

Just for clarification: In my presentations I am using YHVH (Yahuwah) instead of LORD, which is a title and not a name and I am using Yahusha instead of Jesus, which is not a translation but a transliteration and really has no meaning, neither in Hebrew nor in English! YHVH (Yahuwah) and Yahusha are the actual original names and the true nature and character of them.

1. Peter 5:8 states that **“Your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.”**

The title of this presentation is **“BE NOT AFRAID!”**

Should we as Followers of YHVH Be afraid? Not according to Scripture!



What does it tell us? **People are afraid! They're afraid of the future, they're afraid of what's going to happen in the World, they're afraid of each other, they're afraid of social pressures, afraid of failing in school or work, afraid of being unemployed. Afraid that they won't have enough money for their families. It also tells us that to be afraid and to be fearful comes from the enemy and our Father tells us not to be afraid, not to be fearful, not to worry for He is in control!**

Fear is today's No.1 killer! Believe it or not, fear causes more sickness and more mental illness and more premature deaths than anything else on Earth! Doctors have discovered that heart muscle is actually DESTROYED when people are subject to great fear. Dr. Marilyn Cebelin, writing in the General Practitioner's newspaper, "Pulse," says the hormone, adrenalin, literally DESTROYS heart muscles when people are subjected to intense stress and fear.

http://deeptruths.com/articles/freedom_from_fear.html

Yahusha said that in the Last Days **"men's hearts would be failing them for FEAR."**--Luke 21:26. KJV

Doctors say that there's more heart failure today than ever in the World's history because there's more FEAR.

Yahusha also said in Matthew 6:34: **"Do not worry about tomorrow. Each day has enough trouble of its own."** KJV

Why are people afraid and fearful? Because they are concerned, worried and insecure!

Humans have always had "reasons" to be afraid, to be worried, concerned and insecure. We are being bombarded daily with more reasons to choose fear as our response... whether the fear comes up when we open our mailbox, or when we attend a crowded event, when we see the military as airport security, or when we board a plane. We see the fear manifest in the reactions (and overreactions) around us. If we "forget to be fearful", our media, the daily news makes sure we remember.

Being fearful is believing that something bad will happen. Our Father in Heaven wants you to believe in Him to the point where you expect good, and even when it doesn't look good, **you keep trusting in Him.**

Remember the story of the 3 Jewish men who refused to bow before Nebuchadnezzar's idol of gold. Remember also Daniel and how he was delivered from the lion's den. It is doing the right thing that gives us confidence before Yahuwah **that He will** also do the right thing towards us in our day of need.

"There is nothing to fear but fear itself."

-- Franklin D. Roosevelt

To be fearful and to be afraid comes from Satan, it is one of his chief weapons or tools!

For 2. Timothy 1:7 states very clearly: **“Elohim hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”** KJV



YHVH said it to the reluctant Hebrew prophets who were always charged with speaking truth to kings and those in power. **“Be not afraid.”**

YAHUSHA (*Jesus*) said it to his followers, most of whom were rightfully terrified of the looming violence of the Roman Empire. **“Be not afraid.”**

The angel said it to Mary who was poor, unmarried and very young that she was going to give birth to—and then raise—the Messiah. **“BE NOT AFRAID!”**

Many people in the Bible were terrified with good reason and they were all told: **“Be not afraid, Do not fear!”**

The same applies to us today, we are told not to be afraid and not to worry, but to trust HIM!”



Fear and worries are Dream Killer! It's the biggest and most common obstacle I see in me and others for not responding passionately to Elohim and to

Fear paralyzes, and it magnifies failures. Worst of all, it brings an acceptance of the status quo, cost what it may. **Our fears are the single biggest thing that keeps us from actually moving forward and accomplishing great things in our lives.**



Worrying Accomplishes Absolutely Nothing.

It is a waste of very precious time. Worrying won't help you solve a problem or bring about a solution, so why waste your time and energy on it? Worrying is Not Good for You. Worrying is destructive to us in many ways. It becomes a mental burden that can even cause us to grow physically sick.

Yahusha said in Matthew 6:27-29 **“Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are.”** (NLT)

Proverbs 12:25 **“Worry weighs a person down; an encouraging word cheers a person up.”** (NLT) Worrying is the Opposite of Trusting Yahuwah. The energy that we spend worrying can be put to much better use in prayer. **Worry replaced by Prayer equals Trust.**

Matthew 6:30 **“And if Elohim cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?”** (NLT)

Philippians 4:6-7 **“Don't worry about anything; instead, pray about everything. Tell Elohim what you need, and thank him for all he has done. Then you will experience Elohim's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Messiah Yahusha (*Christ Jesus*).”** (NLT)

The Bible is full of commands not to be afraid, not to be fearful, not to worry! Why? Because our Heavenly Father is in control and we are safe in His hands as long as we abide in HIM and keep His covenant (*Psalms 103:18*)!

1 Peter 5:7 **“Give all your worries and cares to Elohim (*Elohim*), for he cares about you.”** (NLT)

Deuteronomy 20: 1 **“When thou goest out to battle against thine enemies, and seest horses, and chariots, [and] a people more than**

thou, be not afraid of them: (why not?) For YHVH thy Elohim [is] with thee, which brought thee up out of the land of Egypt.” KJV

These are encouraging words! What do they tell us? They tell us, don't worry! Don't be afraid! Our Heavenly Father is in control. He can handle the situation. He can handle the things in my life and in the world.



Matthew 10:7 “And Yahusha (*Jesus*) came and touched them, and said, Arise, and be not afraid.” KJV

Proverbs 3:25 “Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh. 26 For YHVH shall be thy confidence, and shall keep thy foot from being taken.” KJV

Isaiah 41:10 “Fear thou not; for I [am] with thee: be not dismayed; for I [am] thy Elohim: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. KJV

Acts 18:9 “Then spake YHVH to Paul in the night by a vision, Be not afraid, but speak, and hold not thy peace.” KJV

Hebrews 13:6 “YHVH [is] my helper, and I will not fear what man shall do unto me.” KJV

Revelation 1:17 “And when I saw him, I fell at his feet as dead. And he laid his right hand upon me, saying unto me, Fear not; I am the first and the last.” KJV

Revelation 2:10 “Fear none of those things which thou shalt suffer.” KJV

Genesis 15:1 “After these things the word of YHVH came unto Abram in a vision, saying, Fear not, Abram: I [am] thy shield, [and] thy exceeding great reward.” KJV

Genesis 46:3 KJV “And he said, I [am] Elohim, the Elohim of thy father fear not to go down into Egypt; for I will there make of thee a great nation.”

Deuteronomy 31:8 “And YHVH, he [it is] that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.” KJV

Matthew 28:5 “And the angel answered and said unto the women, Fear not ye: for I know that ye seek Yahusha, which was crucified.” KJV

Luke 1:13 “But the angel said unto him, Fear not, Zacharias: for thy prayer is heard; and thy wife Elisabeth shall bear thee a son, and thou shalt call his name John.” KJV

Revelation 1:16 “And when I saw him, I fell at his feet as dead. And he laid his right hand upon me, saying unto me, Fear not; I am the first and the last.” KJV

If we educated our souls to have more faith, more love, greater patience, a more perfect trust in our heavenly Father, we would have more peace and happiness as we pass through the conflicts of this life.

As mentioned before, worry kills, instead of worrying and looking continuously on the dark side of life, we must take our troubles to Yahusha for he said in Hebrews 13:5 “**I will never leave thee, nor forsake thee.**”



John 10:27-29 Yahusha speaks:
“My sheep hear my voice, and I know them, and they follow me:
28 And I give unto them eternal life; and they shall never perish, neither shall any [man] pluck them out of my hand.
29 My Father, which gave [them] to me. is greater than all: and

..... no [man] is able to pluck [them] out of my Father's hand.”

This applies only to **HIS** sheep!

Yahusha says here specifically “**My** sheep hear my voice and **I know them...**”

How do we know if we are truly Yahushas sheep and are not following someone else, the false Messiah? **It states on further in John 10:27 : “They follow me!”** That simply means, that they obey my voice, they keep my Torah, statutes and judgments!



Luke 12:4-7 “And I say unto you my friends, be not afraid of them that kill the body, and after that have no more that they can do.
12:5 But I will forewarn you whom ye shall fear. Fear him, which after he hath killed hath power to cast into hell; yea, I say unto you, fear him.

12:6 Are not five sparrows sold for two farthings, and not one of them is forgotten before YAH? 12:7 But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows.”

Do these words give us confidence? Do they give us courage. Yahusha says, don't be afraid, don't worry, I am in control. Even the hairs of your head are all numbered.

But the promises in Luke 12 according to Verse 4 apply only to His FRIENDS! How do we know for sure if we are HIS friends?

The answer is in John 15:14: “Ye are my friends, **if ye do whatsoever I command you.**” KJV

John, looking ahead, writes, “**These will make war with the Lamb, and the Lamb will overcome them, for He is Master of masters and KING of kings; and those who are with Him are called, chosen, and faithful.**”
(Revelation 17:14). KJV

What are those called that are with the Master of masters and the KING of kings? They are called “Chosen and faithful!”

Who are the chosen and faithful? I want to know! I don't want to guess!

Because there are literally thousands of Christian religious groups. Each regards itself as distinct-possessing that special something that gives it the edge with Yahusha. Most "Christian" groups represent themselves as people with a "calling," or as the "chosen" of YHVH, but are they?



But all who have put on the robe of the righteousness of Messiah and follow HIS Torah will stand before HIM as chosen and faithful!

Yahusha gives us the assurance in John 16: 33 “In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” KJV
In other words: I am in control. Don't be afraid. Don't worry. I will take care of you. Just trust me. I am holding the reigns in my hands. All the power in heaven and on earth has been given me.



“A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee. Only with thine eyes shalt thou behold and see the reward of the wicked. Because thou hast made YHVH, which is my refuge, even the most High, thy habitation.” Psalm 91:7-9 KJV

It's FAITH in Yahusha that keeps us from fear. Faith in “YHVH is the best cure for fear in the World! “Yahuwah is my LIGHT and my SALVATION;

WHOM shall I FEAR? Yahuwah is the STRENGTH of my life; of WHOM shall I be AFRAID?" Psalm 27:1 KJV

If the Devil is attacking you with fears, worries, anxiety etc., you can pray in the Name of Yahusha and resist and overcome him!– Yahusha said, **"Behold, I give you power over all the power of the Enemy, and nothing shall by any means hurt you."**-Luke 10:19. This power is YOURS if you believe His Word, claim His promises and pray in the Name of Yahusha!

Praising Yahuwah and quoting HIS Word out loud is an excellent way to attack your fears! Memorize faith-building Scriptures like Psalm 23, **"Yahuwah is my shepherd...I will fear no evil."**

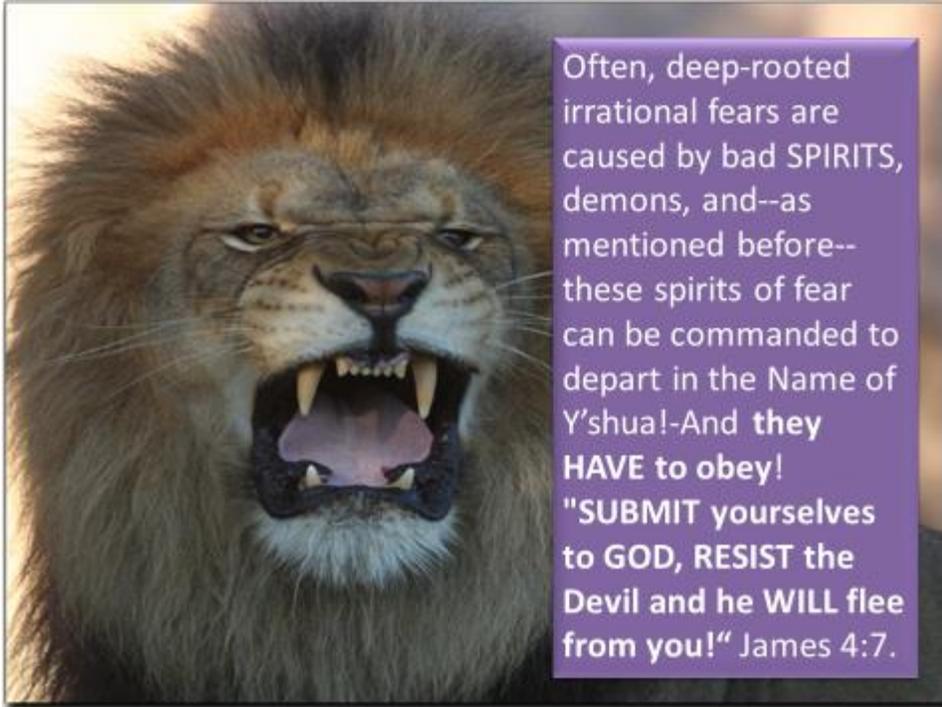
Put all other thoughts out of your mind and just think about Yahusha and His Love and His power. **"Thou wilt keep him in PERFECT PEACE whose mind is stayed on Thee."**-- Isaiah 26:3.

Proverbs 3:25-26 **"Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh. For YHVH shall be thy confidence, and shall keep thy foot from being taken."** KJV



There are also some fears that you may need HELP in fighting. Some people have deep-rooted fears that are actual phobias.--For instance, some people almost panic when they're shut up in a closed place. Others fear to go outside. Others fear heights, tunnels, the dark, snakes etc.-- If you feel terrified by some extreme fear that you don't feel strong enough to overcome just between you and the Heavenly Father, then it helps greatly to have someone else pray WITH to be delivered from that fear! The Bible says, **"ONE can chase a THOUSAND, but TWO can put TEN THOUSAND to flight!"**--Deuteronomy 32:30 KJV

"If any TWO of you shall agree on Earth as touching anything that they shall ask, it SHALL be done for them of My Father which is in Heaven!"-Matthew 18:19 KJV.



So don't be afraid of the Devil, HE'S afraid of you! "The Devil flees each time he sees the weakest saint upon his knees!" There's nothing to be afraid of when it comes to the Devil!--He was defeated 2,000 years ago, when Yahusha Ha Mashiach, the Son of Elohim, won the victory for our souls on the Cross of Calvary!

"What shall we then say to these things? If Elohim be for us, who can be against us?" Romans 8:31

Some good advice to save you some headaches!

Never borrow from the future.If you worry about what may happen tomorrow and it doesn't happen, you have worried in vain.Even if it does happen, you have to worry twice.

PRAY, PRAY, PRAY!

Go to bed on time!

Get up on time in the morning!

Say NO to projects that won't fit into your time schedule, or that will compromise your mental health.

Simplify and unclutter your Life!

Pace yourself. Spread out big changes and difficult projects over time; Don't lump the hard things all together.

Take one day at a time!

Separate worries from concerns. If a situation is a concern, find out what YHVH (Elohim) would have you do and let go of the anxiety. If you can't do anything about a situation, forget it.

Live within your budget; don't use credit cards for ordinary purchases.

Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.

K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble and headache.

Carry a Bible or a spiritually enlightening book with you to read while waiting in line.

Get enough rest!

Keep YHVH's weekly Sabbath holy, the only one that HE made holy!

Keep YHVH's annual Festivals that He has established instead of the Pagan Holidays, which were never blessed by HIM.

Eat the right foods!

Get AND BE organized so everything has its place.

Listen to a spiritual message while driving that can help improve your quality of life.

Write down thoughts and inspirations.

Every day, find time to be alone with your Savior!

Having problems? Talk to your Savior on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed.

Make friends with Elohimly people.

Keep a folder of favorite Scriptures on hand.

Remember that the shortest bridge between despair and hope is often a good 'Thank you FATHER'



Be Joyful, content and happy!
Develop a forgiving attitude (most people are doing the best they can).

Be kind to unkind people, they need it MOST!

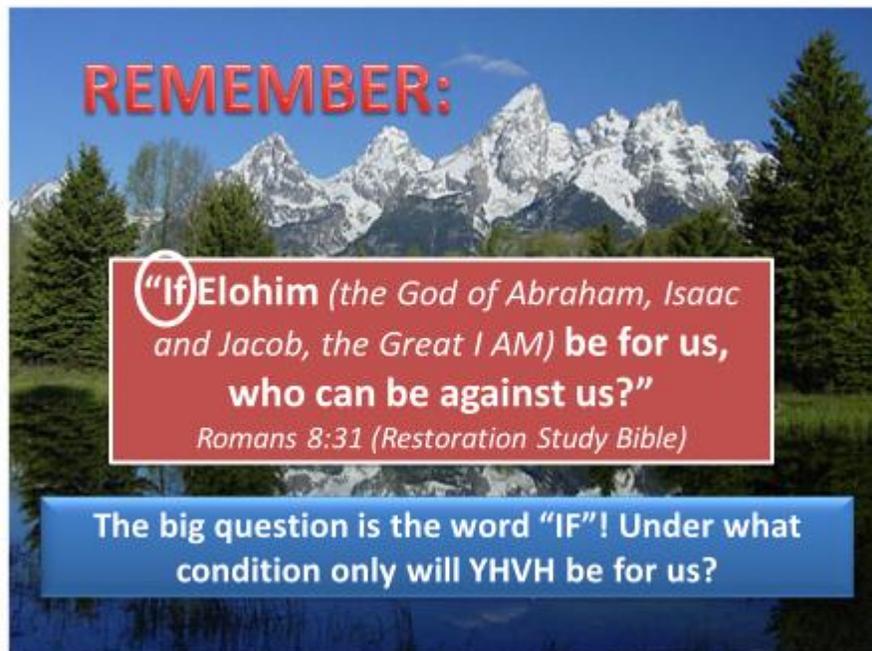
Talk less, listen MORE!

Slow down and smell the roses, take time to be HOLY!



Remind yourself that you are not the general manager of the UNIVERSE!

Every night before bed, think of one thing you're grateful for that you've never been grateful for before. Remember, YAHUWAH HAS A WAY OF TURNING THINGS AROUND FOR YOU.

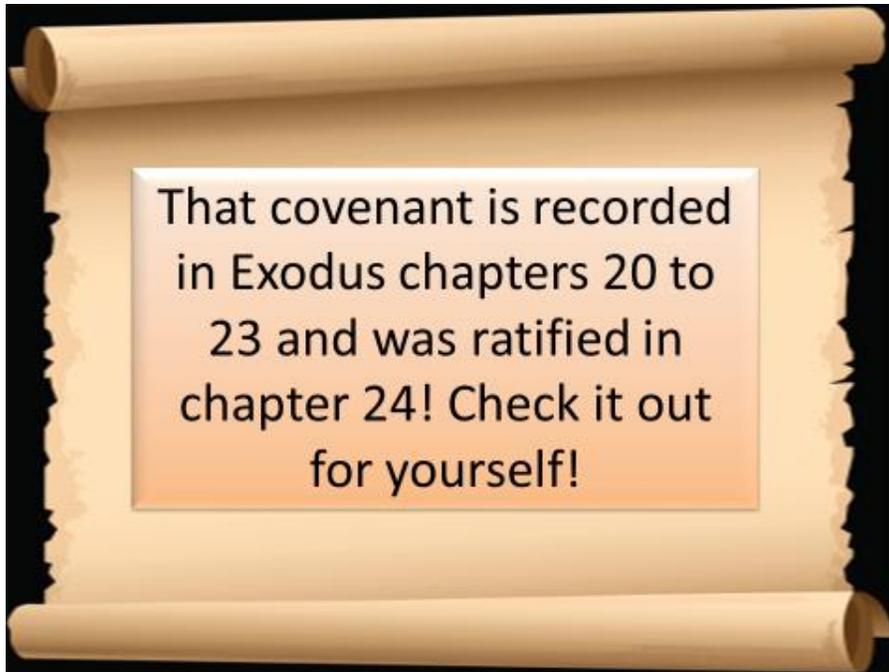


There are over 41,000 Christian Churches, Denominations and Sects claiming Romans 8:31 that Elohim is with them! Can they truly Claim that promise Or could that be presumption?

Biblically, YHVH Elohim will only be with those people who are in covenant with HIM, therefore we need to know what that means?

Exodus 9:5 KJV **"Now therefore, if ye will obey my voice indeed, and keep my covenant, then ye shall be a peculiar treasure unto me above all people..."**

Psalms 132:12 **"If thy children will keep my covenant and my testimony that I shall teach them, their children shall also sit upon thy throne for evermore." KJV**



Let us put away all fear, worry, mistrust, bitterness, suspicion, hatred and all feelings of bitterness even to our worst enemies and trust our Heavenly Father and claim HIS promise in Hebrews 13:5 for us personally, where He says: **"I will never leave thee, nor forsake thee!"** KJV
Remember 2. Timothy 1:7 **"For Elohim hath not given us the spirit of fear; but of power, and of love, and of a sound mind"** KJV

The End

