

# Overcoming the Spirit of Fear

## Part 1

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2 Timothy 1:7, Numbers 13:1-33,  
Psalms 78:40-41, Judges 6:11-12,  
Isaiah 41:10, Deuteronomy 31:6,  
Psalms 23:4-6, Romans 2:31,  
John 8:29, Psalms 118:6

## *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.

**If you are going to  
let some fear rule  
your life, make  
sure it is the fear  
of the Lord.**

**The reason most of us are afraid to make decisions is the fear of failure.**

**To fear God is to  
fear nothing  
else**

**When you pray,  
God will make a  
way.**

**God will not give  
you a command  
without giving you  
the ability to do it.**

**The single most  
limiting factor in  
our life is what  
we fear the most.**



*Numbers 13:1*

And the LORD  
spoke to Moses,  
saying,

## Numbers 13:2

"Send men to spy out the land of Canaan, which I am giving to the children of Israel; from each tribe of their fathers you shall send a man, every one a leader among them."

## Numbers 13:3

So Moses sent them from the Wilderness of Paran according to the command of the LORD, all of them men who were heads of the children of Israel.

## Numbers 13:17

Then Moses sent them to spy out the land of Canaan, and said to them, "Go up this way into the South, and go up to the mountains,

## Numbers 13:18

"and see what the land is like: whether the people who dwell in it are strong or weak, few or many;

## Numbers 13:19

"whether the land they dwell in is good or bad; whether the cities they inhabit are like camps or strongholds;

## Numbers 13:20

"whether the land is rich or poor; and whether there are forests there or not. Be of good courage. And bring some of the fruit of the land."  
Now the time was the season of the first ripe grapes.

## Numbers 13:21

So they went up and  
spied out the land  
from the Wilderness  
of Zin as far as  
Rehob, near the  
entrance of Hamath.



## Numbers 13:27

Then they told him,  
and said: "We went to  
the land where you  
sent us. It truly flows  
with milk and honey,  
and this is its fruit.

## Numbers 13:28

"Nevertheless the people who dwell in the land are strong; the cities are fortified and very large; moreover we saw the descendants of Anak there.

## Numbers 13:30

Then Caleb quieted the people before Moses, and said, "Let us go up at once and take possession, for we are well able to overcome it."

## Numbers 13:31

But the men who had gone up with him said, "We are not able to go up against the people, for they are stronger than we."

## Numbers 13:32

And they gave the children of Israel a bad report of the land which they had spied out, saying, "The land through which we have gone as spies is a land that devours its inhabitants, and all the people whom we saw in it are men of great stature.

## Numbers 13:33

"There we saw the giants  
(the descendants of Anak  
came from the giants);  
and we were like  
grasshoppers in our own  
sight, and so we were in  
their sight."

**Fear attacks and  
distorts your  
self image.**

*Psalms 78:40*

How often they  
provoked Him in  
the wilderness, And  
grieved Him in the  
desert!



*Psalms 78:41*

Yes, again and  
again they tempted  
God, And limited  
the Holy One of  
Israel.

**When God gives you a  
promise that doesn't  
mean the enemy is  
going to roll over  
and play dead.**

**If God told me I  
could possess the  
land, I can  
possess it**

## *Judges 6:11*

Now the Angel of the LORD came and sat under the terebinth tree which was in Ophrah, which belonged to Joash the Abiezrite, while his son Gideon threshed wheat in the winepress, in order to hide it from the Midianites.

## Judges 6:12

And the Angel of the LORD appeared to him, and said to him, "The LORD is with you, you mighty man of valor!"

**Keys that will help  
you overcome  
the spirit of fear:**

**God delivers us from the  
spirit of fear by  
challenging what we have  
accepted as reality and  
speaking to the potential  
that He sees in us.**

## *Isaiah 41:10*

Fear not, for I am with you;  
Be not dismayed, for I am  
your God. I will strengthen  
you, Yes, I will help you, I  
will uphold you with My  
righteous right hand.'



1. Know the Lord  
is with you

## Deuteronomy 31:6

"Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you."

## *Psalms 23:4*

Yea, though I walk through  
the valley of the shadow  
of death, I will fear no evil;  
For You are with me; Your  
rod and Your staff, they  
comfort me.

## *Psalms 23:5*

You prepare a table  
before me in the  
presence of my  
enemies; You anoint  
my head with oil; My  
cup runs over.

**The presence of  
Him with me is  
greater than all  
other influences**

**God's goodness is  
greater than the  
devil's badness**

**The way out is you have to  
get out of your mind and  
stop looking and trying to  
figure it out your self.  
Start declaring God is  
greater than my  
impenetrable walls.**

*Romans 8:31*

What then shall we  
say to these  
things? If God is for  
us, who can be  
against us?



**He sustains me  
even in the worst  
circumstance**

**God is greater  
than the fight in  
you that rages for  
your life.**

*John 8:29*

"And He who sent Me is with Me. The Father has not left Me alone, for I always do those things that please Him."

*Psalms 118:6*

The LORD is on  
my side; I will not  
fear. What can  
man do to me?

**Whatever side  
God is on is the  
winning side.**