

Journey Through The Cities Of Refuge

Lesson #25

Spiritual Warfare: Hittites: Spirit of Fear

July 15, 2026

Joshua 3:10 By this you shall know that the living God *is* among you, and *that*

He will without fail drive out from before you the Canaanites and the Hittites and the Hivites and the Perizzites and the Girgashites and the Amorites and the Jebusites: *Consider the amazing Promised Land God gave to Israel. It was a land of: Great wealth, houses to live in that they didn't build, vineyards to eat from that they didn't plant, and a lack for nothing. All Israel had to do was cross over the Jordan and everything was theirs. Well, not exactly.... Everything was theirs, but they had to fight to possess it.*

➤ *They had to drive out 31 Kings and 7 nations!*

The Hittites, known as the "Sons of Terror," are mentioned more than 50 times in the Bible.

1st Mention: Gen. 10:15 Descended from Heth - [Noah > Ham > Canaan > Heth = Hittites]

Gen. 23:3-20 Abraham bought the burial cave for Sarah from the Hittites. [Ephron the Hittite]

Gen. 26:34 Esau took wives from among the Hittites. Rebecca despised them.

II Sam. 11:3 Uriah the Hittite, one of David's mighty men, was killed to acquire his wife.

Ezra 9:1 The Hittites are mentioned throughout the kingdom years and even after the Jews' return from captivity.

Military Power: The Hittites were a great military power in the area before the Israelites entered the land of Canaan. They instilled physical fear in the Israelites.

In 1440 BC, Caleb discovered Hittites in Canaan. When Moses brought the Jews to Kadesh-Barnea at the entrance of the Land, he sent out a patrol of twelve men to make a reconnaissance and advise him. Num 13:29 tells us that three of the toughest warlike people lived in the land in the mountainous areas: the Hittites, Jebusites, and Amorites.

The Hittites' Pagan Religion Was A Pluralistic Worship Of Nature.

They were called "the land of 1000 gods," who were over the elements of earth, sky, weather, etc. As in most other pagan societies, this nature worship led to despicable practices which brought the wrath of the true God. God commanded Israel to drive out [destroy; make inoperable] ALL inhabitants to eliminate the pagan practices which would ensnare God's people.

According to I Kings 9:20 and Judges 3:5-7, the Jews lived among the Hittites and others who were not conquered, resulting in intermarriage and eventually serving their gods. In this they compromised doctrine, for God had ordered them not to intermarry. Social compromise leads to the destruction of the nation. The result = Jews never drove the Hittites out of the Land.

➤ When those who have true doctrine compromise doctrine, they are destroyed.

Hittites: A Spirit of Fear & Terror: Symbolizes spiritual paralysis, dread, and discouragement—

- Fear, anxiety, emotional despair, and mental blockages that hinder spiritual growth.
- The paralyzing fear that prevents believers from stepping into the promises of God.

Thoughts of Resistance & Unbelief: represents carnal thoughts of opposition, resistance, and unbelief that war against the spirit.

Inhibiting Purpose: It is frequently cited as the "forerunner" to other spiritual battles.

When you attempt to walk in your calling or take a leap of faith, this spirit targets you with a fear of failure to make you doubt your abilities. Extinguish your God-given boldness.

Purpose Hittite Spirit: Destroy human lives by instilling fear, dread, terror & intimidation

Fear of Dying: Uncertainty of it	Fear of Failure: I'm sure I will fail.
Fear of Being Exposed as Worthless: A Mask	Fear of Pain
Fear of Embarrassment: What will people think?	Fear of Insecurity
Fear of Unemployment	Fear of Sickness
Fear of Rejection by Others	Fear of My Prodigal

Reactions to fear, dread and terror:

- Carnal self: FEARS being hurt by others.

We erect WALLS to protect self from being hurt➤ aggression; shyness; aloofness

A computer expert has concluded that 92% of fears are in the imagination and

not based on facts; they will never come to reality. [Husband late coming home]

As the time passes a fiery arrow is fired by Satan into the mind of the wife. "He has been involved in an accident." By the time he arrives home 1 hour later than normal - because of road work and a traffic jam - she is crying hysterically and shaking with fear, having listened to the thought in the imagination and persuaded herself that some harm has befallen her husband.

- The enemy has done his work again of robbing her of peace of mind.

Thoughts not based on facts are dangerous. God is in control of the tiniest matter.

The fears of the imagination are entirely man's own fault. If the enemy whispers into the mind;

"Perhaps he has had an accident." Reject the thought. It is not based on truth.

When FEAR comes along and attacks our minds, rationality goes out of the window and PANIC sets in. When PANIC and FEAR set in...we start reacting to things IRRATIONALLY!

- This is exactly the type of ground that the Hittite spirit loves!

Isaiah 26:3 You will keep *him* in perfect peace, *whose* mind *is* stayed [fixed] *on You*,
Because he trusts in You.

Exposing The Spirit Of Fear: The Spirit of Fear Started in Eden.

Genesis 3:10 So Adam said, "I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself." What a tragic statement!

The basis of fear is "*conscience troubles*" brought about by the guilt of disobedience.

When Adam and Eve ate of the forbidden tree, their conscience came alive.
When Adam and Eve were enticed by Satan to rebel against God's rule,
fear flowed in the human personality.
At that moment Adam was spiritually disconnected from God.
When a plug is pulled out from the socket it loses touch with the source of power.
➤ The Root Cause Of Unhealthy Fear Is Isolation From God.

Faith and fear are continually at odds with one another. At any moment either one may have the upper hand. We vacillate back and forth, changing our allegiance, acting as a man of faith in one moment and overcome with fear in the next.

Even in our moments of success, when we cast out fear, we soon discover that it doesn't give up easily. It hovers around, waiting for the slightest opening to return and exert its influence in our lives once again. So we are engaged in a continual struggle.
Fear is a complex emotion that often leads people into deceit, paralysis, isolation or betrayal.
Fear can be as a spiritual attack intended to pull you out of God's will.

Biblical Examples of the Hittite Spirit at Work

1. Gen. 12:10-20 Fear attacked Abraham: He was afraid if the Egyptians knew that Sarah was his wife, they would kill him. He put his wife's life at risk because of his fear.
2. Gen. 31:31 Then Jacob answered and said to Laban, "Because I was afraid, for I said, 'Perhaps you would take your daughters from me by force.'
3. Israel, under Moses, was afraid to possess the land - the Hittite spirit.
There were giants in the land. They LOST the inheritance God had for them.
The spirit of FEAR was successful in its attempt to rob, kill and steal.
4. Num. 21:1-3 [Aaron just died. Coming to end of the wilderness wanderings]
King Arad heard that Israel was coming. He fought against Israel and took captives. They vowed to utterly destroy the Canaanites and their cities if the Lord would give them victory. To "utterly destroy" meant to devote something completely to the Lord [Lev. 27:28-29; Deut. 7:2-6], wiping out the people and their cities and giving all the spoils to God. God accepted the vow and Israel, with God's help, won the battle.
This first victory certainly encouraged the Israelites, but it's one thing to "mount up with wings like eagles" and quite something else to "walk and not faint."
➤ Courage in the battle must be followed by endurance in the race.
5. Num. 21:4-6 Because the Edomites wouldn't give Israel right-of-way through their land, Moses had to lead the people east of Edom and then north through difficult terrain. It didn't take long before the difficulty of the march made the people impatient, and they started complaining again. "They could not walk and not faint."
The Hittite spirit did damage - "and the souls of the people were discouraged because of the way." Warfare is not easy. When things get rough, we often fear, grumble and complain.
➤ God will allow the hardness of our ways to test our resolve and our faith.

The Hittite spirit will try to steal your faith and replace it with fear and dread.

➤ Has terror ever gripped you when you had to face some unknown thing?

God encouraged the Israelites: Deut. 20:1-4 When you go out to battle against your enemies, and see horses and chariots *and* people more numerous than you, do not be afraid of them; for the Lord your God *is* with you, who brought you up from the land of Egypt.

² So it shall be, when you are on the verge of battle, that the priest shall approach and speak to the people. ³ And he shall say to them, 'Hear, O Israel: Today you are on the verge of battle with your enemies. Do not let your heart faint, do not be afraid, and do not tremble or be terrified because of them; ⁴ for the Lord your God *is* He who goes with you, to fight for you against your enemies, to save you.'

6. Saul was afraid of Goliath and hid in his tent. Fear gripped him.

I Sam 15:24 Then Saul said to Samuel, "I have sinned, for I have transgressed the commandment of the LORD and your words, because I feared the people and obeyed their voice. Saul feared the people rather than God and did not kill Agag the King of the Amalekites as he had been commanded to do by God.

➤ His disobedience resulted in God tearing the Kingdom from Saul.

7. Exhaustion and Depression: After receiving a death threat from Queen Jezebel, the prophet Elijah was terrified, abandoned his post, and ran into the wilderness. Consumed by panic, he became physically exhausted, isolated himself, and begged God to end his life [I Kings 19:1-4]. Elijah the prophet ran from Jezebel when the way was hard.

8. Jeremiah cursed the day he was born because of the hardness of the way.

➤ It is hard to lead people when they are always in a rejecting mood.

9. Jonah, afraid of the Assyrians who were brutal in dealing with their enemies, feared for his very life. Fear led Jonah to disobey the Word of God.

Consequences of Fear

1. Physical consequences: Dan. 5:5 Belshazzar saw the writing on the wall and fear gripped him. In the same hour the fingers of a man's hand appeared and wrote opposite the lampstand on the plaster of the wall of the king's palace; and the king saw the part of the hand that wrote.

⁶ Then the king's countenance changed, and his thoughts troubled him, so that the joints of his hips were loosened and his knees knocked against each other.

Man can feel fear coursing through his body. Hair stands on end. Fear can trigger all kinds of physical diseases The book "None of These Diseases" suggests that fear can produce up to 51 diseases in the body, including a heart attack. Fear can even kill.

2. Paralysis and Doubt: When Jesus walked on water, Peter initially showed great faith.

However, once he took his eyes off Jesus and noticed the size of the storm,

his fear of the elements paralyzed his focus and caused him to sink. [Matt. 14:28-31]

Later, The apostle Peter was so terrified of being associated with

an arrested Jesus that he denied Him three times. [Matt. 26:69-75].

3. Emotional consequences:

I Samuel 21 When David first fled from the wrath of King Saul,

he sought refuge in the Philistine city of Gath, the home of the giant Goliath. When David was recognized as the legendary Israelite warrior who had slain the Philistine champion, Goliath, he panicked. Fearing swift retaliation and blood vengeance, David feigned insanity to escape. To survive, he radically changed his behavior before the court of Achish. He acted like a madman—scratching on the gates and letting saliva run down his beard. King Achish, annoyed, drove him away. David then escaped to the Cave of Adullam.

4. Spiritual Consequences: While fear affects the emotions, there are instances of demonic activity. I Samuel 28:5-6 When Saul saw the army of the Philistines, he was afraid, and his heart trembled greatly. ⁶ And when Saul inquired of the Lord, the Lord did not answer him, either by dreams or by Urim or by the prophets.

- Saul seeks a medium who can call up spirits from the dead.

Fear can make life a wretched experience and warp the personality. [Saul - I Sam. 28]

- "Fear is a dark room where negatives are developed."

A spirit of fear can prevent you from doing God's will in your life. You will make excuses for not obeying. [Moses, Jonah] Fear can render you useless in God's work.

Fear of failure can paralyze a person from achieving his full potential. No one is at his best unless he is free from unhealthy fear.

Consider: I cannot be a successful growing Christian if I am filled with constant fear, worry and fretfulness. I cannot live a pleasing life to God if I am discouraged and dismayed and frequently yielding to my emotions and thoughts that are bathed in fear.

The Primary Opposite Of Fear Is Faith.

Mark 4:40 But He said to them, "Why are you so fearful? How *is it* that you have no faith?"

- Jesus highlights the contrast between fear and faith.
- Fear stems from a lack of trust or uncertainty.
- Fear is a destroyer and can rule your life.
- The root cause of the spirit of fear is often identified as a fundamental separation from God, reliance on our own strength instead of divine providence, and the acceptance of deceptive lies [you are alone, abandoned, or unsafe].

Command: FEAR NOT

- Disobedience to this command: When you allow your carnal mind to take over and not the new spiritual mind, you become fearful.

Yielding to fear and terror bring about human effort instead of trust in God.

1. Fear will cripple me from acting and it will defeat me before the battle really begins.
2. Fear will stop me in my tracks as I seek to serve God.
3. Fear will stop me from acting on what God has commanded or called me to do.

4. Fear will waste me...drain me...make me timid.

5. Fear can prevent me from inheriting the blessings of God in my life.

Fear can steal some of my rewards. It is tragic that many believers never possess their true inheritance and experience the abundant life and the "fullness of Jesus Christ."

Key: Faith and fear cannot exist together.

- Faith represents absolute trust in God's presence and protection in all circumstances.
- Faith is an absolute belief in things unseen. [Heb. 11:1]

The antithesis of a paralyzing fear-based mindset is defined as

God's gift of love, power, and a sound mind.

II Tim. 1:7 God has not given us a spirit of fear,
but of power and of love and of a sound mind".

- These gifts are positioned as the exact remedy to a fearful state of mind.

Strong's Greek #4995 speaks of that sound-minded, disciplined inner posture that resists panic, aligns thought with truth, and orders behavior toward holiness.

Rather than a mere human temperament, Scripture presents it as a grace imparted by God's Spirit, enabling believers to live courageously and responsibly in the face of opposition.

- Spirit-enabled mastery over impulses and fears so that love and obedience prevail.
- A sound mind is not filled with confusion and fear.
- Demonic powers will fight to keep their place in your mind and thinking.

Truth: When man experiences fear, he should let God speak into the situation.

He knows the source of the fear and the harm it can do, if man allows it to grip him.

- It is faith, which conquers fear, in the battleground of the mind.
- The mind is like a reception desk in a hotel. Not everyone who comes to the desk gets into the hotel. A person has to have a reservation. Not every thought, which comes into the human mind is worthy of entering and lodging in the mind. Man has to train his mind to receive thoughts from God and to reject thoughts from the enemy.
- Now that "weed" is pulled out, there is an empty space.

Phil. 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. [God's filter for your thoughts]

Samuel Ridout in his excellent book 'Lectures on the Book of Judges' makes the following convicting, challenging comment - "The Hittites dwell everywhere, and if you allow them, they will settle down in your midst. They will close your mouths, so you will be afraid to speak. Why is there so much silence amongst God's beloved people? Why is there so little testimony in the gospel, so little ministry amongst the saints, so few voices heard in prayer and praise in the assemblies? Is it not because the Hittites are allowed to dwell right in our very midst?"

You are afraid to speak a word for the Lord Jesus, afraid to lift up your voice in thanksgiving - to lead the prayers and praises to Christ Jesus. You are afraid to take your stand for Christ and confess Him fully - afraid to do that which your conscience and the Word of God declare should be done. The Hittite empire is indeed a wide one - it reaches everywhere and their dwelling amongst us is a witness how we have failed to cast them out.

There is a call from Him to rise now and put them from us; to be done with fear, to be done with all this terror, this holding back, and to be strong in the Lord and the power of His might!"

Isaiah 41:10 "Fear not, for I am with you; do not look around you in terror and be dismayed, for I am your God. I will strengthen you and harden you to difficulties, yes, I will help you; yes, I will hold you up and retain you with My [victorious] right hand of rightness and justice."

➤ Two commands supported by five pillars.

The Jewish people to whom God was talking were being surrounded by unstoppable military powers who had come against God's people. God's people seem to be at the mercy of evil kings, evil cultures and persecution. The odds are against them.

Fear is tied to the absence of God, or the lack of understanding of how big God actually is.

➤ Do not be afraid and do not be discouraged.

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| 1. I am with you. | 2. I am your God. | 3. I will strengthen you. |
| 4. I will help you. | 5. I will uphold you. | |

Rest on the pillars of God's promises and God's character.

The Positive Effects: Fear of the Lord

Wisdom and Obedience: In Proverbs 9:10 and Proverbs 19:23, the "fear of the Lord" is defined as a profound respect and reverence for God's holiness. This type of fear is viewed as the beginning of wisdom, guarding people from evil and leading to a peaceful life.

Courage to Move Forward: When leaders like Moses and Jeremiah were terrified of their inadequacies to speak for God, that fear ultimately drove them to rely solely on God's strength rather than their own abilities.

A Fearless Faith: God is understanding toward our weaknesses, but He requires us to go forward in faith. Cultivate the courage to push forward despite the presence of fear.

Joshua 1: 6a, 7a, 9: Be strong and of good courage,... Only be strong and very courageous...

Have I not commanded you? Be strong and of good courage;

do not be afraid, nor be dismayed, for the Lord your God *is* with you wherever you go."

The Bible is clear: Faith does not mature and strengthen without trials.

Adversity is God's most effective tool to develop a strong faith.

God takes each of us through fearful situations.

Key: We do not need a faith that comes and goes with our circumstances.

As we learn to obey God's Word and allow it to saturate our thoughts,
we find each trial becomes a steppingstone to a stronger and deeper faith.
"He sustained me in the past, He'll carry me through today and He'll uphold me in the future!"

When David volunteered to fight against Goliath, he said, "The Lord who delivered me from the paw of the lion and the paw of the bear will deliver me from the hand of this Philistine."
He had seen and experienced God's power and protection in his life.
Fearlessness through faith, a profound Biblical principle, empowers believers to face life's challenges with courage and confidence, rooted in the assurance of God's presence and power.

Daniel 3: Shadrach, Meshach, and Abednego: Facing execution in a blazing furnace for refusing to worship a golden idol, they boldly told King Nebuchadnezzar: *"If we are thrown into the blazing furnace, the God we serve is able to deliver us... ¹⁸But even if He does not, let it be known to you, O king, that we are not going to serve your gods or worship the golden image that you have set up!"*

- Knowing God is able is only the first step.
- If we stop there, our faith is fragile because it depends on the outcome.
- Their courage wasn't just a blind belief that God would rescue them from death.
- It was a radical trust in God's sovereignty and character, regardless of the outcome.
- Your faith is not measured by the outcome of your circumstances,
but by the steadiness of your heart in the hands of the King.

Fearless Faith is an absolute belief that God is constantly working behind the scenes in every area of our lives, even when there is no tangible evidence to support that fact.

Alan Redpath: There is nothing - no circumstance, no trouble, no testing- that can ever touch me until, first of all, it has gone past God and past Christ right through to me. If it has come that far, it has come with a great purpose, which I may not understand at the moment. But as I refuse to become panicky, as I lift up my eyes to Him and accept it as coming from the throne of God for some great purpose of blessing to my own heart, no sorrow will ever disturb me, no circumstance will cause me to fret, for I shall rest in the joy of what my Lord is! That is the rest of victory!

Hebrews 13:6 So we take comfort and are encouraged and confidently and boldly say, The Lord is my Helper; I will not be seized with alarm [I will not fear or dread or be terrified]. What can man do to me?"