

Epidemic

The Negative Effects Of Fear

1. Fear leads to a defeated mindset

Numbers 13:30-31 Then Caleb silenced the people before Moses and said, “We should go up and take possession of the land, for we can certainly do it.”³¹ But the men who had gone up with him said, “We can’t attack those people; they are stronger than we are.” (NIV)

2. Fear leads to a poor self-image

Numbers 13:31 But the men who had gone up with him said, “We can’t attack those people; they are stronger than we are.” (NIV)

Number 13:33 We saw the Nephilim there (the descendants of Anak come from the Nephilim). We seemed like grasshoppers in our own eyes, and we looked the same to them.” (NIV)

3. Fear leads to over exaggerating situations

Numbers 13:31-32 But the men who had gone up with him said, “We can’t attack those people; they are stronger than we are.”³² And they spread among the Israelites a bad report about the land they had explored. They said, “The land we explored devours those living in it. All the people we saw there are of great size. (NIV)

Number 13:33 We saw the Nephilim there (the descendants of Anak come from the Nephilim). We seemed like grasshoppers in our own eyes, and we looked the same to them.” (NIV)

4. Fear contaminates others

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5. Fear robs us of our joy

Numbers 14:1–2 That night all the members of the community raised their voices and wept aloud.² All the Israelites grumbled against Moses and Aaron, and the whole assembly said to them, “If only we had died in Egypt! Or in this wilderness! (NIV)

Numbers 14:8–10 If the LORD is pleased with us, he will lead us into that land, a land flowing with milk and honey, and will give it to us.⁹ Only do not rebel against the LORD. And do not be afraid of the people of the land, because we will

devour them. Their protection is gone, but the LORD is with us. Do not be afraid of them.”¹⁰ But the whole assembly talked about stoning them. Then the glory of the LORD appeared at the tent of meeting to all the Israelites. (NIV)

6. Fear stops us from making progress

Numbers 14:4 And they said to each other, “We should choose a leader and go back to Egypt.” (NIV)

2 Timothy 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind. (NKJV)