

Ablutophobia - Fear of bathing

Arachnophobia - irrational fear of spiders

Nomophobia - Fear of being without your cell phone

Hippopotomonstrosesquippedaliophobia - Fear of long words

HOW TO TEAR DOWN FEAR AND BUILD FAITH

1. FEAR IS FUELED BY MISINFORMATION

The serpent was the shrewdest of all the wild animals the Lord God had made. One day he asked the woman, “Did God really say you must not eat the fruit from any of the trees in the garden?”

Genesis 3:1 (NLT)

The Lord now said to Moses, “Send out men to explore the land of Canaan, the land I am giving to the Israelites. Send one leader from each of the twelve ancestral tribes.”

Numbers 13:1-2 (NLT)

Moses gave the men these instructions as he sent them out to explore the land: “Go north through the Negev into the hill country. See what the land is like, and find out whether the people living there are strong or weak, few or many. See what kind of land they live in. Is it good or bad? Do their towns have walls, or are they unprotected like open camps? Is the soil fertile or poor? Are there many trees? Do your best to bring back samples of the crops you see.”

Numbers 13:17-20 (NLT)

“We can’t go up against them! They are stronger than we are!” So they spread this bad report about the land among the Israelites: “The land we traveled through and explored will devour anyone who goes to live there. All the people we saw were huge. We even saw giants there, the descendants of Anak. Next to them we felt like grasshoppers, and that’s what they thought, too!”

Numbers 13:31b-33 (NLT)

2. FEAR BREEDS MORE FEAR

Then the whole community began weeping aloud, and they cried all night. Their voices rose in a great chorus of protest against Moses and Aaron. “If only we had died in Egypt, or even here in the wilderness!” they complained. “Why is the Lord taking us to this country only to have us die in battle? Our wives and our little ones will be carried off as plunder! Wouldn’t it be better for us to return to Egypt?”

Numbers 14:1-3 (NLT)

3. FEAR WILL FORCE YOU TO SETTLE

Then they plotted among themselves, “Let’s choose a new leader and go back to Egypt!”

Numbers 14:4 (NLT)

Because your men explored the land for forty days, you must wander in the wilderness for forty years—a year for each day, suffering the consequences of your sins.

Numbers 14:34 (NLT)

4. WE HAVE TO FIGHT FEAR WITH FAITH

But my servant Caleb has a different attitude than the others have. He has remained loyal to me, so I will bring him into the land he explored. His descendants will possess their full share of that land.

Numbers 14:24 (NLT)

No one is holy like the Lord! There is no one besides you; there is no Rock like our God.

1 Samuel 2:2 (NLT)