

FEAR

Date: August 9, 2026 | Speaker: Pastor Brent Snook | Series: Practical Traumatic Spiritual Development

Main Verse: [Deuteronomy 1:19-33](#)

Practical Traumatic Spiritual Development — Series

Fear

Pastor Brent Snook · August 9, 2026 · AM Service

Text: [Deuteronomy 1:19–33](#)

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." — [2 Timothy 1:7](#)

As believers, we are in a war — not with guns and bombs, but with principalities, powers, and rulers of darkness. If we are not careful, we can battle against spiritual disorders that hold us back and keep us down. But there is good news: with God's help and God's Word, our **Post Traumatic Stress Disorder** can become **Practical Traumatic Spiritual Development**.

Today's subject: **Fear**. There is a healthy fear — the kind that causes caution and wisdom. But today we look at the fear that holds us back, keeps us from pursuing life, and prevents us from living to our full potential in God.

I. RESULTS OF OUR FEAR — [Deuteronomy 1:19–33](#)

The spies commissioned to scout the Promised Land brought back a report that resulted in heartbreak and tragedy for an entire nation. Their fear had four devastating consequences.

A. Fear Refuses God's [Plan](#) — vv. 19–26

God's orders were clear: *"Go — possess the land."* They had seen deliverance from Egypt and rescue at the Red Sea. But at the final obstacle, fear stopped them cold. We will never claim God's blessing if we let fear dominate our lives.

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." — [2 Timothy 1:7](#)

B. Fear Ruins Our [Perspective](#) — vv. 27–28

Fear brings out our worst — complaining, distrust, and despair. The spies brought back a distorted picture that contaminated the perspective of the whole nation. Yes, they saw giants. But the only giant that defeated them was **the giant in their head**.

False Evidence that Appears Real

"The greater the fear — the weaker our reasoning."

C. Fear Restrains God's [People](#) — v. 28

"...our brethren have discouraged our heart..." Fear reaches out and affects everyone around us. Discouragement is contagious. The fear of 10 spies restrained God's people for **40 years**.

D. Fear Rejects God's [Promises](#) — vv. 29–33

God had gone with them step by step — providing their every need like a parent guarding a newborn child. The Israelites should have looked back and said: *"God has brought us this far — He will bring us home."*

"Go ye therefore, and teach all nations... lo, I am with you alway, even unto the end of the world." — [Matthew](#)

II. RESISTING OUR FEAR

Fear hits us all and keeps us back from excelling. Fields of milk and honey stood before Israel — but they settled for far less. How do we fight back?

A. [Face](#) Your Fear

If you want to defeat fear — you must face it. Like David, pick up your stones in advance. There is nowhere to run. Avoiding fear only enlarges it.

B. [Forsake](#) Your Fear as Sin

Choose to obey God's voice. Fill your life, thoughts, and plans with God's Word.

"I sought the LORD, and he heard me, and delivered me from all my fears." — [Psalm 34:4](#)

The person who can kneel before God can stand before man.

C. [Find](#) God's Promises of Protection

The Bible is filled with practical promises that liberate and free us from fear. Write them down. Put them where you can see them. Read, memorize, and repeat them.

"The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?" — [Psalm 27:1](#)

"The Lord is on my side; I will not fear: what can man do unto me?" — [Psalm 118:6](#)

"In God have I put my trust: I will not be afraid what man can do unto me." — [Psalm 56:11](#)

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." — [Isaiah 41:10](#)

D. [Formulate](#) a Closer Walk with God

Twelve spies saw the same things — but Joshua and Caleb used a different measuring stick. The negative group measured by their own stature. Joshua and Caleb measured by **God's stature**.

"...for they have wholly followed the LORD." — [Numbers 32:12](#)

Here is a crucial fact: the opposite of fear is not courage, not trust — **it is love**.

"There is no fear in love; but perfect love casteth out fear: because fear hath torment." — [1 John 4:18](#)

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." — [2 Timothy 1:7](#)

— Walking Through the Valley —

There is one ultimate fear everyone must face: **death**. But it doesn't have to be feared.

"Fear not them which kill the body... but rather fear him which is able to destroy both soul and body in hell." — [Matthew 10:28](#)

Personal Takeaways

Enter any thoughts about todays message.