

Why Are You Afraid?

Grasshoppers and Giants

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ECHO CHURCH

Numbers 13:27–33
NKJV

August 31 to September 5, 2026
SIX DAYS

Twelve men saw the same land. The same fruit, the same walls, the same giants. But they came back with two different stories. Ten said the land devours its inhabitants. Two said the land is already ours. The problem was never the size of the giants. It was the size of the report they believed about themselves.

Ten men lost the Promised Land, and not one of them lost it to a giant. They lost it to a report, a calculation, and an identity. Over the next six days, we are going to trace how fear actually works, and how to defeat it. Fear enters through the ear. Fear grows through bad math. Fear takes root in a broken identity. Change what you listen to, change who you count, and change how you see yourself, because the land is already yours.

HOW TO USE THIS DEVOTIONAL

Each day gives you one movement of the message with something to read, pray, declare, and share. Take it slow. Read the scripture first, sit with the reflection, speak the declaration out loud, and pray the prayer in your own words. The social post is there so you can carry the word beyond your quiet time and encourage somebody who is facing a giant too.

THE SIX DAYS

DAY	DATE	THEME
1	Mon, Aug 31	Same Giants, Two Reports
2	Tue, Sep 1	Guard the Gate of Your Ear
3	Wed, Sep 2	Redo the Math
4	Thu, Sep 3	Not a Grasshopper
5	Fri, Sep 4	From a But to a Distortion
6	Sat, Sep 5	The Land Is Already Yours

Same Giants, Two Reports

The problem was never the size of the giants

“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 13:30 NKJV

Start with what makes this story so unsettling. Twelve men saw the exact same land. The same fruit, the same fortified walls, the same giants. They walked the same ground for the same forty days. And they came back and told two completely different stories. Ten said the land devours its inhabitants. Two said the land is already ours. Same evidence. Opposite conclusions.

That tells you something important. The problem was never the size of the giants. It was the size of the report they believed about themselves. Ten men lost the Promised Land, and not one of them lost it to a giant. They lost it to a report, a calculation, and an identity. The giant was never the deciding factor. What they believed about themselves in front of the giant was.

So the question God is really asking is not about the giants at all. It is a heart question. Why are you afraid? Over the next few days we are going to trace exactly how fear got into these men, because it is the same way it gets into us. It enters through the ear, it grows through bad math, and it takes root in a broken identity. But it can be undone, and the land is still yours.

PR QUOTE

“Two men saw the same giants and inherited the land. The difference was never the giant. It was the report, the math, and the mirror.”

DECLARATION

The giants are real, but they are not the deciding factor. I will not let the size of the giant write the size of my faith. The land is already mine.

DAILY PRAYER

Father, I have been staring at the size of my giants and letting them define what is possible. Remind me that the giant was never the deciding factor. Give me the faith of Caleb, who saw the same thing everyone else saw and still said we are well able. Change the report I believe. In Jesus' name, amen.

SHARE IT • SOCIAL POST

Twelve men saw the same giants. Ten said ‘we can’t.’ Two said ‘the land is ours.’ The problem was never the size of the giants. It was the report they believed about themselves.

#WhyAreYouAfraid #EchoChurch #Numbers13 #TheLandIsYours

Guard the Gate of Your Ear

Fear enters through the ear

“And they gave the children of Israel a bad report of the land which they had spied out.”

NUMBERS 13:32 NKJV

Scripture calls it a bad report. The Hebrew word is dibbah, an evil whispering that spreads. Ten men talked, and a whole nation trembled. We like to think faith is the only thing that spreads, but fear is contagious too, and it travels on the same road faith does. It travels through the ear.

The believer today is surrounded by reports. The doctor has a report. The bank has a report. The culture has a report. The group chat has a report. We are more afraid than we should be because we have trained our ears to receive the loudest voice in the room instead of the settled Word of God. The giants did not defeat Israel. The report about the giants did.

That means fear has a gate, and the gate is your ear. What you keep listening to is slowly deciding what you believe, and eventually what you believe decides what you do. If you want to stop being afraid, start by auditing what you are letting in. You cannot keep rehearsing the bad report in your hearing and expect faith to grow in your heart. Guard the gate.

PR QUOTE

“You will always fear what you keep listening to. Guard the gate of your ear, because whatever you rehearse in your hearing you will eventually believe in your heart.”

DECLARATION

I will guard the gate of my ear. I refuse to rehearse the bad report. I am tuning my hearing to the settled Word of God over the loudest voice in the room.

DAILY PRAYER

Lord, forgive me for giving the loudest voices more authority than Your Word. I have rehearsed the bad report until it took root in me. Today I guard the gate of my ear. Help me turn down the noise and turn up Your voice, so that what I hear grows faith and not fear. In Jesus' name, amen.

SHARE IT • SOCIAL POST

Fear is contagious, and it travels through the ear. The doctor, the bank, the culture, the group chat all have a report. Guard the gate. You'll always fear what you keep listening to.

#WhyAreYouAfraid #EchoChurch #GuardYourGate #FearEntersThroughTheEar

Redo the Math

Fear grows through bad math

“We are not able to go up against the people, for they are stronger than we.”

NUMBERS 13:31 NKJV

Notice the comparison. They measured their strength against the strength of the giants and left God out of the equation entirely. Fear is almost always horizontal arithmetic. Me versus the problem. My resources versus the mountain. My weakness versus their power. When the equation is only you and the giant, you lose every time, because you were never meant to be the deciding factor.

Caleb ran different math. Same land, same giants, same walls, and he said we are well able. The difference was not the size of the giant. It was who he counted in the equation. Ten men calculated themselves against the giant and came up short. Caleb calculated the giant against God and came up more than enough.

So much of our fear is just a math problem with a missing variable. We keep calculating a battle God already promised to fight, and we keep leaving Him out of the total. Faith does not deny the giant. It just refuses to do the arithmetic without God in it. Redo the math over the exact thing you fear, and this time count the One who promised to go with you.

PR QUOTE

“Faith adds the one variable fear always forgets. When you put God back into the equation, the giant does not shrink, but suddenly you are no longer the deciding factor.”

DECLARATION

I will stop doing the math without God in it. I am not the deciding factor. When I count God in the equation, I am well able to overcome.

DAILY PRAYER

Father, I have been running the numbers with You left out, and no wonder I came up afraid. Forgive me for treating a battle You already promised to fight as if it were mine alone. Put Yourself back at the center of my equation. Help me count You in over the exact thing I fear. In Jesus' name, amen.

SHARE IT • SOCIAL POST

Fear is horizontal math: me versus the giant. You lose that every time. Caleb counted God in the equation and came up 'well able.' Redo the math with God in it.

#WhyAreYouAfraid #EchoChurch #RedoTheMath #WellAble

Not a Grasshopper

Fear takes root in a broken identity

“We were like grasshoppers in our own sight, and so we were in their sight.”

NUMBERS 13:33 NKJV

Here is the deepest wound in the passage. The defeat happened on the inside before a single sword was drawn. And read it carefully. Scripture never records the giants calling them grasshoppers. They said it about themselves first, and then they projected it onto the enemy. The way you see yourself becomes the way you assume everyone sees you.

This is the root fear beneath all the others. It is not the fear of the giant. It is a fear rooted in a broken identity. When you see yourself as small, everything begins to look like a threat. Believers are afraid because they have forgotten whose they are. A grasshopper identity will forfeit your inheritance faster than any giant ever could.

The enemy does not have to defeat you if he can convince you to define yourself before the battle even begins. So the fight is not first about the giant in front of you. It is about the mirror inside you. You are not what the giant says. You are not even what you say when you are afraid. You are what God says. Recover the identity, and you recover the courage.

PR QUOTE

“You are not what the giant says. You are not even what you say when you are afraid. You are what God says.”

DECLARATION

I am not a grasshopper. I will not define myself before the battle begins. I am what God says I am, and that identity walks into the promise.

DAILY PRAYER

Father, I confess I have called myself small and then assumed everyone else saw me that way too. That is not Your report of me. Heal the broken mirror inside me. Let me see myself the way You see me, so that I stop shrinking and start standing. Recover my identity, and recover my courage. In Jesus' name, amen.

SHARE IT • SOCIAL POST

The giants never called them grasshoppers. They said it about themselves first. When you see yourself as small, everything looks like a threat. You are not what fear says. You are what God says.

#WhyAreYouAfraid #EchoChurch #NotAGrasshopper #WhatGodSays

From a But to a Distortion

Fear does not stay still

“It truly flows with milk and honey... Nevertheless the people who dwell in the land are strong... the land... devours its inhabitants.”

NUMBERS 13:27, 28, 32 NKJV

Watch the progression, because fear does not stay still. Verse 27 is truth. They said the land truly flows with milk and honey, and here is its fruit. Verse 28 is the nevertheless. The people are strong and the cities are fortified. Verse 32 is slander. The land devours its inhabitants. In just a few verses, a true observation curdled into a full distortion of what God said.

That is how fear grows. It rarely starts as a lie. It usually starts as a true observation that we allow to grow louder than the promise. The giants really were big. The walls really were fortified. None of that was false. But when the nevertheless gets more airtime than the promise, it does not stay a nevertheless. It becomes a distortion, and the distortion is what cost them the land.

So catch your fear early, while it is still just a but. You do not have to deny what is hard. Verse 28 is allowed to be true. Just do not let it grow into verse 32. The moment you notice the report getting louder than the promise, stop and set it back beside what God actually said. Do not let a nevertheless become a distortion.

PR QUOTE

“Verse 27 is truth. Verse 28 is the nevertheless. Verse 32 is slander. Do not let a nevertheless grow into a distortion of what God actually said.”

DECLARATION

I will catch my fear while it is still a but. I will not let a true difficulty grow louder than the promise of God. I set the report back beside His Word.

DAILY PRAYER

Father, help me catch my fear early, before a nevertheless becomes a distortion. I do not have to pretend the giants are small, but I refuse to let them get louder than Your promise. When the report starts to grow, help me set it back beside what You actually said. In Jesus' name, amen.

SHARE IT • SOCIAL POST

Fear rarely starts as a lie. It starts as a true observation you let grow louder than the promise. Verse 27 truth, verse 28 nevertheless, verse 32 slander. Catch it while it's still a but.

#WhyAreYouAfraid #EchoChurch #FromButToDistortion #GuardThePromise

The Land Is Already Yours

Change the report, the math, and the mirror

“Let us go up at once and take possession, for we are well able to overcome it.”

NUMBERS 13:30 NKJV

We have spent this week naming how fear works, so let this be the day you fight back. Fear was defeated in this passage the same way it is defeated in your life, one report, one equation, and one mirror at a time. Two men saw the same giants and inherited the land. The difference was never the giant. It was the report, the math, and the mirror.

So make it practical. Name the report you have been rehearsing, and set it beside the Word of God. Redo the math with God in the equation, out loud, over the exact thing you fear. And reject the grasshopper mirror and speak the identity God gave you. Change what you listen to. Change who you count. Change how you see yourself. That is not a slogan. That is how you walk out of the wilderness and into the promise.

Ten men let the report, the math, and the mirror talk them out of their inheritance and they died in the wilderness. Two men believed a different report and walked into the land. You get to choose which report you carry. The giants are real, but they were never the deciding factor. Hear this over whatever you are facing today. The land is already yours.

PR QUOTE

“Change what you listen to. Change who you count. Change how you see yourself. The land is already yours.”

DECLARATION

I choose the report of Caleb. I will change what I listen to, change who I count, and change how I see myself. The giants are real, but the land is already mine.

DAILY PRAYER

Father, thank You that fear does not get the final word. I choose the better report. Help me guard my ear, redo my math with You in it, and reject the grasshopper mirror. Give me the courage of the two who believed and walked into the promise. I receive it today. The land is already mine. In Jesus' name, amen.

SHARE IT • SOCIAL POST

Change what you listen to. Change who you count. Change how you see yourself. Ten died in the wilderness over a report. Two walked into the promise. The land is already yours. Choose the better report.

#WhyAreYouAfraid #EchoChurch #TheLandIsAlreadyYours #ChooseTheBetterReport

A CLOSING WORD

Two men saw the same giants and inherited the land. The difference was never the giant. It was the report, the math, and the mirror. So change what you listen to, change who you count, and change how you see yourself. The giants are real, but they were never the deciding factor.

“I will not fear what I keep listening to. I will put God back in the equation. I am not a grasshopper. I am what God says I am. The giants are real, but the land is already mine.”

Echo Church • Worship & Word • Pastor Rich Saunders Jr.