God].”  
**(Habakkuk 2:4 AMP)**

<https://bible.com/bible/1588/hab.2.4.AMP>

“Look at that man, bloated by self-importance— full of himself but soul-empty. But the person in right standing before God through loyal and steady believing is fully alive, really alive.”  
**(Habakkuk 2:4 MSG)**

<https://bible.com/bible/97/hab.2.4.MSG>

#### **5. Cultivate a real relationship with the finisher of faith**

“**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.”

**(Hebrews 12:2 NKJV)**

<https://bible.com/bible/114/heb.12.2.NKJV>

**You Must Master Your Fear And Not Let It Master You**

**What is the Holy Spirit saying to me through this message?**

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**Answer Key:**

- I. Fear will cause you to over exaggerate your predicament
- II. Fear will infect other people
- III. Fear will cause you to question God's plan
- IV. Fear will cause you to miss out on what God promised