

## **RESPECT**

### **Numbers 13**

#### Introduction

1. Tucked deep in the Pentateuch is a wonderful chapter dealing with the modern subject of respect.
2. A lack of respect is a common problem of our time.

#### **I. The children of Israel demonstrated a lack of respect for God.**

- A. God told the brethren what to do (Numbers 13:1-3).
  1. His command was very clear.
  2. God promised to give Israel this land.
- B. Any time one fails to do what God has commanded, that one refuses to show God proper respect.
  1. Luke 6:46
  2. Matthew 7:21
  3. John 14:15
  4. 1 John 4:20, 21
- C. God sees situations in a different light (1 Samuel 16:7).
  1. The community may see a good man (who is not a true Christian), but God sees one who is still lost in spite of his charitable deeds.
  2. Onlookers may marvel at a person's (who is not a true Christian) sense of respect, but God sees someone who has not yet humbled himself.

#### **II. The children of Israel demonstrated a lack of respect for others.**

- A. Ten scared spies proceeded to tell the entire nation what to do (Numbers 13:31-33).
  1. Anytime someone tries to override the choice of another person (or group of people) a lack of respect is being demonstrated.
  2. Anyone who truly respects you will allow you to make your own decisions.
    - a. That fact, however, **does not** obligate that person to agree with your decision.
    - b. As a preacher, I allow people to make decisions for themselves (in view of the facts), and I do not always agree with decisions they make (see Joshua 24:15).
- B. There are too many people who would love to run the lives of others.
- C. Not even God overrules an individual's volition.

#### **III. The children of Israel demonstrated a lack of respect for themselves.**

- A. It is true that we should not have an inflated view of self (Romans 12:3).
- B. We do not have to be confined to low self esteem (Romans 8:31).
- C. Notice the perils of fear.
  1. Mark 11:18
  2. Mark 11:32

3. Mark 12:12
  4. Luke 20:19
  5. Luke 22:2
  6. Acts 5:26
- D. Fear is harmful today as well, but God's Message is clear.
1. Romans 8:15
  2. Hebrews 13:6
  3. 1 Corinthians 16:13

## Conclusion

1. It has been said that fear is **False Evidence Appearing Real**.
2. Freedom for fear is in Christ.
3. Only when we do His Will can we say that we have respect for the Father.

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## What Is Anxiety?

Usually, our bodies only go into fight or flight when there is something to fear. However, sometimes this occurs when there doesn't seem to be anything to be frightened about. When you feel scared but there doesn't seem to be a clear reason, that's called **anxiety** (say: ang-zie-eh-tee).

There might be other funny feelings that come along with anxiety - like a feeling of tightness in your chest, a bellyache, dizziness, or a sense that something horrible is going to happen. Sometimes anxiety can interfere with things you need to do, like learning and sleeping. For some kids, feelings of anxiety or worry can happen anytime - for others they might occur only at certain times, like when they are leaving their home or family to go somewhere. In some people, this feeling of anxiety occurs almost all the time and gets in the way of doing what they want to do.

Some kids may have a **phobia** (say: foe-bee-uh), which is a special type of fear. When a person is especially fearful of something specific, like being in a high space, getting dirty, the number 13, or any of hundreds of specific fears, that's a phobia.

## Why Do People Have Anxiety?

Anxiety can happen for many reasons, but sometimes, the reason for a person's anxiety isn't clear. Sometimes this problem runs in families. Or a person might develop anxieties after something terrible happens, like a car crash. Sometimes certain medical illnesses can cause feelings of anxiety. So can abusing alcohol or other drugs, like cocaine.

Another part of the explanation has to do with the different chemicals in the brain. How the chemicals in our brain's nerve cells are balanced can affect how a person feels and acts. One of these chemicals is **serotonin** (say: sir-uh-tow-nin). Serotonin is one of the brain chemicals that helps send information from one brain nerve cell to another. But for some people with anxieties, this brain chemical system doesn't always seem to work the way it should.

Also, some scientists think that a special area in the brain controls the fight or flight response. With anxiety, it's like having the fight or flight response stuck in the ON position - even when there is no real danger. That makes it hard to focus on everyday things.     ~taken from *kidshealth.org*