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By



Cepher  
Academy



**Faith!**  
**Not Fear**



A man wearing a cowboy hat and a jacket is walking away from the camera on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

# Faith! Not Fear

*Fear ye not, neither be afraid: have not I told you from that time, and have declared it? Ye are even my witnesses. Is there an Eloah beside me? Yea, there is no Rock; I know not any.*

*- Yesha'yahu (Isaiah) 44:8*



A person wearing a cowboy hat and a light-colored shirt is standing in a rugged, rocky landscape. The person is looking towards the right side of the frame. The background consists of large, layered rock formations, possibly a canyon or a mountain range. The lighting is somewhat dim, suggesting an overcast day or a shaded area.

# Faith! Not Fear

## **The sale of fear:**

Fear is an adaptive response in the presence of danger. However, when threat is uncertain and continuous, as in the current pandemic, fear can become chronic and burdensome. To identify predictors of fear, an online survey was conducted between March 14 and 17, 2020. Fear . . . was assessed with the newly developed Fear\_Questionnaire (FCQ) consisting of eight questions pertaining to different dimensions of fear (e.g., subjective worry, safety behaviors, preferential attention), and an open-ended question. The predictors included psychological vulnerability factors (i.e., intolerance of uncertainty, worry, and health anxiety), media exposure, and personal relevance (i.e., personal health, risk for loved ones, and risk control).

<https://pubmed.ncbi.nlm.nih.gov/32569905/>Gaëtan Mertens , Lotte Gerritsen , Stefanie Duijndam, Elske Salemink, Iris M Engelhard; Fear of the coronavirus (COVID-19): Predictors in an online study conducted in March 2020



A person wearing a cowboy hat and a jacket is walking away from the camera on a rocky, uneven path. The background consists of large, layered rock formations. The overall scene is dimly lit, with a dark, moody atmosphere.

# Faith! Not Fear

## **The sale of fear:**

Four predictors were found for the FCQ in a simultaneous regression analysis: health anxiety, regular media use, social media use, and risks for loved ones ( $R^2 = .37$ ). Furthermore, 16 different topics of concern were identified based participants' open-ended responses, including the health of loved ones, health care systems overload, and economic consequences.

<https://pubmed.ncbi.nlm.nih.gov/32569905/> Gaëtan Mertens , Lotte Gerritsen , Stefanie Duijndam, Elske Saleminck, Iris M Engelhard; Fear of the coronavirus (COVID-19): Predictors in an online study conducted in March 2020



# Faith! Not Fear

Effects of Internet Hospital Consultations on Psychological Burdens and Disease Knowledge During the Early Outbreak of COVID-19 in China: Cross-Sectional Survey Study.

Li L, Liu G, Xu W, Zhang Y, He M.

J Med Internet Res. 2020 Aug 4;22(8):e19551. doi: 10.2196/19551.

PMID: 32687061 [Free PMC article.](#)

The psychological impact of COVID-19 pandemic on the general population of Saudi Arabia.

Alkhamees AA, Alrashed SA, Alzunaydi AA, Almohimeed AS, Aljohani MS.

Compr Psychiatry. 2020 Oct;102:152192. doi: 10.1016/j.comppsy.2020.152192. Epub 2020 Jul 12.

PMID: 32688022 [Free PMC article.](#)

Acute mental health responses during the COVID-19 pandemic in Australia.

Newby JM, O'Moore K, Tang S, Christensen H, Faasse K.

PLoS One. 2020 Jul 28;15(7):e0236562. doi: 10.1371/journal.pone.0236562. eCollection 2020.

PMID: 32722711 [Free PMC article.](#)



# Faith! Not Fear

## Psychosocial impact of COVID-19.

Dubey S, Biswas P, Ghosh R, Chatterjee S, Dubey MJ, Chatterjee S, Lahiri D, Lavie CJ.

Diabetes Metab Syndr. 2020 Sep-Oct;14(5):779-788. doi: 10.1016/j.dsx.2020.05.035. Epub 2020 May 27.

PMID: 32526627 [Free PMC article.](#) [Review.](#)

## Fear and anxiety in the face of COVID-19: Negative dispositions towards risk and uncertainty as vulnerability factors.

Millroth P, Frey R.

J Anxiety Disord. 2021 Oct;83:102454. doi: 10.1016/j.janxdis.2021.102454. Epub 2021 Jul 14.

PMID: 34298237 [Free PMC article.](#) [Review.](#)



A person wearing a wide-brimmed hat and a long coat stands in a rugged, rocky landscape. The scene is dimly lit, suggesting a cave or a shaded mountain path. The person is looking towards the right side of the frame.

# Faith! Not Fear

COVID-19-Related Concerns and Symptoms of Anxiety: Does Concern Play a Role in Predicting Severity and Risk?

Benzouak T, Gunpat S, Briner EL, Thake J, Kisely S, Rao S.

Cureus. 2021 Nov 29;13(11):e19999. doi: 10.7759/cureus.19999. eCollection 2021 Nov.

PMID: 34987892 [Free PMC article.](#)

An Integrated Model of Compliance with COVID-19 Prescriptions: Instrumental, Normative, and Affective Factors Associated with Health-Protective Behaviors.

Rochira A, Gatti F, Prati G, Mannarini T, Fedi A, Procentese F, Albanesi C, Barbieri I, Compare C, Gattino S, Guarino A, Marzana D, Tzankova I, Aresi G.

Int J Behav Med. 2022 Jan 3:1-13. doi: 10.1007/s12529-021-10052-8. Online ahead of print.

PMID: 34981421 [Free PMC article.](#)





# Faith! Not Fear

Impact of Anxiety on Readiness for COVID-19 Vaccination among Polish Nursing Undergraduate Students: Nationwide Cross-Sectional Study.

Gotlib J, Jaworski M, Wawrzuta D, Sobierajski T, Panczyk M.

Vaccines (Basel). 2021 Nov 24;9(12):1385. doi: 10.3390/vaccines9121385.

PMID: 34960130 [Free PMC article.](#)

How Is the History of Early Traumatic Exposure Associated With the Psychopathological Outcomes of COVID-19 Related Lockdown and Subsequent Re-opening in People With Eating Disorders?

Cascino G, Marciello F, Abbate-Daga G, Balestrieri M, Bertelli S, Carpiello B, Corrivetti G, Favaro A, Renna C, Ricca V, Salvo P, Segura-Garcia C, Todisco P, Volpe U, Zeppegno P, Monteleone P, Monteleone AM.

Front Psychiatry. 2021 Dec 8;12:789344. doi: 10.3389/fpsy.2021.789344. eCollection 2021.

PMID: 34955933 [Free PMC article.](#)



A man wearing a cowboy hat and a jacket is walking away from the camera on a narrow wooden plank bridge. The bridge is built over a deep, rocky canyon. The scene is dimly lit, with a dark, moody atmosphere. The text is overlaid on the right side of the image.

# Faith! Not Fear

The difference between Despair  
And Fear-- is like the One  
Between the instant of a Wreck--  
And when the Wreck has been--

The Mind is smooth-- no Motion--  
Contented as the Eye  
Upon the Forehead of a Bust--  
That knows-- it cannot see--  
-Emily Dickinson



A man wearing a cowboy hat and a jacket is walking away from the camera on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

# Faith! Not Fear

“Deaths of despair” spiked in  
Washington state in 2020,  
*exceeding* deaths from C    D-19

<https://desdemonadespair.net/2022/01/deaths-of-despair-spiked-in-washington-state-in-2020-exceeding-deaths-from-covid-19.html>/Gene Balk/10 January 2022



A person wearing a cowboy hat and a jacket is walking away from the camera on a wooden boardwalk. The boardwalk is made of weathered wooden planks and is set against a backdrop of a rugged, layered rock canyon wall. The lighting is somewhat dim, suggesting an overcast day or a shaded area of the canyon.

# Faith! Not Fear

Deaths from overdoses, alcohol use, or suicide in Washington state, 2015-2020. Nearly 3,900 Washingtonians died from “deaths of despair” in 2020, an increase of almost 600 (15%) since 2019.

It also exceeds the number of Washingtonians who died from C\_D in 2020, which the CDC pegs at nearly 3,300.

<https://desdemonadespair.net/2022/01/deaths-of-despair-spiked-in-washington-state-in-2020-exceeding-deaths-from-covid-19.html>/Gene Balk/10 January 2022



A man in a cowboy hat and jacket is walking away from the camera on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces. The overall mood is one of solitude and resilience.

# Faith! Not Fear

U.S. overdose deaths reached record high as pandemic spread – Drug overdoses killed more than 100,000 Americans in yearlong period ending April 2021 – “These are numbers we have never seen before”

<https://desdemonadespair.net/2021/11/u-s-overdose-deaths-reached-record-high-as-pandemic-spread-drug-overdoses-killed-more-than-100000-americans-in-yearlong-period-ending-april-2021-these-are-numbers-we-hav.html>/Roni Caryn Rabin/17 November 2021



A person wearing a cowboy hat and a light-colored jacket stands on a rocky, uneven terrain. The background is a dark, textured rock face. The overall mood is somber and contemplative.

# Faith! Not Fear

In the 12-month period that ended in April, more than 100,000 Americans died of overdoses, up almost 30 percent from the 78,000 deaths in the prior year, according to provisional figures from the National Center for Health Statistics. The figure marks the first time the number of overdose deaths in the United States has exceeded 100,000 a year, more than the toll of car crashes and gun fatalities combined.



A man wearing a wide-brimmed hat and a long coat is walking away from the camera on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

# Faith! Not Fear

*But we have this treasure in earthen vessels, that the excellency of the power may be of Elohiym, and not of us. 8 We are troubled on every side, yet not distressed; we are perplexed, **but not in despair**; 9 Persecuted, but not forsaken; cast down, but not destroyed; 10 Always bearing about in the body the dying of Adonai Yahusha, that the life also of Yahusha might be made manifest in our body. 11 For we which live are always delivered unto death for Yahusha's sake, that the life also of Yahusha might be made manifest in our mortal flesh. 12 So then death works in us, but life in you.*

*- Qorintiym Sheniy (2 Corinthians) 4:7-11*



A man wearing a cowboy hat and a jacket is walking away from the camera on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

# Faith! Not Fear

*We, having the same ruach of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak; 14 Knowing that he which raised up Adonai Yahusha shall raise up us also by Yahusha and shall present us with you.*

*- Qorintiym Sheniy (2 Corinthians) 4:13-14*



A man wearing a wide-brimmed hat and a long coat is walking away from the viewer on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

# Faith! Not Fear

*9 For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of **his will in all wisdom and spiritual understanding**; 10 That ye might walk worthy of Yahuah unto all pleasing, being fruitful in every good work, and **increasing in the knowledge** of Elohiym; 11 Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness;*

*- Qolosiym (Colossians) 1:9-11*



A man wearing a brown cowboy hat and a dark jacket is walking away from the camera on a narrow, rocky trail. The trail is carved into a steep, layered rock face. The background shows more of the rugged, mountainous terrain under a dark sky. The overall mood is one of solitude and adventure.

# Faith! Not Fear

*12 Giving thanks unto the Father, which has made us meet to be partakers of the inheritance of the godeshiym in light: 13 Who has delivered us from the power of darkness, and **has translated us into the Kingdom of his yachiyd**: 14 In whom **we have redemption through his blood, even the forgiveness of sins**: 15 Who is the image of the invisible Elohiym, the firstborn of every creature:*

*- Qolosiym (Colossians) 1:12-15*



A man wearing a cowboy hat and a jacket is walking away from the camera on a rocky, uneven path. The background consists of large, layered rock formations, possibly a canyon or a mountain range. The lighting is somewhat dim, suggesting an overcast day or a shaded area.

# Faith! Not Fear

*For **by him** were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created **by him**, and for him:*

*17 And he is before all things, and **by him all things consist.***

- Qolosiym (Colossians) 1:16-17

*The adversarialness and the wickedness of the world were created **by him and for him**, that the mystery of redemption would be manifested and accomplished through him!*



A man wearing a wide-brimmed hat and a long coat is walking away from the viewer on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

# Faith! Not Fear

*18 And he is the head of the body, the called-out assembly: who is the beginning, the firstborn from the dead; that in all things he might have the preeminence. 19 For it pleased the Father that in him should **all fulness** dwell; 20 And, having made peace through the blood of his cross, by him to reconcile all things unto himself; by him, I say, whether they be things in earth, or things in heaven. 21 And you, that were sometime alienated and enemies in your mind by wicked works, yet now **has he reconciled**.*

- Qolosiym (Colossians) 1:18-21



A man wearing a cowboy hat and a long coat is walking away from the viewer on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

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- Qolosiym (Colossians) 1:18-21



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# Faith! Not Fear

*Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of the scornful. 2 But **his delight is in the Torah of Yahuah**; and in his Torah he meditates day and night. 3 And he shall be like a tree planted by the rivers of water, that brings forth his fruit in his season; his leaf also shall not wither; and whatsoever he does shall prosper.*

- Tehilliym (Psalm) 1:1-3



A person wearing a wide-brimmed hat and a long coat is walking away from the viewer on a narrow, rocky path. The background consists of rugged, layered rock formations, possibly a canyon or a mountain range. The lighting is dramatic, with strong shadows and highlights on the rocks.

# Faith! Not Fear

*49 Remember the word unto your servant, upon which you have **caused me to hope.** 50 This is **my comfort in my affliction: for your word has quickened me.** 51 The proud have had me greatly in derision: yet have I not declined from your Torah. 52 I remembered your judgments of old, O Yahuah; and have comforted myself. 53 **Horror has taken hold upon me because of the wicked that forsake your Torah.** 54 Your statutes have been my songs in the house of my pilgrimage. 55 I have remembered your name, O Yahuah, in the night, and have guarded your Torah. 56 This I had, because I kept your precepts.*

- Tehilliym (Psalm) 119:49-55



A man wearing a cowboy hat and a jacket is walking away from the camera on a narrow, rocky path. The path is carved into a steep, rocky cliffside. The lighting is dramatic, with strong shadows and highlights on the rock faces. The overall mood is one of solitude and adventure.

# Faith! Not Fear

*My son, forget not my Torah; but let your heart guard my commandments: 2 For length of days, and long life, and peace, shall they add to you. 3 Let not mercy and truth forsake you: bind them about your neck; write them upon the table of your heart: 4 So shall you find favor and good understanding in the sight of Elohiym and man. 5 Trust in El-Yahuah with all your heart; and lean not unto your own understanding. 6 In all your ways acknowledge him, and he shall direct your paths.*

- Mishlei (Proverbs) 3:1-6



A man wearing a wide-brimmed hat and a long coat is walking away from the viewer on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

# Faith! Not Fear

*For the commandment is a lamp; and the Torah is light; and  
reproofs of instruction are the way of life:*

- Mishlei (Proverbs) 6:23

*Guard my commandments, and live; and my Torah as the apple of  
your eye. 3 Bind them upon your fingers, write them upon the table  
of your heart.*

- Mishlei (Proverbs) 7:2-3



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# Faith! Not Fear

*The Torah of the wise is a fountain of life, to depart from the snares of death.*

- Mishlei (Proverbs) 13:14

*He that turns away his ear from hearing the Torah, **even his prayer shall be abomination.***

- Mishlei (Proverbs) 28:9

*18 Where there is no vision, the people perish: but he that guards the Torah, happy is he.*

- Mishlei (Proverbs) 29:18s



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# Faith! Not Fear

*8 This Ceper of the Torah shall not depart out of your mouth; but you shall meditate therein day and night, that you may guard to do according to all that is written therein: for then you shall make your way prosperous, and then you shall have good success. 9 Have not I commanded you? **Be strong and of a good courage; be not afraid, neither be dismayed: for Yahuah Elohayka is with you whithersoever you go.***

- Yahusha (Joshua) 1:8-9



A man wearing a cowboy hat and a jacket is walking away from the camera on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

# Faith! Not Fear

*8 You tell my wanderings: put my tears into your bottle: are they not in your cephher? 9 When I cry unto you, then shall my enemies turn back: this I know; for Elohiym is for me. 10 In Elohiym will I praise his word: in Yahuah will I praise his word. 11 In Elohiym have I put my trust: I will not be afraid what man can do unto me.*

*- Tehilliym (Psalms) 56:8-9*



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# Faith! Not Fear

*4 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. 5 But I will forewarn you whom  $\text{TNX}$  ye shall fear: Fear him, which after he has killed has power to cast into Gey Hinnom; yea, I say unto you, Fear him. 6 Are not five sparrows sold for two farthings, and not one of them is forgotten before Elohiym? 7 But even the very hairs of your head are all numbered. **Fear not therefore:** ye are of more value than many sparrows.*

- Luqas (Luke) 12:4-7



A person wearing a wide-brimmed hat and a long coat is walking away from the camera on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

# Faith! Not Fear

*Now faith is the substance (**ὑπόστασις hypostasis – the essence [hypo=under stasis=standing]**) of things hoped for, the evidence (**ἔλεγχος élenchos – the proof**) of things not seen. 2 For by it the elders obtained a good report. 3 Through faith we understand that the worlds (**αιωνας aionas, i.e., eons**) were framed by the Word of Elohiym, so that things which are seen **were not made of things which do appear.***

*- Ivriym (Hebrews) 11:1-3*



A man wearing a wide-brimmed hat and a long coat is walking away from the viewer on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

# Faith! Not Fear

*Wherefore, seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which does so easily beset us, and let us run with patience the race that is set before us, 2 Looking unto **Yahusha the author and finisher of our faith**; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of Elohiym. 3 For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds. 4 Ye have not yet resisted unto blood, striving against sin.*

*- Ivriym (Hebrews) 12:1-4*



A man wearing a wide-brimmed hat and a long coat is walking away from the viewer on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

# Faith! Not Fear

*Wherefore lift up the hands which hang down, and the feeble knees; 13 And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed. 14 Follow peace with all men, and holiness, without which no man shall see Yahuah: 15 Looking diligently lest any man fail of the grace of Elohiym; lest any root of bitterness springing up trouble you, and thereby many be defiled; 16 Lest there be any fornicator or profane person, as Esau, who for one morsel of meat sold his birthright.*

- Ivriym (Hebrews) 12:12-16



A man wearing a wide-brimmed hat and a long coat is walking away from the viewer on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

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A man wearing a wide-brimmed hat and a long coat is walking away from the viewer on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces. The overall tone is somber and contemplative.

# Faith! Not Fear

*20 And Shemu'el said unto the people, **Fear not:** ye have done  $\mathcal{N}\mathcal{X}$  all this wickedness: yet turn not aside from following Yahuah but serve Yahuah with all your heart; 21 And turn ye not aside: for then should ye go after vain things, which cannot profit nor deliver; for they are vain.*

*22 **For Yahuah will not forsake his people for his great name's sake:** because it has pleased Yahuah to make you his people.*

*- Shemu'el Ri'shon (1 Samuel) 12:20-22*



A man wearing a wide-brimmed hat and a long coat is walking away from the viewer on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

# Faith! Not Fear

*Let not your heart be troubled: ye believe in Elohiym, believe also in me. 2 In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. 3 And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also. 4 And whither I go ye know, and the way ye know. 5 Ta'om said unto him: Adonai, we know not whither you go; and how can we know the way? 6 Yahusha said unto him: I am the Way, the Truth, and the Life: no man comes unto the Father, but by me.*

- Yochanon (John) 14:1-6



A man wearing a cowboy hat and a jacket is walking away from the viewer on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

# Faith! Not Fear

*27 Peace I leave with you, my peace I give unto you: not as the world gives, give I unto you. **Let not your heart be troubled, neither let it be afraid.***

- Yochanon (John) 14:27

Let your conversation be without covetousness; and be content with such things as ye have: for Yahuah has said, **I will never leave you, nor forsake you.** 6 So that we may boldly say, **Yah is my helper, and I will not fear what man shall do unto me.**

- Ivriym (Hebrews) 13:5-6



A man wearing a wide-brimmed hat and a long coat is walking away from the viewer on a narrow, rocky path. The path is carved into a steep, layered rock face. The lighting is dramatic, with strong shadows and highlights on the rock surfaces.

# Faith! Not Fear

*Be strong and of a good courage, fear not, nor be afraid of them: for Yahuah Elohayka, he it is that goes with you; he will not fail you, nor forsake you.*

*- Devariym (Deuteronomy) 31:6*