

FEAR NOT, PART 1  
**THE HIGH COST OF FEAR**  
Numbers 13:30-14:12

*The antidote to living in fear is to trust God one promise at a time.*

**Introduction: A Prominent Advent Theme**

Luke 1:11-13  
Luke 1:30-31  
Matthew 1:20-21  
Luke 2:9-11

**The GOOD AND BAD of Fear**

Good fear protects us from danger and prevents us from hurting ourselves.  
Bad fear paralyzes us from doing what we ought to do and provokes us to do what we ought not to do.

**The BREEDING GROUND of Fear**

It's always dangerous to complain about what God has given us.  
It's always difficult to make good decisions with a bad attitude.  
It's always disheartening to focus on what we can do rather than on what God can do.

**The HIGH COST of Fear**

Living in fear distorts our identity. (13:33)  
Living in fear steals our peace and joy. (14:1)  
Living in fear undermines our relationships. (14:2a)  
Living in fear leads to unproductive thinking. (14:2b)  
Living in fear is an assault on God's character. (14:3-11a)  
Living in fear limits the progress God has for us. (14:11b-12a)  
Living in fear distances us from our children. (14:12b)

**Conclusion: A Permanent Life Theme**

The Rich Young Ruler vs. the Suffering Servant

One made a choice to cling to his comfort, and he lost out.  
One made a choice to lose out, and now he enjoys perfect comfort.

Come, Thou long expected Jesus,  
Born to set Thy people free;  
From our fears and sins release us,  
Let us find our rest in Thee.  
- Charles Wesley