



Through my studies a few years ago I learned that God, LORD and Jesus are fake names put into our Bibles to replace the Real Names of our Heavenly Father and His Beloved Son. The True Names have been removed over 7000 times from Scripture and replaced by God, LORD or Jesus which are not Names but titles like Mr. or Miss. Isn't it amazing if you ask a Muslim who he worships he will say Allah which is the name of his god and if you ask a Buddhist the name of his god, he will say Buddha which is his name, yet we as professed believers in our Creator do not even know the name of who we worship

Therefore, I use the four Hebrew letters yod, hey, vav, hey in English YHWH (and I pronounce it as Yahuah instead LORD, which is a title - not a name. I also use Yahusha (pronounce it as Yahusha) instead of Jesus, which is not a translation but a transliteration from a Greek mistransliteration. The name Jesus has no meaning, in Hebrew nor in English! YHWH and Yahusha are the actual original Hebrew names that speak of our Savior's true nature and character. Since the Father has a Hebrew name, the Son cannot have a Greek name, because the Son came in the name of His Father (John 5:43)!





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



Should we  
as  
Followers  
of YHVH  
Be afraid?

**Not according to Scripture!**



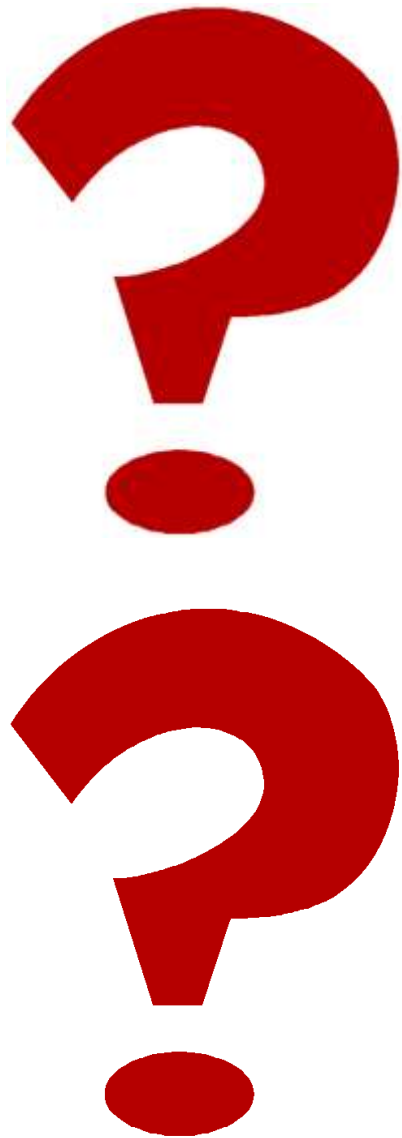
**BE NOT AFRAID!**

**This Phrase we find 26 times  
in the KJV of the Bible**

**FEAR NOT!**

**This Phrase we find 63 times  
in the KJV of the Bible!**





## What does that 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](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 Yahuah **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 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  
YHWH and to life!

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 Yahuah.

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 God 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)**

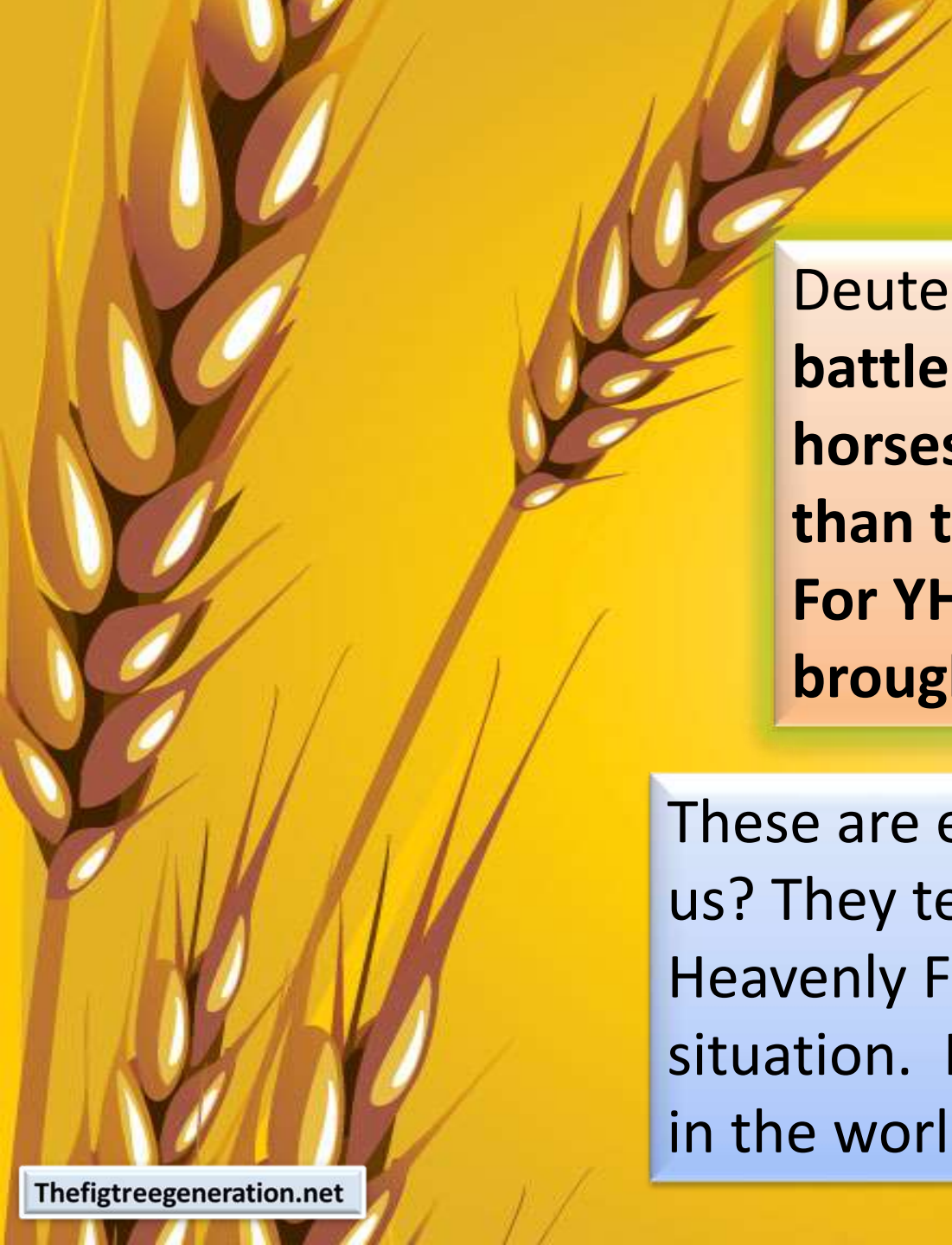
## Philippians 4:6-7

“Don't worry about anything; instead, pray about everything. Tell YHVH 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.” (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*)!

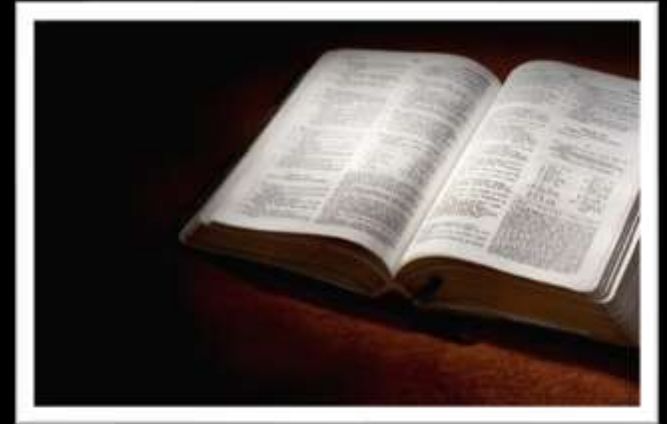
**1 Peter 5:7**  
“Give all your worries and cares to Elohim, for  
he cares about you.” (NLT)



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.

Jeremiah 1:8 KJV “Be not afraid of their faces: for I [am] with thee to deliver thee, saith YHVH.”

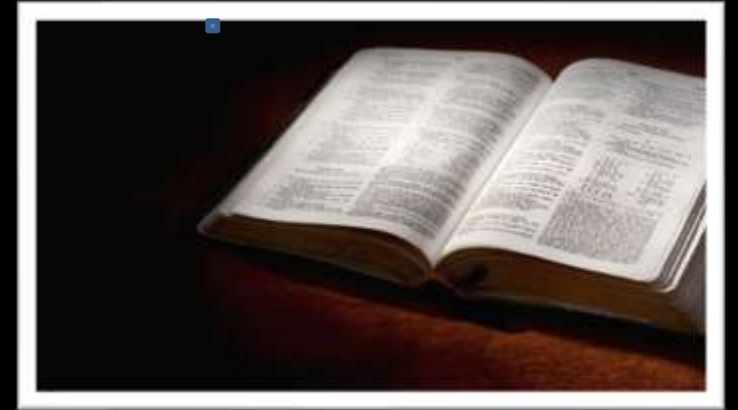


Deuteronomy 1:21 “...fear not, neither be discouraged.” KJV

Joshua 1:9 “...Be strong and of a good courage; be not afraid, neither be thou dismayed: for YHVH thy Elohim [is] with thee whithersoever thou goest.” KJV

1 Chronicles 22:13 “be strong, and of good courage; dread not, nor be dismayed.” KJV

Matthew 10:7 “And Yahusha 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

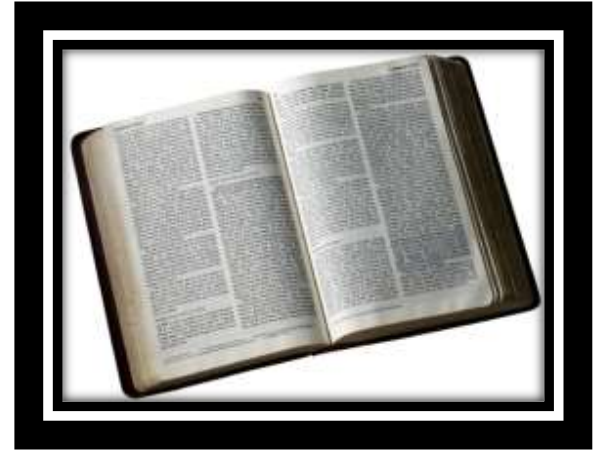


Hebrews 13:6 “YHVH [is] my helper, and I will not fear what man shall do unto me.” KJV

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

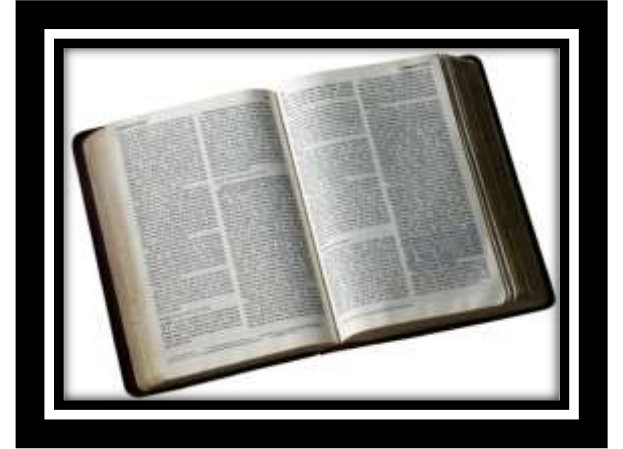
Genesis 15:1 "After these things the word of YHVH (*the LORD*) came unto Abram in a vision, saying, Fear not, Abram: I [am] thy shield, [and] thy exceeding great reward." KJV



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 (*the LORD*), 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.

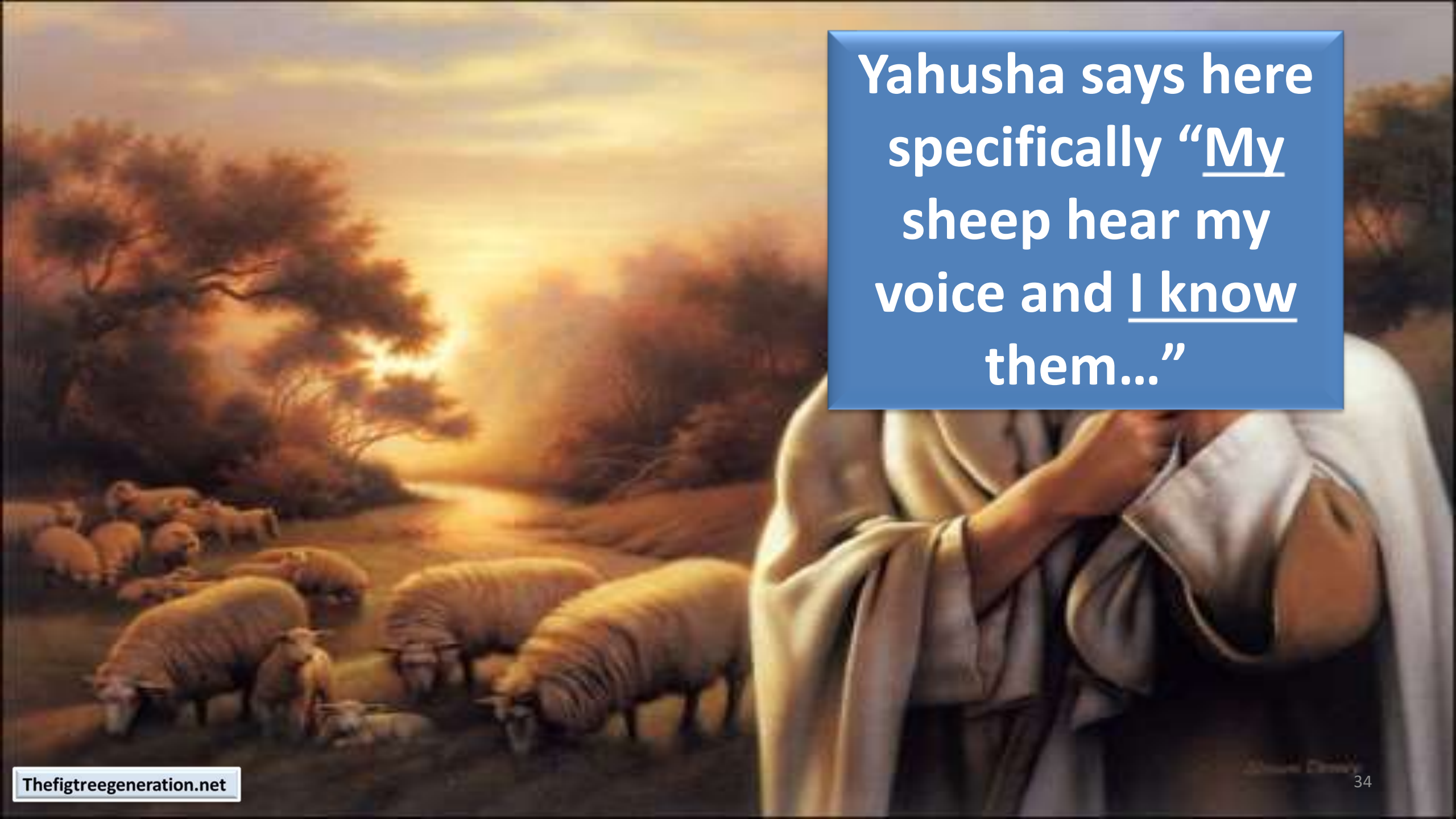
As mentioned before, worry kills, instead of worrying and looking continuously on the dark side of life, we must take our troubles to Yahusha for he said in Hebrews 13:5 “I will never leave thee, nor forsake thee.”



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.”

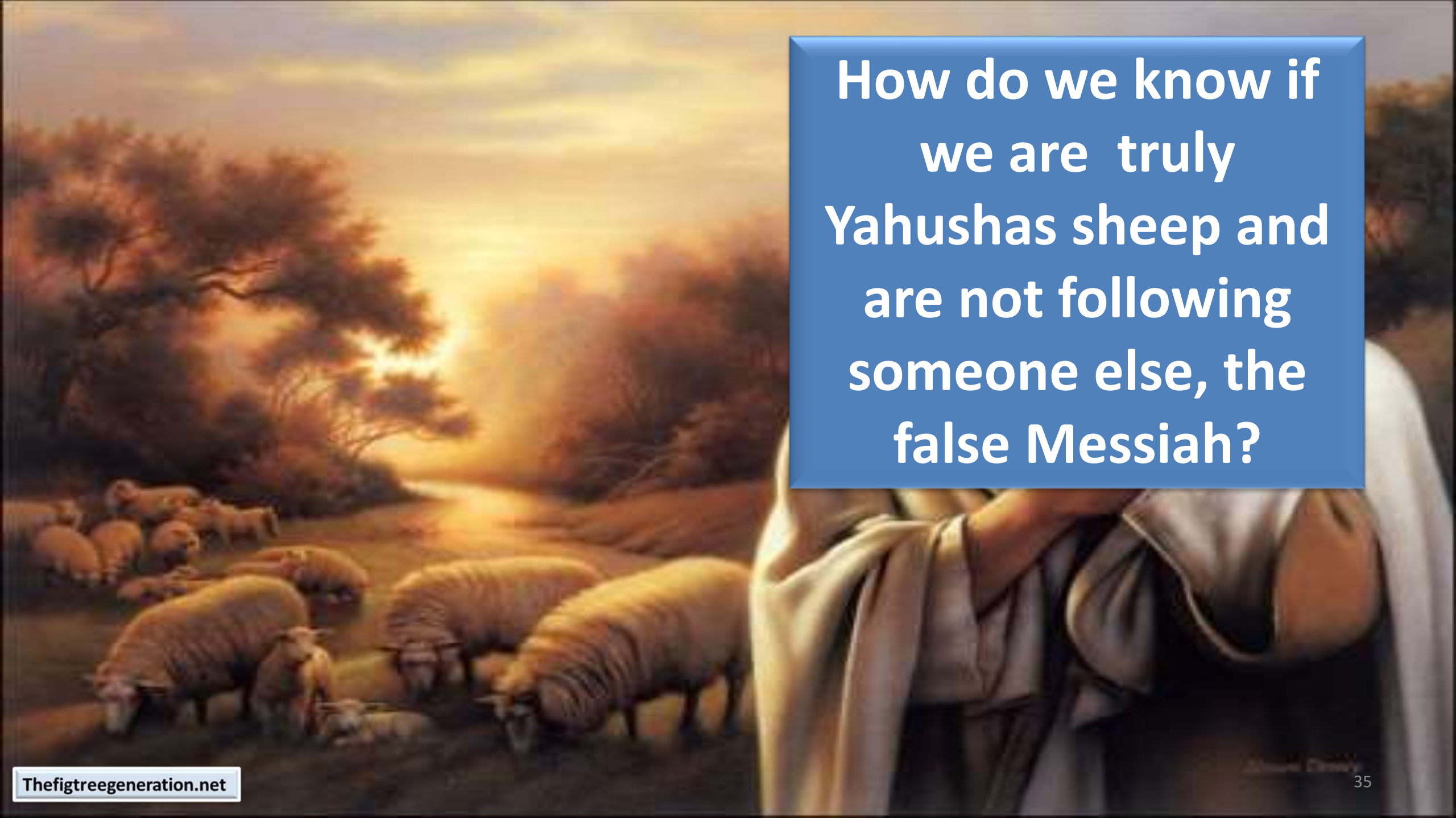
**This applies  
Only to  
HIS sheep!**



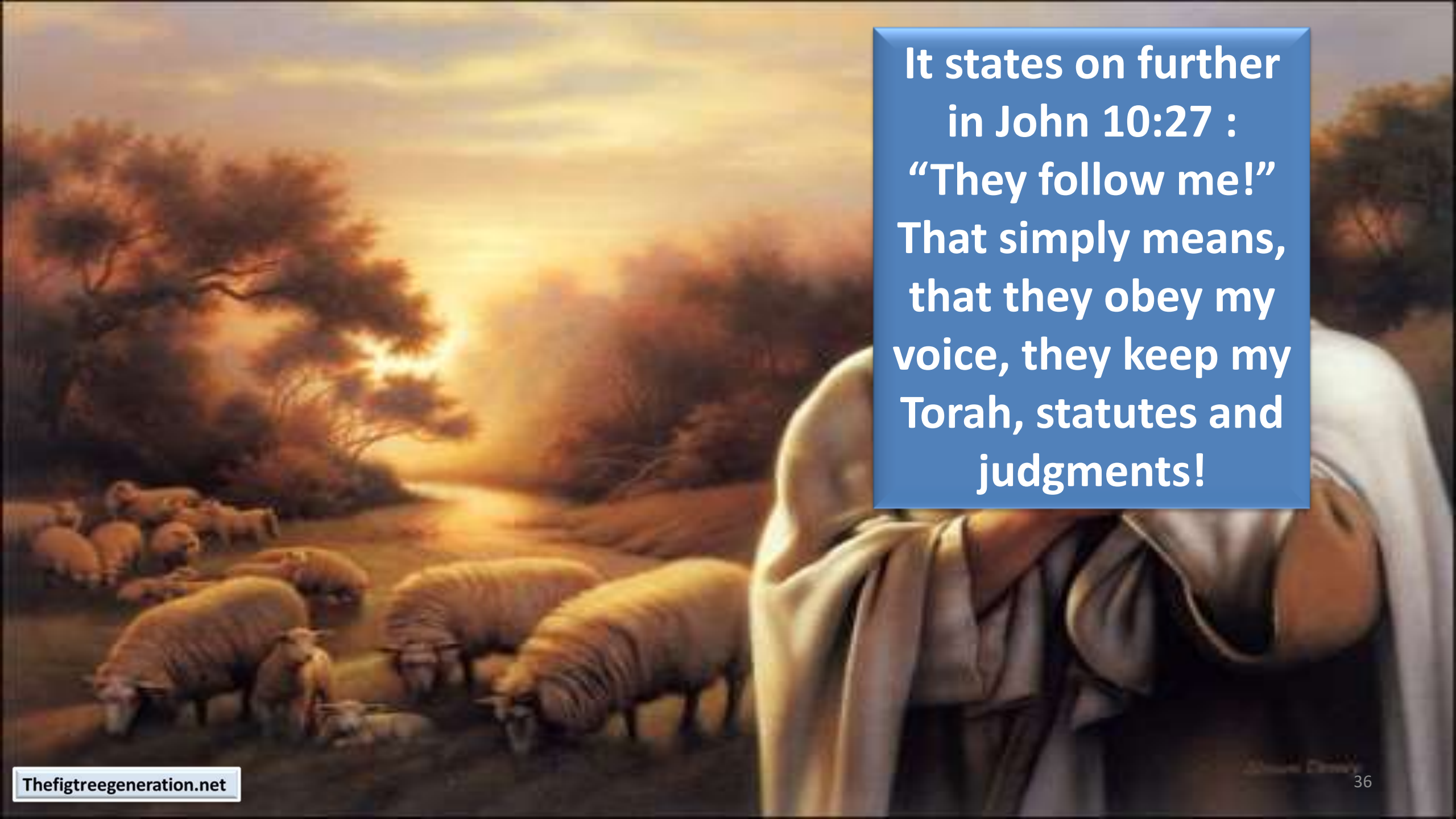
A painting depicting a shepherd in a white robe and sandals, holding a staff, standing in a field with a flock of sheep. The scene is set during a golden sunset or sunrise, with warm light illuminating the landscape and the sheep. The shepherd is in the foreground, looking towards the flock. The sheep are scattered across the field, some standing and some grazing. The background features a line of trees and a bright sun low on the horizon, creating a hazy, atmospheric effect.

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



A painting depicting a shepherd in a white robe and a brown satchel, standing in the foreground. Behind him, a large flock of sheep is gathered in a field. The background is a hazy, golden landscape with trees and a bright light source, possibly the sun, creating a warm, atmospheric glow.

How do we know if  
we are truly  
Yahushas sheep and  
are not following  
someone else, the  
false Messiah?

A painting depicting a shepherd in a white robe and brown sash, seen from the chest up, looking down at a flock of sheep. The sheep are gathered in a field, some standing and some lying down, under a warm, golden sunset sky. The scene is framed by dark, silhouetted trees on the left and right. A blue text box is overlaid on the right side of the image.

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!

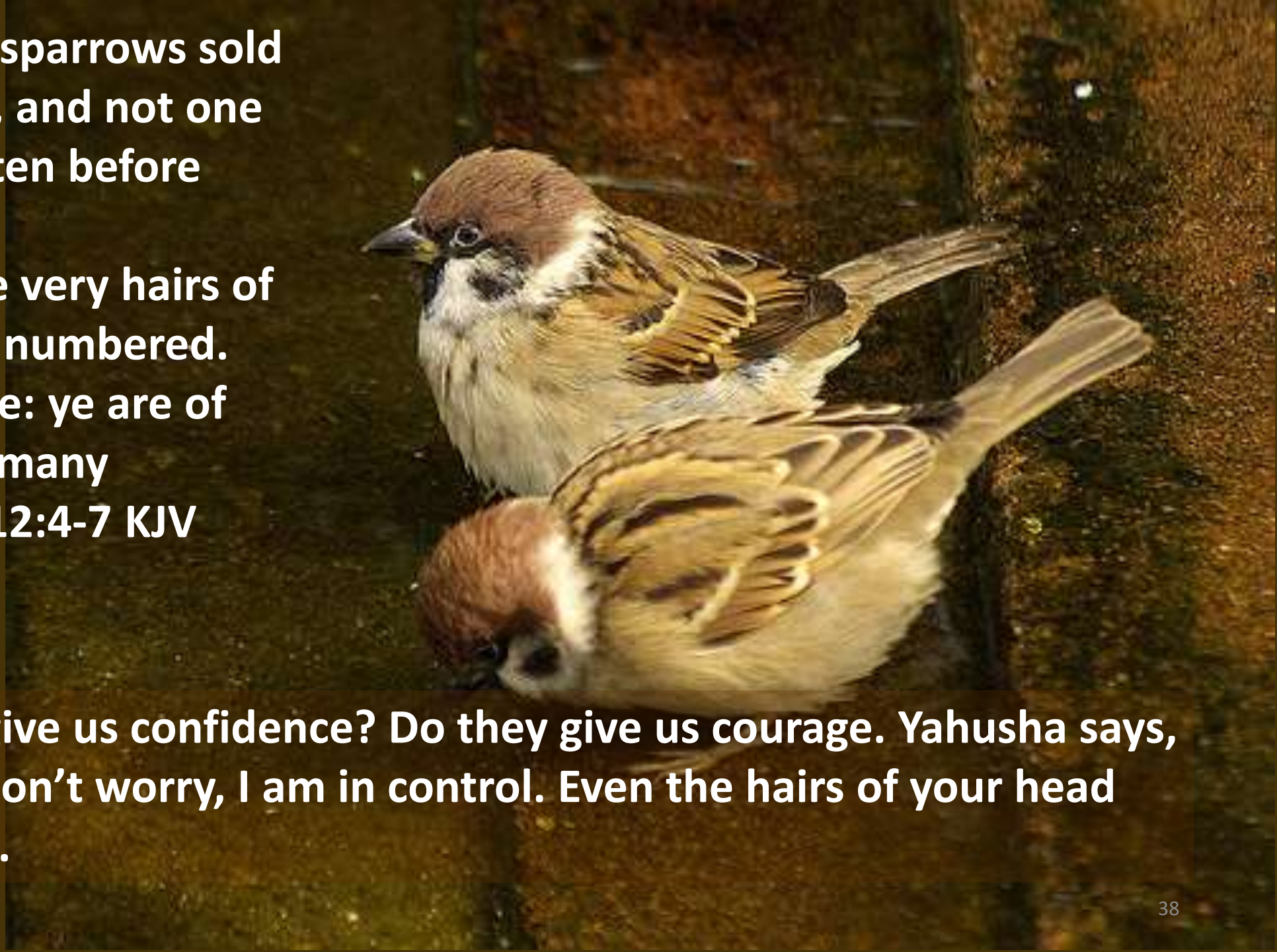




**12:6 Are not five sparrows sold for two farthings, and not one of them is forgotten before YAH?**

**12:7 But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows.” Luke 12:4-7 KJV**

**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 LORD of  
lords 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 LORD of Lords and the KING of  
kings?**

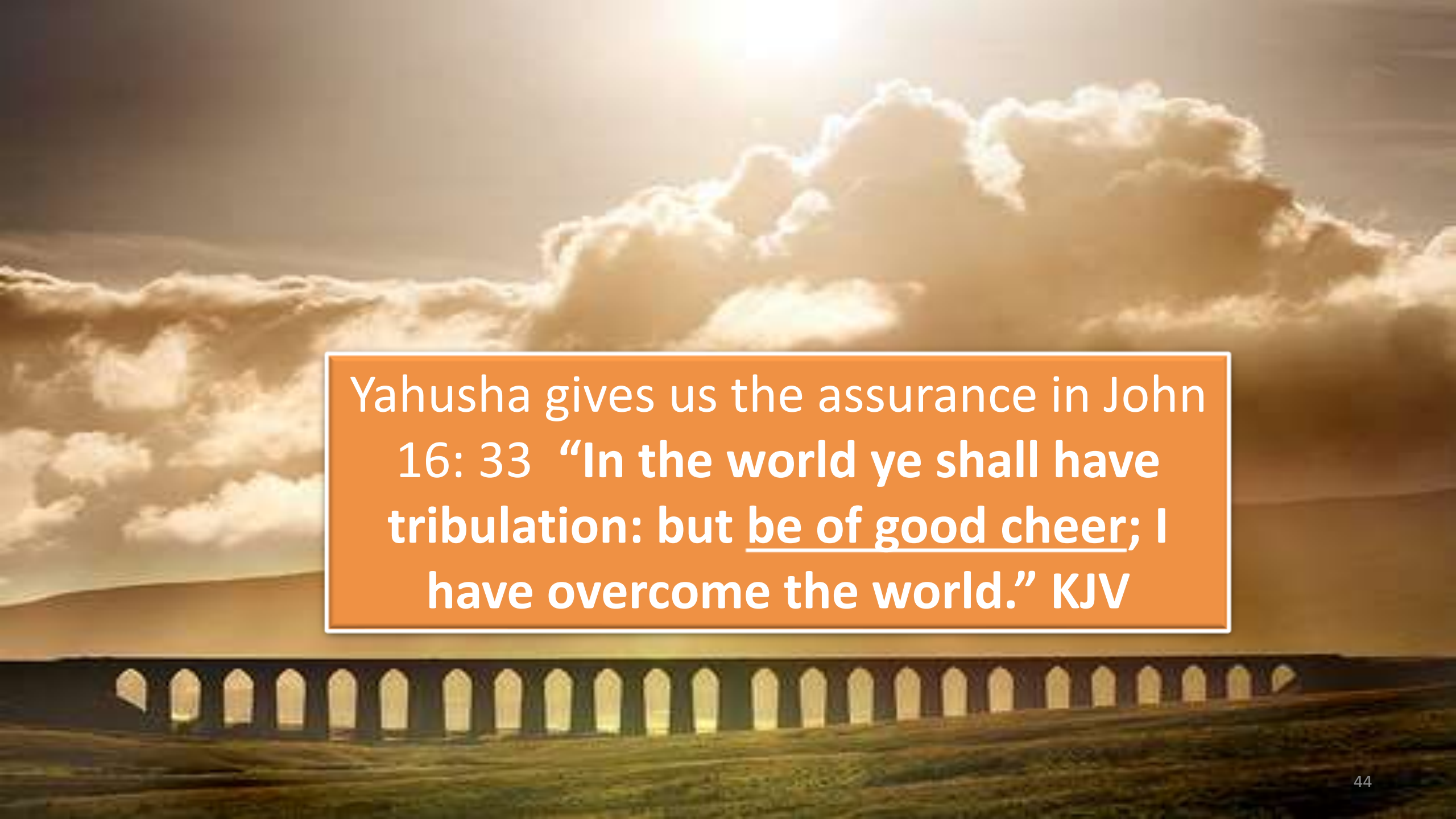


**They are called “Chosen and  
faithful!”**

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

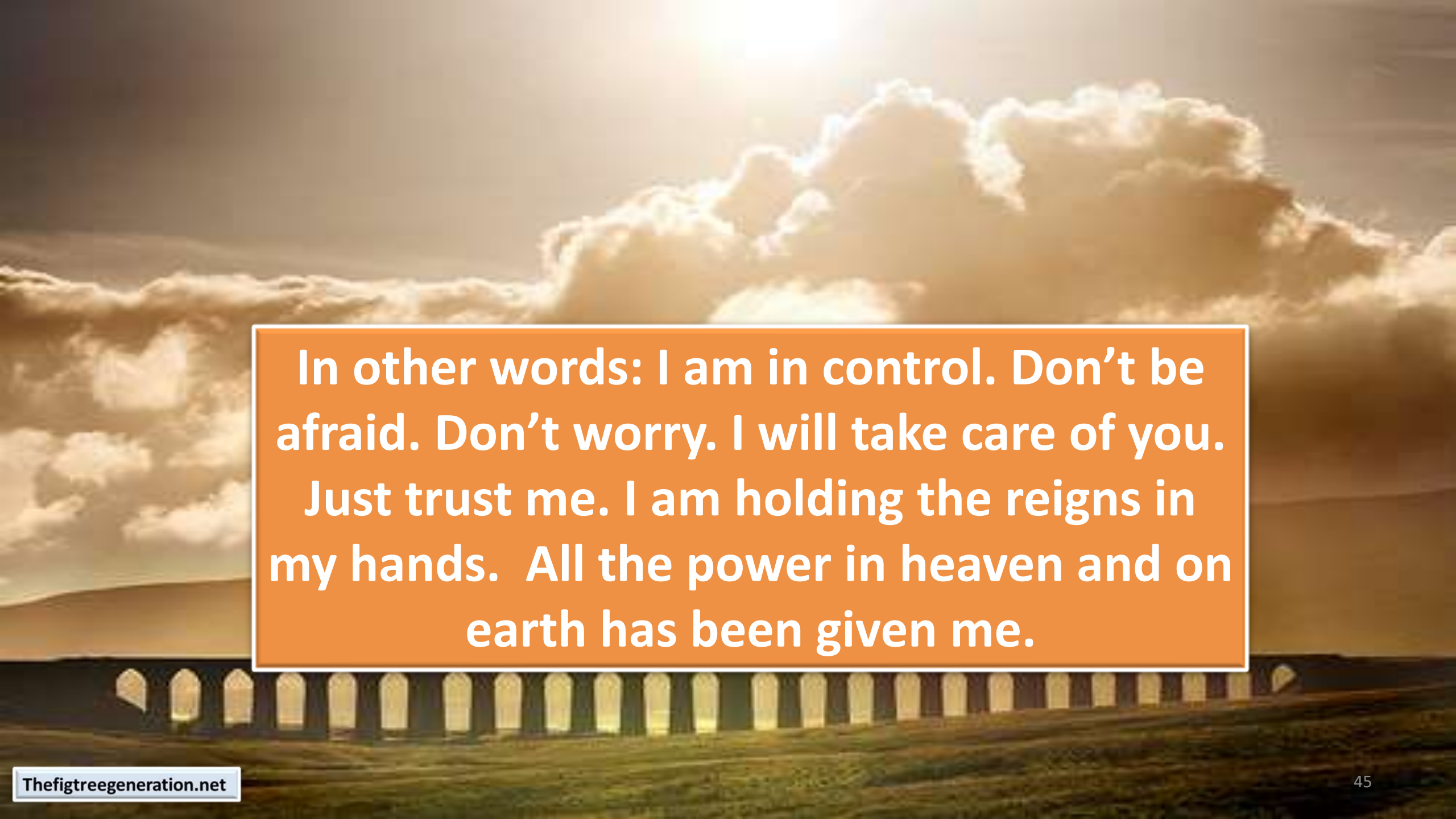
Because there are literally thousands of Christian religious groups. Each regards itself as distinct-possessing that special something that gives it the edge with Yahusha. Most "Christian" groups represent themselves as people with a "calling," or as the "chosen" of YHVH, but are they?

**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! “Yahuah is my LIGHT and my SALVATION; WHOM shall I FEAR? Yahuah 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!



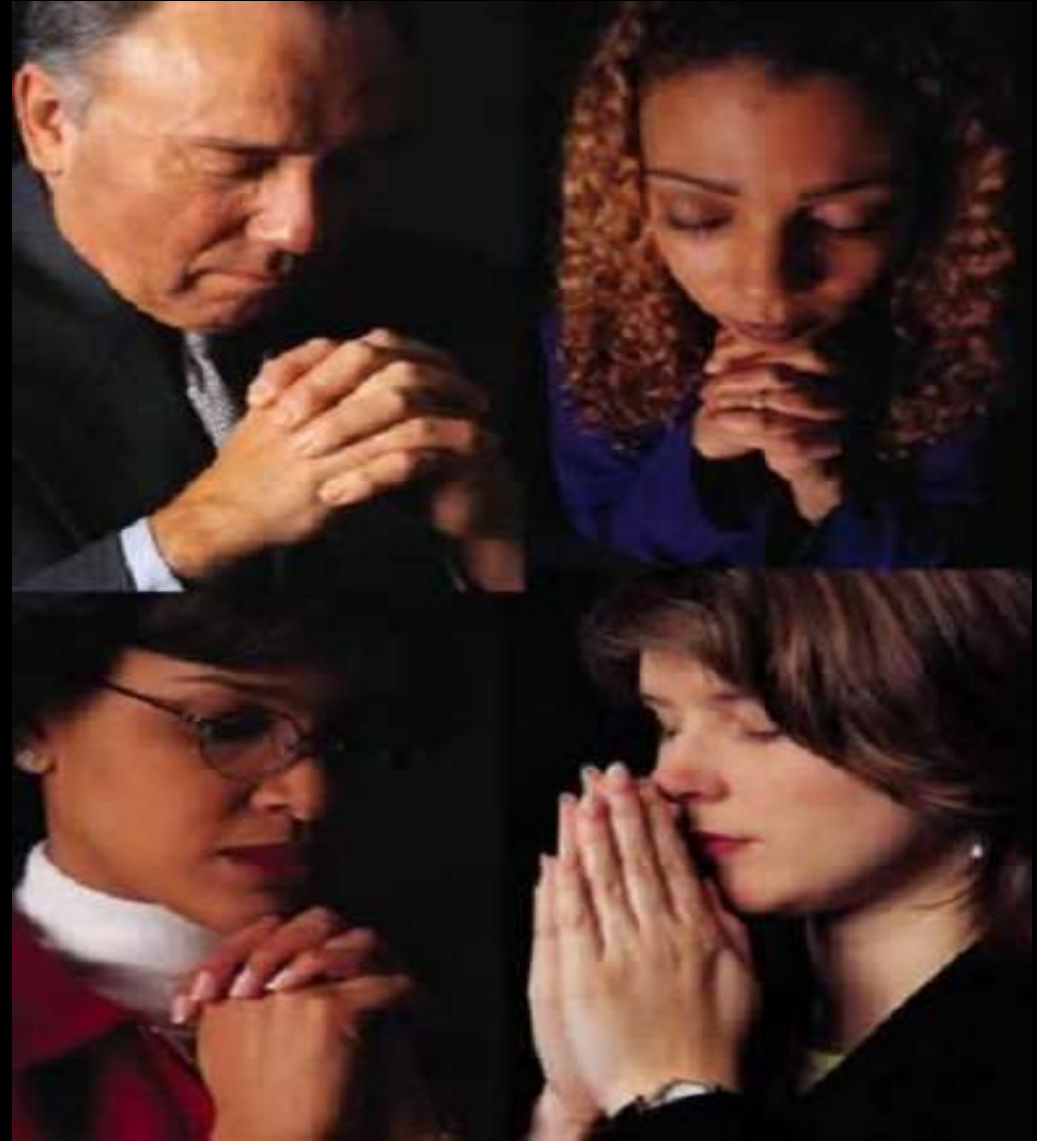


Praising Yahuah and quoting HIS Word out loud is an excellent way to attack your fears! Memorize faith-building Scriptures like Psalm 23, "Yahuah is my shepherd...I will fear no evil."

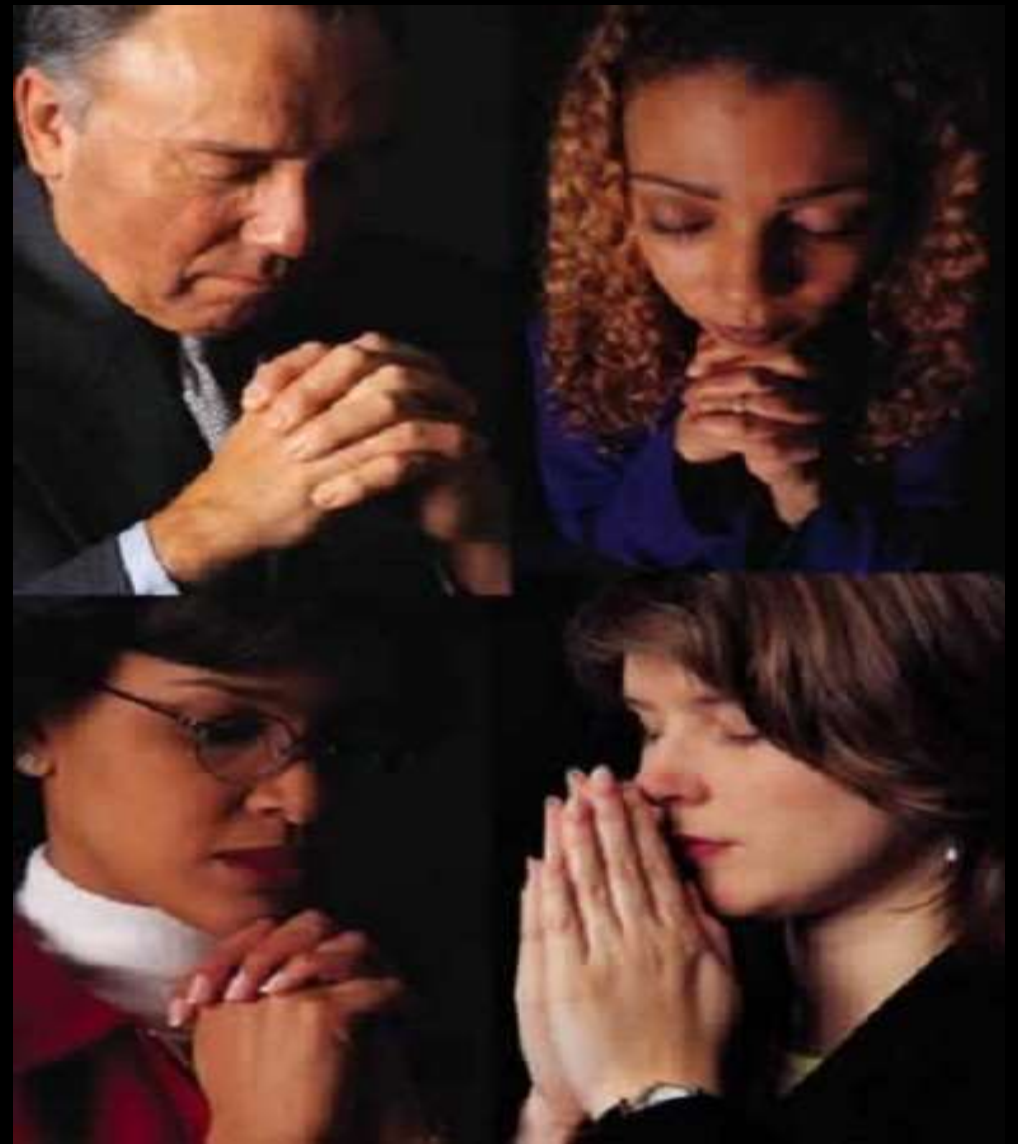
Put all other thoughts out of your mind and just think about Yahusha and His Love and His power. "Thou wilt keep him in PERFECT PEACE whose mind is stayed on Thee."-- Isaiah 26:3.

**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



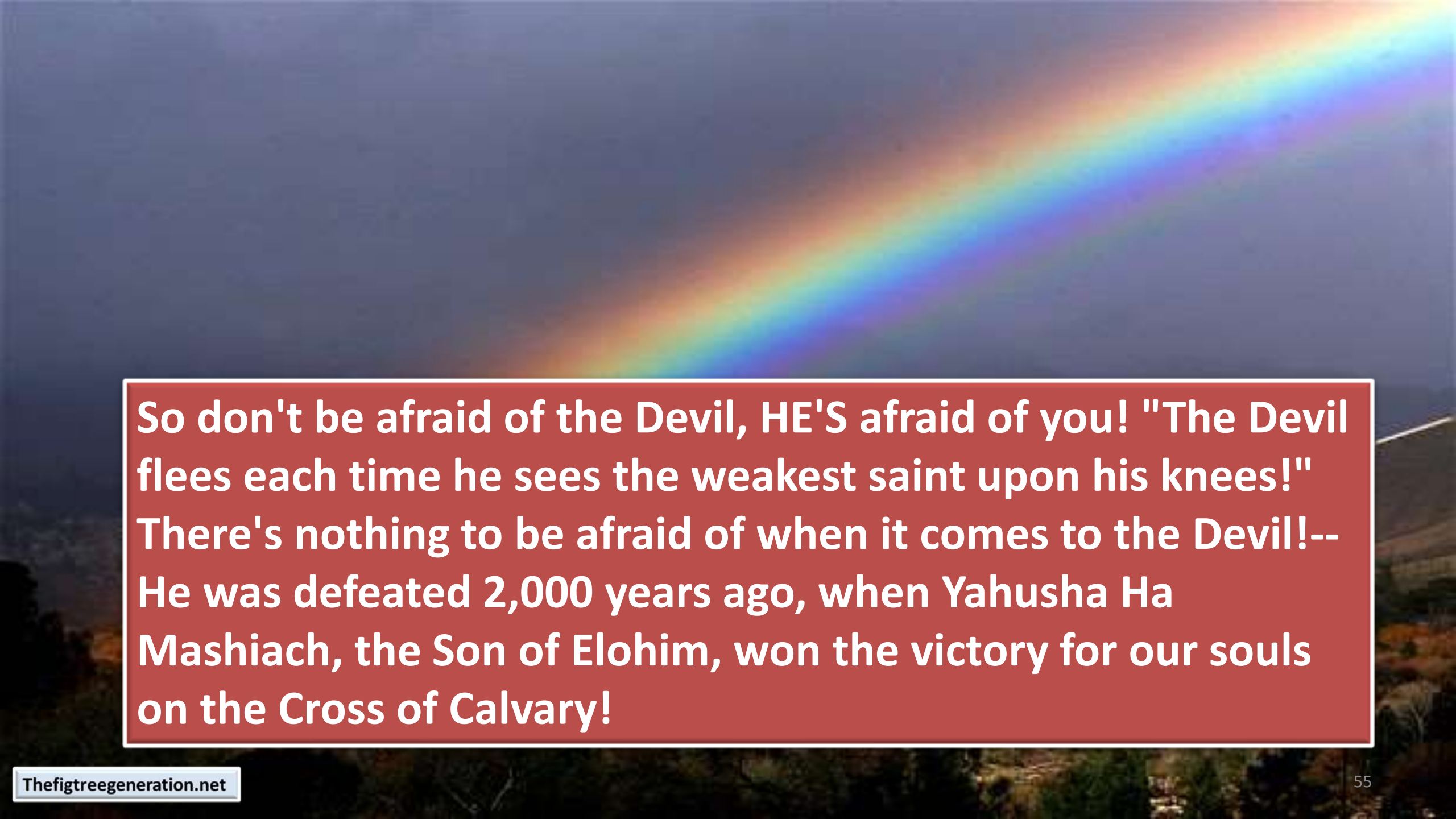


**"If any TWO of you shall agree on Earth as touching anything that they shall ask, it SHALL be done for them of My Father which is in Heaven!"--Matthew 18:19 KJV.**



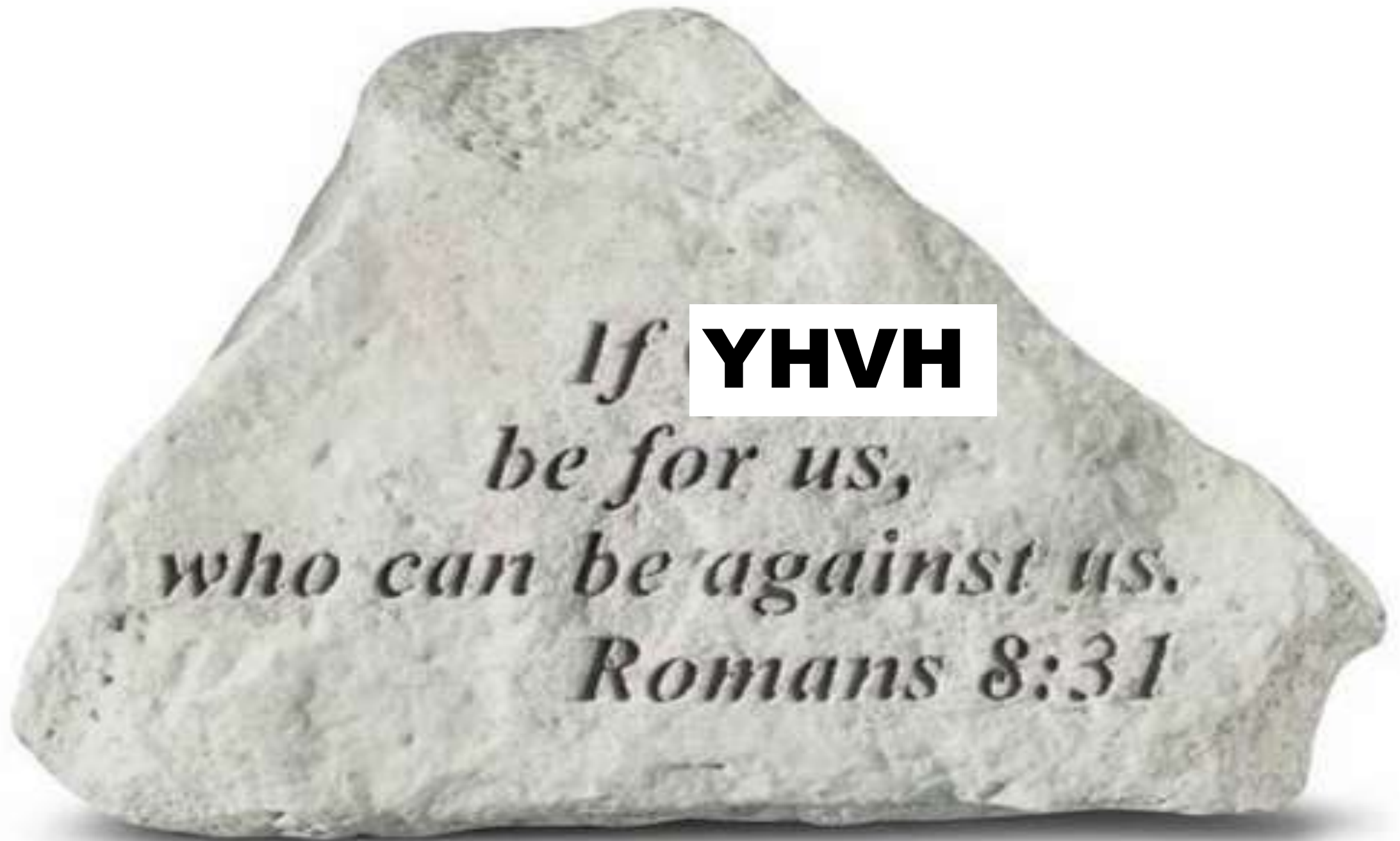


Often, deep-rooted irrational fears are caused by bad SPIRITS, demons, and--as mentioned before--these spirits of fear can be commanded to depart in the Name of Yahusha!- And **they HAVE to obey!** "**SUBMIT yourselves to YHVH, RESIST the Devil and he WILL flee from you!**" James 4:7.

A vibrant rainbow arches across a dark, cloudy sky, its colors ranging from deep red on the left to bright yellow on the right. The rainbow is the central focus of the image, set against a backdrop of dark, moody clouds. Below the rainbow, a dark, silhouetted landscape is visible, suggesting a forest or a field of trees. The overall atmosphere is one of hope and divine presence.

**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!**





*If **YHVH**  
be for us,  
who can be against us.  
Romans 8:31*



*Some good*

ADVICE

---

**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!**

A person with long dark hair, wearing a bright red long-sleeved shirt, stands with their back to the camera. Their arms are raised high in a 'V' shape, reaching towards a bright blue sky with scattered white clouds. The person is standing on a grassy hillside. In the background, there are dark, forested mountains. The overall scene conveys a sense of freedom, health, and a fresh start.

**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.

A large, three-dimensional, red 'NO' rendered in a bold, sans-serif font. The letters are thick and have a slight shadow beneath them, giving them a 3D appearance as if they are floating or standing on a surface.



**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 YHWH (*God*) 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.**





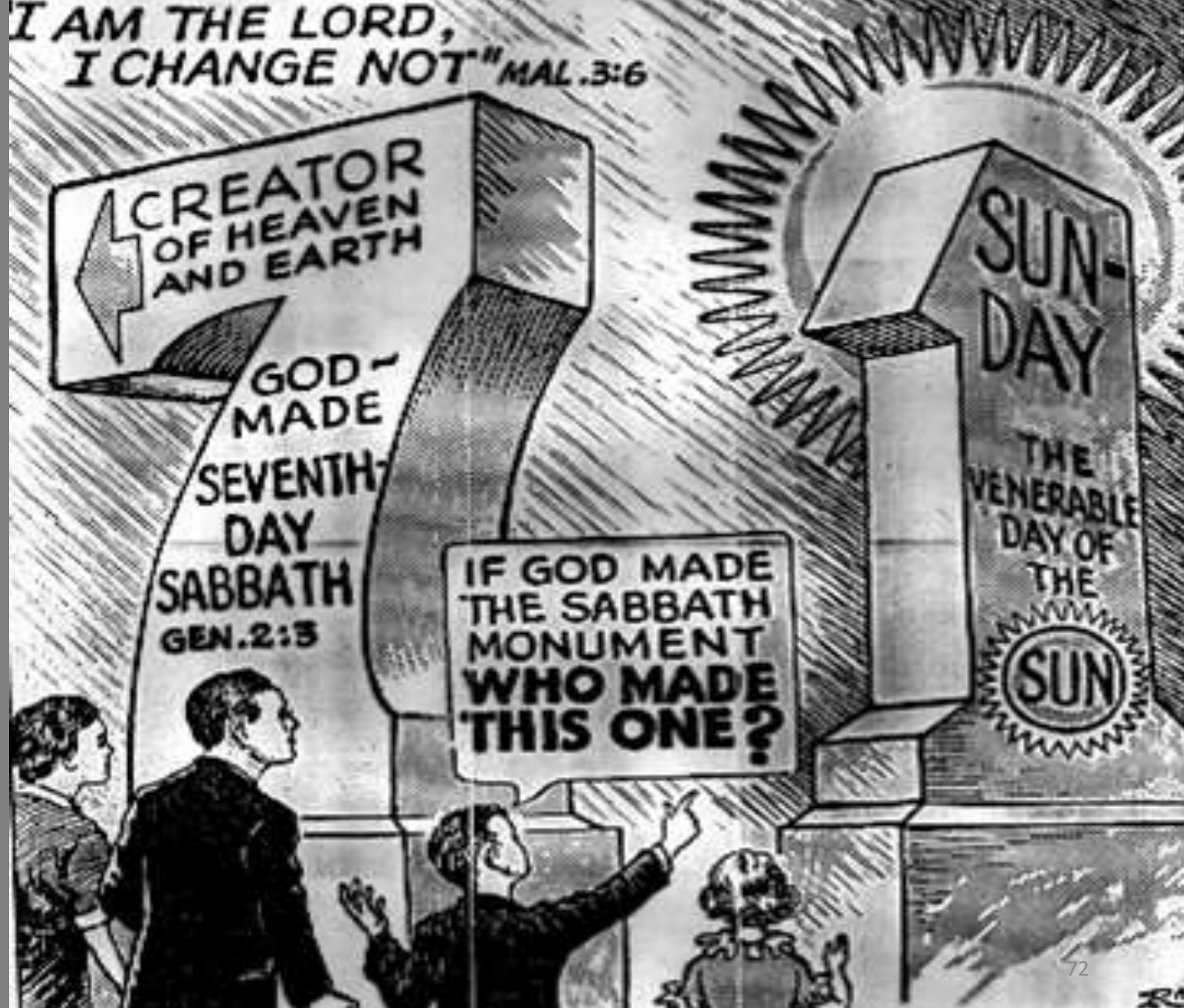
**Carry a Bible or  
a spiritually  
enlightening  
book with you  
to read while  
waiting in line.**



**Get  
enough  
rest!**



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



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





# EAT THE RIGHT FOOD!





**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  
Yahusha  
Messiah!**




**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 Godly  
people.**





An open Bible is shown from a top-down perspective, lying flat. The pages are white with black text, and the binding is dark brown. Numerous colorful sticky tabs (yellow, blue, red, green, pink, purple) are attached to the edges of the pages, marking specific sections. A semi-transparent blue rectangular box is centered over the Bible, containing white text. The Bible is open to pages 17 and 18, with page 19 visible on the right side. The text on the pages is in a standard serif font, with some words highlighted in yellow or green.

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  
THE 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, Yahuah  
HAS A WAY OF  
TURNING THINGS  
AROUND FOR YOU.**







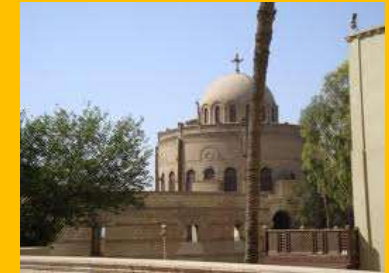
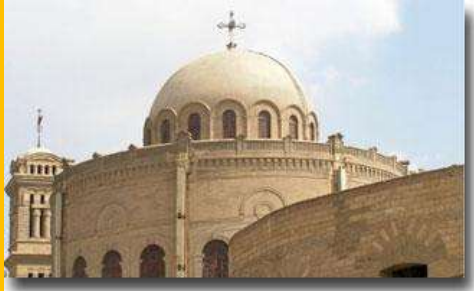
# REMEMBER:

**“If** Elohim *(the God of Abraham, Isaac and Israel, the Great I AM)* **be for us, who can be against us?”**

*Romans 8:31 (Restoration Study Bible)*

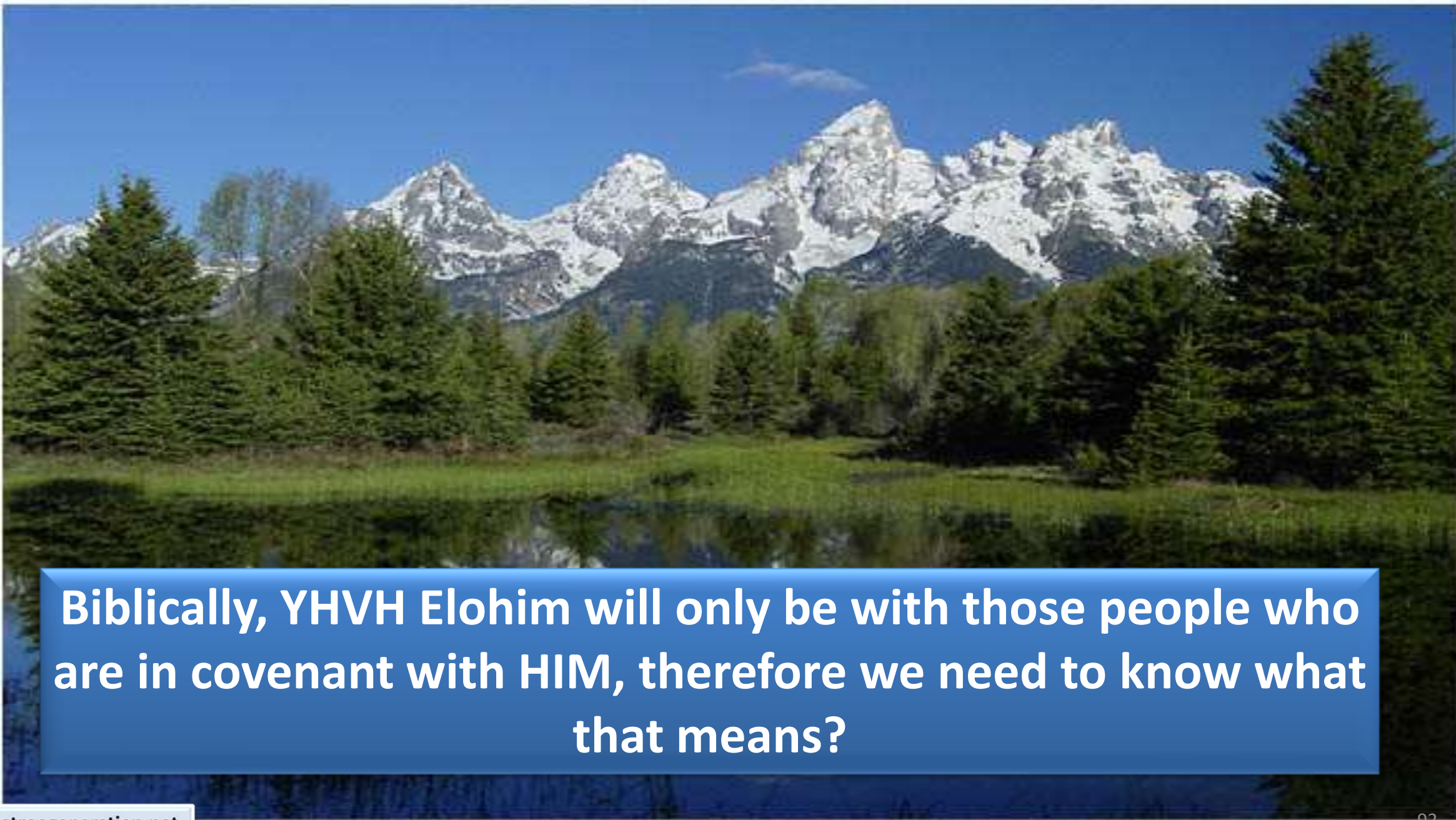
**The big question is the word “IF”! Under what condition only will YHVH be for us?**

**There are over 41,000 Christian Churches, Denominations and Sects claiming Romans 8:31, that God is with them!**



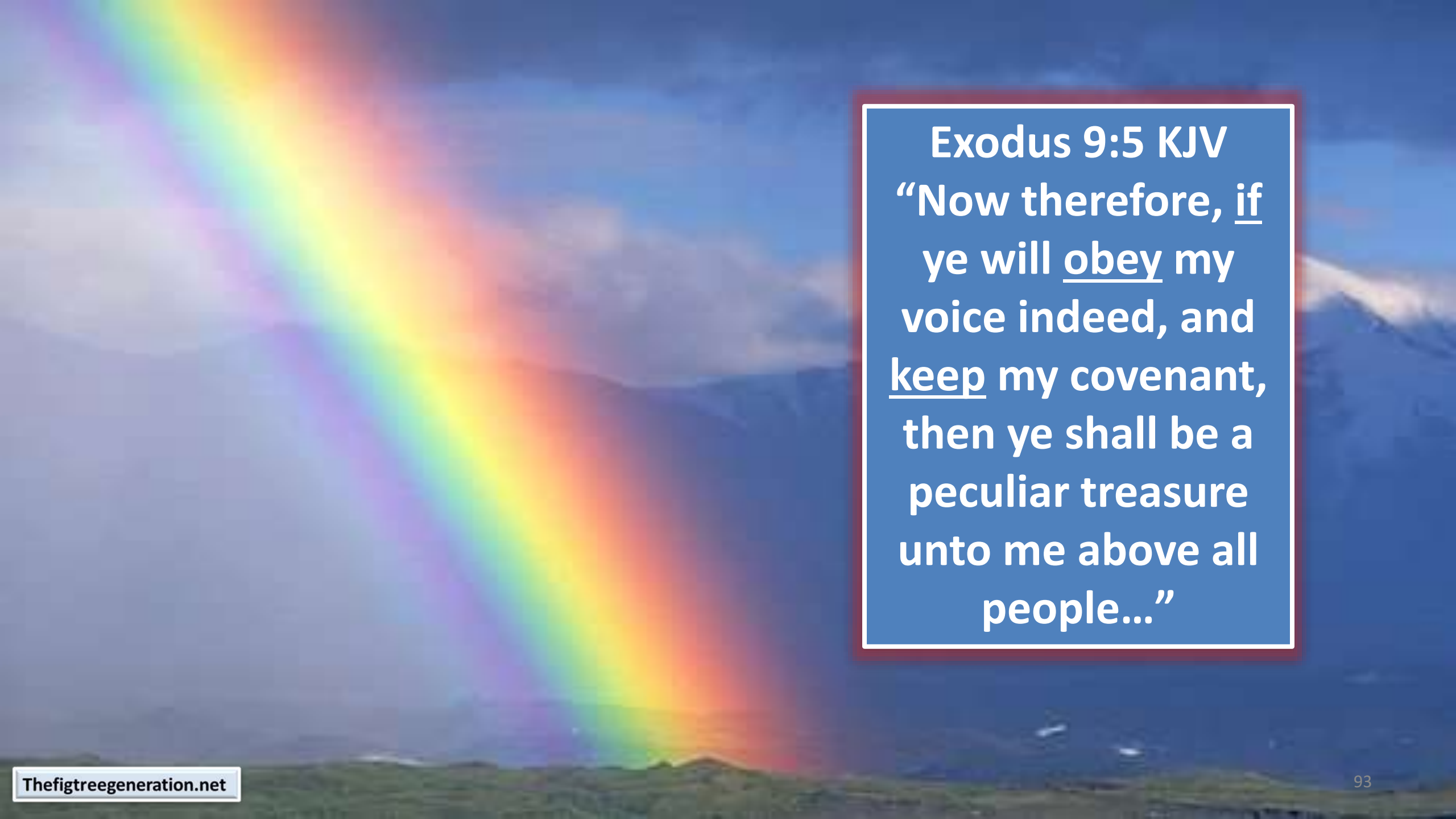
**Stay away from Churches, denominations  
And the teachings and doctrines of man ?  
Meet with those who follow a "Thus saith YHVH!"**






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





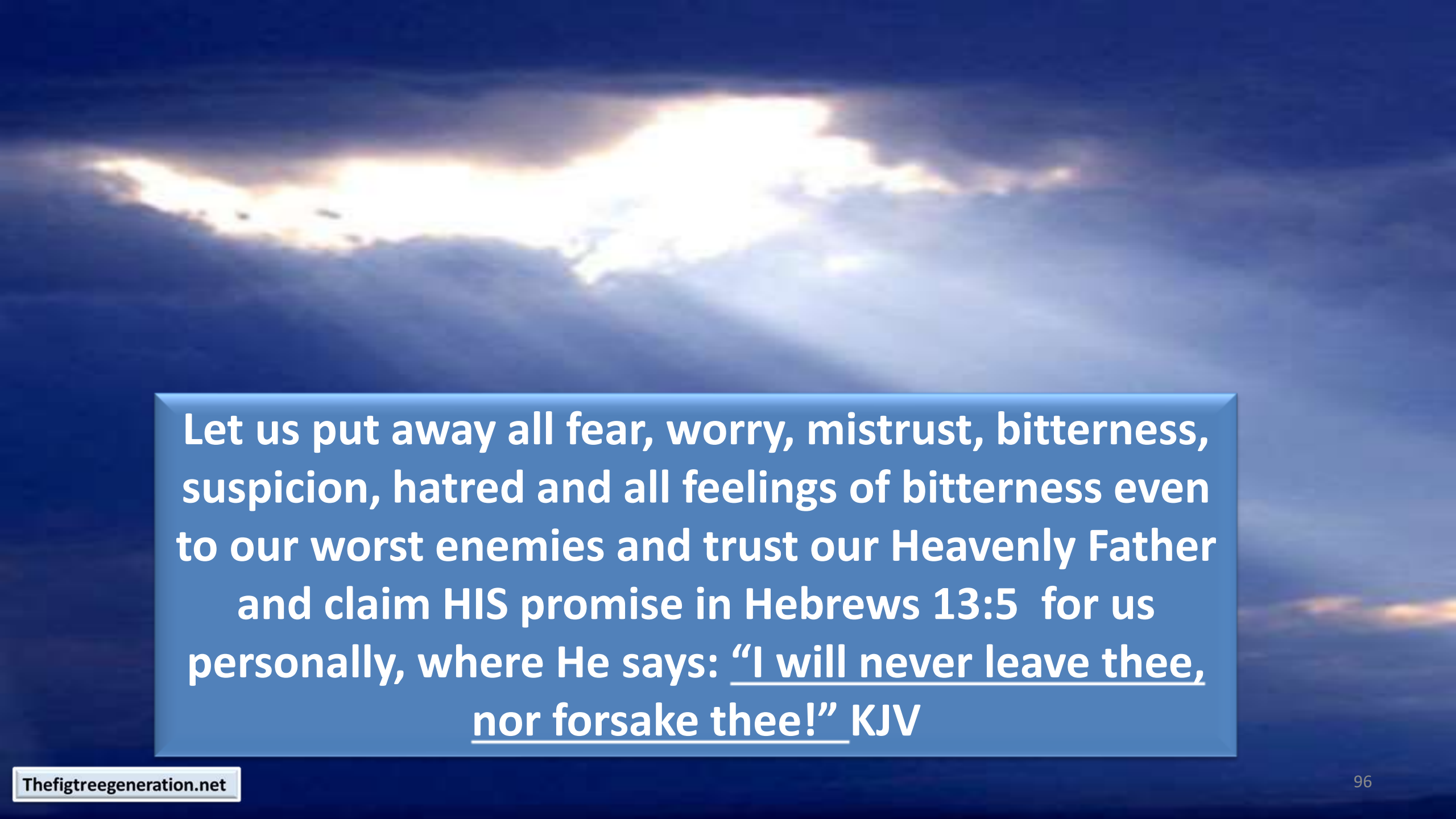
Exodus 9:5 KJV  
“Now therefore, if  
ye will obey my  
voice indeed, and  
keep my covenant,  
then ye shall be a  
peculiar treasure  
unto me above all  
people...”



Psalm 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

That covenant is recorded in Exodus chapters 20 to 23 and was ratified in chapter 24! Check it out for yourself!





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



**“For ELOHIM  
(YHVH) hath  
not given us  
the spirit of  
fear; but of  
power, and of  
love, and of a  
sound mind.”**

2Timothy 1:7  
KJV



**“For Elohim  
has not given  
us a spirit of  
cowardice,  
but of power  
and of love  
and of self-  
control.”**

2Timothy 1:7

The Scripture 2009





**SHALOM**

WESBOLD



**Supreme Provider  
Yahusha Ha Mashiach**

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