



BelPres Church

Courage Greater Than Our Fear

Ice-breaker Question: What's your favorite midnight snack?

Opening Prayer: Jesus, steady our hearts when fear feels loud. We're listening. Show us our faithful next step.

Practice Reflection Questions:

What stands out from your prayer or journaling time this week? Did you pursue a nudge or prompt to action? What did you do and how did it go? Did your family try the family practice? How did that go?

This Week's Scripture:

Numbers 13:30-14:30

"Now when Jesus returned, a crowd welcomed him, for they were all expecting. Then Caleb silenced the people before Moses and said, "We should go up and take possession of the land, for we can certainly do it."

³¹But the men who had gone up with him said, "We can't attack those people; they are stronger than we are." ³²And they spread among the Israelites a bad report about the land they had explored. They said, "The land we explored devours those living in it. All the people we saw there are of great size. ³³We saw the Nephilim there (the descendants of Anak come from the Nephilim). We seemed like grasshoppers in our own eyes, and we looked the same to them."

The People Rebel

14 That night all the members of the community raised their voices and wept aloud. ²All the Israelites grumbled against Moses and Aaron, and the whole assembly said to them, "If only we had died in Egypt! Or in this wilderness! ³Why

is the LORD bringing us to this land only to let us fall by the sword? Our wives and children will be taken as plunder. Wouldn't it be better for us to go back to Egypt?"⁴ And they said to each other, "We should choose a leader and go back to Egypt."

⁵Then Moses and Aaron fell facedown in front of the whole Israelite assembly gathered there. ⁶Joshua son of Nun and Caleb son of Jephunneh, who were among those who had explored the land, tore their clothes ⁷and said to the entire Israelite assembly, "The land we passed through and explored is exceedingly good. ⁸If the LORD is pleased with us, he will lead us into that land, a land flowing with milk and honey, and will give it to us. ⁹Only do not rebel against the LORD. And do not be afraid of the people of the land, because we will devour them. Their protection is gone, but the LORD is with us. Do not be afraid of them."

¹⁰But the whole assembly talked about stoning them. Then the glory of the LORD appeared at the tent of meeting to all the Israelites. ¹¹The LORD said to Moses, "How long will these people treat me with contempt? How long will they refuse to believe in me, in spite of all the signs I have performed among them? ¹²I will strike them down with a plague and destroy them, but I will make you into a nation greater and stronger than they."

¹³Moses said to the LORD, "Then the Egyptians will hear about it! By your power you brought these people up from among them. ¹⁴And they will tell the inhabitants of this land about it. They have already heard that you, LORD, are with these people and that you, LORD, have been seen face to face, that your cloud stays over them, and that you go before them in a pillar of cloud by day and a pillar of fire by night. ¹⁵If you put all these people to death, leaving none alive, the nations who have heard this report about you will say, ¹⁶'The LORD was not able to bring these people into the land he promised them on oath, so he slaughtered them in the wilderness.'

¹⁷"Now may the Lord's strength be displayed, just as you have declared: ¹⁸'The LORD is slow to anger, abounding in love and forgiving sin and rebellion. Yet he does not leave the guilty unpunished; he punishes the children for the sin of the parents to the third and fourth generation.'¹⁹In accordance with your great love, forgive the sin of these people, just as you have pardoned them from the time they left Egypt until now."

²⁰The LORD replied, "I have forgiven them, as you asked. ²¹Nevertheless, as surely as I live and as surely as the glory of the LORD fills the whole earth, ²²not one of those who saw my glory and the signs I performed in Egypt and in the

wilderness but who disobeyed me and tested me ten times—²³ not one of them will ever see the land I promised on oath to their ancestors. No one who has treated me with contempt will ever see it. ²⁴ But because my servant Caleb has a different spirit and follows me wholeheartedly, I will bring him into the land he went to, and his descendants will inherit it. ²⁵ Since the Amalekites and the Canaanites are living in the valleys, turn back tomorrow and set out toward the desert along the route to the Red Sea.”

²⁶ The LORD said to Moses and Aaron: ²⁷ “How long will this wicked community grumble against me? I have heard the complaints of these grumbling Israelites. ²⁸ So tell them, ‘As surely as I live, declares the LORD, I will do to you the very thing I heard you say: ²⁹ In this wilderness your bodies will fall—every one of you twenty years old or more who was counted in the census and who has grumbled against me. ³⁰ Not one of you will enter the land I swore with uplifted hand to make your home, except Caleb son of Jephunneh and Joshua son of Nun.”

Scripture Reflection Questions: Read this week’s scripture together and discuss the following (note: we use the same scripture reflection questions each week so that we can practice using the same tools over time as we examine different scriptures)

- What do we learn about God’s story in this passage?
- What do we learn about our story in this passage?

Talk:

- Think of a “giant” you’ve faced. What made it scary, and how did Jesus steady you?
- What changed afterward (peace, clarity, courage, a next step you could finally take)?
- What fear feels loudest right now, and what one step of faith have you been avoiding because of it?

Action Plan:

Review the action prompt below, share any initial ideas of how you might pursue this practice this week.

- Identify one small act of courage that aligns with your journal story: speak honestly with someone, apologize or forgive, invite someone who’s been on your heart to do something with you, practice generosity, name your faith when asked, or reach out to someone you’ve avoided.

Closing Group Prayer:

Mar 1, 2026

Spend a few minutes together in your group sharing prayer requests and then praying together for each other. Take the challenging parts of your conversation to Jesus. Thank God for the time together, the conversation shared, the other people in the group, and for encouragement for the week ahead.