

Paralyzed by Fear a Mile from the Promised Land

Scripture Focus

- Numbers 13–14 (Israelites and the Promised Land)
- Key verse: *“Do not be afraid... the Lord is with us.”*

Reflection

1. What are the biggest fears currently shaping your decisions?
2. Where in your life are you “a mile from the promised land”?
3. Are your fears based on reality—or perception?
4. How has fear kept you from trusting God?
5. What would stepping forward in faith look like right now?

Personal Insight Exercise

- Write down:
 - One fear
 - The worst-case scenario
 - What is actually likely
 - Where God is in that situation

Prayer Prompt

Lord,
You know the fears I carry—spoken and unspoken.
Help me to see clearly where fear is distorting truth.
Give me courage to trust You, even when I feel afraid.
Lead me forward into the life You’ve promised.
Amen.

Application (Daily Practice)

- When fear arises, pause and ask:
 - “Is this real or perceived?”
 - “What does faith look like here?”
- Take one small step forward anyway
- Replace fear-based thoughts with truth:
 - “God is with me”
 - “I am not alone”
 - “I can move forward”

Weekly Challenge

Identify one area where fear has held you back—and take **one concrete step** toward it this week.

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Numbers 13-14 (CEB) Common English Bible
Acton United Methodist Church
Sunday April 12, 2026
Rev. Dr. Matthew D. Stultz