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If you are not a believer in Jesus Christ, or aren't sure and would like to become one, then you need to believe that Jesus Christ was and is the Son of God, that he was God who became a man, that he lived a sinless and perfect life, keeping the Law of God perfect in every way, that he kept faith perfectly, and that he was crucified on that cruel cross for your sins, mine and the entire world- he died for our sins! His death on the cross paid the penalty fully, one time for all sins that we have ever committed and that we will ever commit. He died; he went down into the bowels of the earth, even into Hell, and was raised from the dead on the third day in a resurrected, eternal body. He ascended back into heaven, was seated at the right hand of God, and is now Lord over heaven and earth. He is coming again to judge the world, to raise the dead, where he will give an eternal, resurrected, glorified body to everyone that has believed on him as their Lord and Savior, and to establish his kingdom one earth.

You come become a Christian right now as you read this, by personally placing your faith and trust in Jesus Christ as your Lord and Savior; believing that he is God's only begotten Son, that he died on the cross for you and that he was raised from the dead and is now seated in heaven at the right hand of God the Father. *"Believe on the Lord Jesus, and you will be saved.."* [Acts 16:31a](#) And when you do trust Christ, and Christ alone, as your Lord and Savior, then go to God the Father in heaven in prayer and tell him so. Tell him that you have believed on his Son, thank him for his Son, and thank him for forgiving your sins and saving you! *"That if you confess with your mouth, "Jesus is Lord", and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved."* [Romans 10:9,10](#) *"For, "Everyone who calls on the name of the Lord will be saved."* [Romans 10:13](#) *"Therefore, being justified by faith (declared righteous), we have peace with God through our Lord Jesus Christ."* [Romans 5:1](#)

Living In Tranquility – part two

F. The calming of the soul.

“Surely I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child.” Psalm 131:2 The NIV translates Psalm 131:2 as, “But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me.” *Shavah* is translated as behaved, or quieted; and *damam* is translated as quieted. Both words are in the intensive stem, *shavah* in the piel stem, and *damam* in the poel stem, to denote the intensity of the action that goes into quieting the soul. And the *weaned child* is used to illustrate to us the idea that is entailed.

If anyone has ever raised children, we know all too well what is entailed when we try to calm a child that is hungry, cranky, tired, has the colic, or just wants its mother's breast. It wants everything, nothing satisfies it, it cries at everything, and just sits there an agitated mess that you love with all your heart. One has to exercise great patience and love as you try to get it to quiet down. And this is the analogy that is used when describing the quieting of our souls; it's intensive.

Our souls are always wanting this or that; they're cranky or tired; some thing's always wrong; or they're always wanting some kind of human love, a mother's love or a love that they didn't have in their youth, so they're always in a state of agitation, a state of unrest; and oftentimes pitching just about as much of a fit as baby's do!

The word *shawa* was used of the farmer who tilled his field and made it smooth, level and even. Only now a field is not in view, but the believer's soul. Psychologically it meant to level, or calm the soul down, to make it still. Once again the image of a lake comes into view where the water is all agitated tossing around due to the wind, versus being all calm and smooth.

And the only thing that calms our souls down is the spiritual life of being filled with the Holy Spirit and keeping our souls focused in faith on the Word of God. As Christ spoke to the tossing sea and calmed the waters, so his Word speaks to our souls calming them down. “*And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.*” Mark 4:39

The agitated baby is like the agitated soul, the soul in turmoil, or stress in the soul. And the only thing that will calm our souls down is the Word of God! But remember, just like a cranky baby, or a child that you're trying to wean, you can calm the soul down today, but very well might have to face the same thing tomorrow! But in time, we can bring the soul to the place that it is still and quiet. In this passage David finally got his soul to the place where it was calm.

The basic meaning of *damam* is to close the mouth, to not speak, to be silent, to be still, to be quiet. It basically has the idea of being quiet, of refraining from speaking. Its usage in a passage determines its meaning, but it does have the idea of silence in it. It has the idea of a quiet expectation that a change of good things are coming.

The believer has been impressed either by *Yahweh* speaking to him in the Old Testament, or by having the full assurance of faith, that something is going to happen; that things are going to change. **It does mean to believe, it means to trust, to wait on *Yahweh*, only now one does it in quietness, both of speech and heart.** He is able to do so, because he now knows, he has been strongly impressed in his heart or spirit that a change is coming; that something is going to happen; and he knows that God is the one that is going to be doing it.

It's a way of looking at faith from the perspective that one is going to get through the trial that he is presently in, (or life), that God is going to do something. You don't know when he is going to do it. You don't know how he is going to do it, but you are comforted by your faith that God is going to do something, and that things are going to change for the better. **So you have quieted yourself. Inside you are relaxed about the whole thing; your soul has quieted down; it's still, no more worrying and wondering, and "what ifs"; or, "what can I do about it"; or, "something's got to be done"; no more running around and telling everybody about your problem, (probably not interested anyway); and no more going back over and over to God in prayer regarding it.** Why? Because you have finally resolved the matter in your heart with faith and you know that God is going to handle the matter. You are now fully assured in your faith, that God is going to work it all out now, so you're quiet, calm, still and relaxed on the inside.

We go back to **David** again in Psalm 37, where he is talking about the problem that doctrinal believers have living in a society where wicked men are on the increase spreading their wickedness wherever they go. This presents two problems for the doctrinal believer. **One**, the activity of the wicked believer does have a profound and negative impact on the society; for it affects a nation, politically, religiously, economically and socially. And if not curbed, it will drag a nation down into destruction. Which, to some degree, affects believers as well for they live in it also. **Secondly**, it affects the doctrinal believers mental attitude. They get angry, often very angry, bitter; they fret, they stew and worry about things. And they too can get under the operation of their own old sin natures and go down hill too. Not to mention how both of these things affect their families. Often their children are caught up in the evil of the society and this certainly is distressing to their families.

Now David deals with their mental attitude problems by telling them to refrain from anger, turn from wrath, do not fret, etc., so that they're not reacting emotionally and negatively out of their flesh natures to the wicked in their society. And he also tells them not to worry about the whole situation, for *Yahweh* is going to handle it, *"Be still before Yahweh and wait patiently for him, do not fret when men succeed in their ways, when they carry out their wicked schemes."* Psalm 37: 7. Something that we sure need to apply today.

Here David uses the word *damam* concerning the mental attitude that the believer is to have in his faith toward God, as God handles the matter. In fact, he commands them to *"be still"*, imperative mood of command, which tells us that the believer is to handle the matter by faith; fully believing that God, somehow, is going to turn the whole evil thing around and take care of the wicked in the land. He's going to take care of the wicked, and he's going to take care of the doctrinal believer, and so the believer is now able to be calm, relaxed, peaceful in his soul. **This type, or characteristic of faith, calms the soul; it quiets the soul giving it the rest that it needs,** *"Find rest, O my soul, in God alone; my hope comes from him."* Psalm 62:5. David knew that the rest that his soul needed could only come from God; so he commands his soul to find rest in God, the gal imperative of *damam*.

David also knew how hard it was to quiet the soul. Its inner turmoil, its wrangling; all the things that go on inside of us are very similar to the crying and trouble of a baby. Always wanting; always unsettled; pitching a fit when it doesn't get its way, or get what it wants; especially the child being weaned from its mother's breast. The idea is to get the child to the place where it is content to just be with its mother, to be by her side without it always wanting the mother to give it something, or to always be doing something for it.

There are those believers who are always pitching a fuss about something; they're sick, they're unhappy, they're always making a noise or a commotion. They want you to pay attention to them, answer their questions, talk to them. They're not really content to just be with people, **they want to be made over like a little child**. Their behavior is indicative of the status of their souls. They clamor for attention; they want things done for them; they take from other people; it's all self-centered, without any quietness in their souls. **What they need to do is quiet the soul, so that it's content to just exist before God**, and to just exist with other people! But, it's an intensive concept to get to that place. It is accomplished by faith in the Word of God, by being occupied with Christ through his Word. And it speaks of waiting in faith on the Lord; something that a childish soul does not want to do. It wants things now! Just like the infant wants its bottle now! But David said, *"But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me."* Psalm 131: 2. In the original, we have an intensive passive concept describing the concept. Which, all of this, tells us **that to quiet our souls, we must exercise faith in God's Word, while we are waiting**.

Both words are used in the stilling and quieting of the believer's soul. And as the farmer has to remove the rocks and other obstructions when leveling and smoothing out his land, so *shava* tells us that the believer will have to deal with various problems in his soul, through the intake of Bible Doctrine, to get it to the place that it is all calm and smooth. And that *damam* tells us that he will quiet the soul through the faith rest dynamic.

But we're studying on the principle of living in tranquility! We want to have peace in our souls, but we also want to have quiet in our lives, and the atmosphere of tranquility around us wherever we go and the areas where we live! So what we have to do is take those principles of doctrine that we used to smooth out the problems in our souls, and the faith rest principle, and apply them to our surroundings so that our surroundings are stilled and quiet!

To get some peace and quiet in our lives will take the application of the Word of God to our surroundings. In fact, we could say that peace and quiet will come as the result of our inner growth in the Word. As the believer grows spiritually, as they deal with the various problems in their souls, stress and agitation in the soul will become less and less. The result of which will be a calmed soul enjoying more and more peace and less stress.

And as the believer stills and quiets their soul, it only follows that they will try to apply that quieted, calmed soul idea to their surroundings! So, once again, it begins on the inside and works its way to the outer surroundings.

But tranquility of one's life is not an automatic concept. The potential is there for all believers in Christ, but just because one has believed on Christ as their Savior does not mean that they will automatically have tranquility in their home and life. One is going to have to apply biblical principles to have a life of tranquility.

One, we must want it more than anything else. Two, we must pursue after it more than anything else. Three, we must make a decision to have it in our lives. Four, we must pray to God to have it. Five, we must believe we can have it. Six, we must act in faith to bring it about in our lives. Seven, we must apply the principles of Bible Doctrine. Eight, we must realize that this is a process. Nine, we must realize that we will have successes and failures, but if we persevere we will not only have peace in our souls, but a tranquil life as well.

We could learn from the pattern of heaven. God is the God of peace, meaning that his very existence is one of peace; all heaven that surrounds him is in a state of peace, true tranquility; his reign is a reign of peace; and his dealings with us are based upon the principle of peace. This is why we grieve the Holy Spirit when we refuse to let go of our anger.

A non tranquil atmosphere does not promote peace, rather the opposite. When there are arguments, our natural reaction to angry confrontation is to react with bitterness, pride, anger and arguments ourselves. When there are arguments; the flesh reacts with arguments. When there is the emotion of anger; our flesh reacts with anger. Remove the anger and arguments from your proximity, or remove yourself from them, then you have eliminated a problem source. This is what tranquility in our lives can do for us.

The same thing goes for having people around us who are always complaining about their jobs, or who are bad-mouthing others. In time that will influence us, either in souring our mental attitudes, or join in with them, or just be irritated at them. Either way, we lose our peace and tranquility.

Or, if we are around people who are negative to the Word of God, or negative to faith, or faith ideas, or living by faith, that negative energy will result in us giving up our faith ideas and end up becoming just like them, bitter, negative people. Our peace and tranquility left long before that.

Getting away from them, or them away from us, is a part of effecting tranquility in our life. I know that this is hard to do in the work force, but **there are things one can do to improve the situation! Anything that is detrimental to our peace of soul and to the tranquility of our space needs to be removed.**

As we had seen before, Paul used the expression *bion diago* of how we are to live our lives. Our way of life is to be characterized by peace, quiet and tranquility. **Peace** that inner peace of the soul that comes about as the result of the filling of the Holy Spirit. **Quiet** referring to our surrounding environment of our homes, property, car, work place that is without noise, commotion, confusion, negativity, sinful activity, etc.. And **tranquility** where we have both inner peace and outer calm.

There are certain types of people that will have to be dealt with to have peace and quiet in one's life, but there are also things that need to be addressed, so as to effect a calm, relaxed, tranquil atmosphere in one's home or apartment. Such as music and TV. One can begin by not listening to music, or watching certain TV shows that keep us worked up. Learn to change the channel on the TV or radio, or turn it off altogether.

Or you live on a busy street and the traffic noise just keeps you agitated all the time. Perhaps a move is in store to a more quieter neighborhood in the same town! Or to a different town. Or perhaps, you can put something up temporarily in the window that will block the outside noise until you can figure out a better solution.

In other words, we need to learn to stop being a passive victim in our lives, stop complaining, stop feeling sorry for ourselves, stop wishing things are the way they are and start being proactive, by taking charge of our lives and the situation by faith and change things! This is what effecting tranquility is about. We must do it.

So what we need to do is to start eliminating, or at least minimizing, noise, clamor, confusion, chaos, anger, arguments, loudness, ugliness, demonic concepts, the influence of concepts from the world system and sin nature concepts from our *space*, things that ruin our tranquility; and start incorporating the things in life of beauty, quietness, symmetry, harmony, spiritual concepts; things that promote quiet and tranquility.

G. The power of the Word to change our lives.

“And he arose, and rebuked the wind, and said unto the sea, *Peace, be still*. And the wind ceased, and there was a great calm.” Mark 4:39 και διεγερθεις επιτιμησεν τω ανεμω και ειπεν τη θαλασση σιωπα πεφιμωσο και εκοπασεν ο ανεμος και εγενετο γαληνη μεγαλη

We have here a true event with the Lord and his disciples out at sea, but for us is an example of how the Word can change our lives and bring tranquility to them.

The disciples were with the Lord in a boat, when a tremendous storm arose, with waves so high that they were now swamping the boat. Becoming frightened they awoke the Lord to tell him, whereupon he arose, rebuked the wind, saying, “*Peace, be still*” and the sea became calm.

We have four things in view here: the **wind**, the **waves**, the **boat** and the **people in the boat**. The **wind** refers to the demonic forces of Satan; the **waves** refers to the world in which we live; the **boat** refers to our homes and lives; and the **people in the boat** is us!

It is the **wind** acting on the waves that causes them to roil, to become agitated and stormy. It is the tossing of the **waves** that causes the boat to be tossed around. And it is the tossing around of the **boat** that causes the men in the boat to become **frightened**. **A very clear illustration of the satanically driven pressure in the world becoming stress in the believer's soul causing the arousal of the emotion of fear, when faith is not there to handle the pressure!**

But there was someone there in the boat that had the faith to handle the pressure. No, more than that, who had the faith to overcome the pressure and effect tranquility in all their lives out there at sea, and that was the Lord Jesus Christ!

When the believer is attacked by demonic forces, or when the believer allows himself to be affected by the many pressures of the world system, the affect on his/her soul will be the same as the tossing of the sea; inside their souls they will become agitated, upset and in turmoil. Or to use today's term, they will be stressed!

To have true tranquility there must be both peace in the soul and calm in our lives. It is through the dynamic of believing the Word of God that we have inner peace; and it is through the implementation of doctrinal principles to our lives that we have tranquility.

The word for *peace* is *siopao*, and the word for *be still* is *phimoo*. *Siopo* meant to keep silent, to make no sound, to say nothing, or to become quiet. *Phimoo* meant to be put to silence, or to silence something by putting a muzzle on it. Both are in the imperative mood of command.

But in addition to the demonically driven element of the wind, we can “*rock our own boats*” through the concepts of emotions, lusts and defense mechanism of the soul, all flesh related activities. You say, Mike that's silly! Who in the world would do that? Who in the world would rock the stability of their own souls, lives and homes by the activities of being emotional, carnal, lusting after everything, or their defense mechanisms? Who?? Look at all the divorces, the arguments and fightings, the destroyed families in America! That's who! And why? Because they reject the spiritual life dynamic that Christ has for them!

It is the Word of God that we have learned and believed that stabilizes our souls, that brings a calming to them; and it is the Word of God that we apply to our surroundings that stabilizes them, organizes them, brings a sense of order, quiet and calm. And this is what the idea of tranquility is all about. The straightening out of the soul's many problems; the sense of inner peace; and the quieting of our external environment. The relaxed mental attitude of *agape* love, inner joy and peace expressing itself externally in one's life and home.

H. Extending our spiritual life to our surroundings.

“For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.” 1 Timothy 2:2

When Paul was writing Timothy about this matter, he had in mind the stability of the nation and its leaders regarding our prayers for them so that we might be able to live a quiet and peaceful life, so we could have peace, quiet and tranquility in our time here on earth.

But then he says so that we would be able to do this in the sphere of all *godliness and honesty*, *εν παση ευσεβεια και σεμνοτητι*. Now when we get into this area we are referring to the spiritual life of the believer-priest in his daily fellowship with God. And what this passage is dealing with is the idea of extending one's spiritual life to his surrounding life.

The translators have translated the Greek word, *eusebeia*, into the English word, *godliness*, which basically misses the mark of its meaning. *Eusebeia* entails three things. One, it speaks of Christian life and faith. Two, our conduct relating to God. Three, our manner of life.

It looks at the spiritual life that exists inside the believer in Christ and the living application of that spiritual life to the believer's daily life in the outside world. It centers around four things. One, the new nature that was created in us at the time of our salvation. Two, the filling of the Holy Spirit. Three, the intake and symbolization of the promises and teaching of the Word of God by faith. Four, the faith application of those principles in one's life.

The background of where our spiritual life comes from is due to: one, a decision and purpose that God the Father had made in eternity past to grant every believer in Jesus Christ their very own spiritual life. Two, this spiritual life is acquired at the moment they believe on Christ. Three, it is designed to function only under the power of the Holy Spirit and the Word of God that has been assimilated by faith.

The believer's spiritual life is unique only to them; it is theirs and theirs alone; it is uniquely designed by God specifically for them and their unique personality; and it can be lived only by them. No one can live our spiritual life but ourselves and it is to be lived through the filling and power of the Holy Spirit centered around the Word of God.

Our spiritual life is eternal. It is given to us by God and comes from God. It existed from all eternity past because it comes from God; it exists now in us, (whether we live in it or not); and it will exist for all eternity future! The spiritual life that we have in us right now will go with us through death and will be with us throughout all eternity!

Even though angels are spiritual beings, they do not possess the same spiritual life and spiritual fellowship that believers in Christ have with God, because our spiritual life is based upon the spiritual life that Jesus Christ, the Son of God, the second member of the trinity possesses.

Eusebeia deals with maintaining our spiritual fellowship with the Father as we walk through this life and the application of this spiritual life principle to our daily external life. The concept of tranquility is just that. It is to take the principles of our own, unique spiritual life and apply them to our daily life, so as to bring about a sense of calm, peace and order in it.

As each believer's spiritual life is unique to them, so will be their sense of tranquility in their own lives and the various things they incorporate in it to bring tranquility about. One cannot enforce what they think would be tranquil on another believer and vice versa. We must learn to respect the fact that, even though there are many things believers have in common, i.e., salvation, integrity, righteousness, peace, etc., there will be things that differ in our lives.

Some believers may relax to the sounds of classical music, while other believers might be irritated by it; they prefer smooth jazz. Some believers may have a Japanese garden out in back that they can relax in, while others would prefer a rose garden, or a cactus garden, or no garden at all. Some believers don't want to have to do anything, while others like to keep their hands busy!

You see, effecting tranquility in our lives is effecting the things that bring **us** tranquility! Not somebody else. Just as in our spiritual lives, there are many doctrines that we all have the same common need for to maintain our spiritual walk with God, the filling of the Holy Spirit, living by faith, etc., but there are also certain doctrines that we individually need for our own souls. As our spiritual life has been uniquely tailor-made by God for our souls, so we will have to tailor-make our own atmosphere of tranquility for **our** lives!

And we need to keep in mind that when entering another believer's *space*, either by phone or in person, one must always be respectful that this is **their** environment and not bring with us things that would bring disharmony to it. Things such as: loudness, coarseness, negativity, noise, time wasting conversation, etc.. It's their space and we must respect their privacy and tranquility.

Perhaps an analogy will help in understanding this. After our journey in life is over, we finally go to heaven and meet the Father and the Son. And after meeting them face to face, they have something very special for you to do and send you off to a far distant part of his celestial kingdom to do the Father's will. You're going to go back and see them personally many times, but for right now there you are doing his will.

So what's going on inside you, in your spiritual life? Well the thing that stands out is your face to face meeting with the Father and the Son and the tremendous peace that you had with them. It is this peace and joy that you are continually experiencing in your spiritual life in this remote and distant planet. The second thing is that you were sent there to do the Father's will. So now you concentrate on doing the will of God, while you are enjoying God's peace moment by moment.

It's that same idea with us today, except we haven't been sent to a far and distant planet; we are already on it! And while we're here, we're to be doing the Father's will. And as we go about doing the Father's will; we are to be carrying his peace around us in the sphere of our inner, eternal life, and living in the same sphere of tranquility that we would have in our story!

I. Christ Centered Environment.

“Thou wilt shew me the path of life: in thy presence [is] fulness of joy; at thy right hand [there are] pleasures for evermore.” Psalm 16:11

If there is joy in the presence of God, then there is also peace, for he is the God of peace. What this tells us is that for us to have peace in our soul and peace in our homes, then we are going to have to center everything in our lives around the Lord.

Prayer, Bible study, listening to the teaching of the Word of God, the filling of the Holy Spirit, claiming the promises of God by faith, confessing our sins if necessary, living in the new nature, these things need to be the focus of our lives.

While concepts connected to the world system, the flesh nature and things of the occult are to be removed from our homes and our thinking. One has to learn to recognize when the flesh's emotions are controlling them: fear, anger, guilt, envy, etc.. One also needs to learn to recognize the twenty five different categories of lusts as well. And not only that, be able to recognize when they are being influenced by one or more defense mechanism concepts, or garbage in the soul, so that one can recover the spiritual life dynamic, for in it is peace and tranquility that we so desperately need in our lives.

J. Peace in the sphere of faith.

“Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.” Romans 15:13

ο δε θεος της ελπιδος πληρωσαι υμας πασης χαρας και ειρηνης εν τω πιστευειν εις το περισσευειν υμας εν τη ελπιδι εν δυναμει πνευματος αγιου.

This is a passage that is overlooked by many believers, but it does give us insight into the dynamics of entering into the spiritual life of **joy, peace and hope** that God freely provides to all his people and it is found in the exercise of faith in his Word! When the believer in Christ exercises faith in the Word, that activates the spiritual life dynamic, and it is in the spiritual life that we find peace, joy and hope.

“In believing” is en to pisteuein, or “in the believing”, or, in the sphere of believing. When we have en plus the locative of sphere, it denotes that something takes place within the sphere of something else. College bowl football games are played in the sphere of the football stadium. Baseball games are played in the sphere of the baseball stadium, etc.. The action takes place within the sphere of something.

What is in view here are the spiritual concepts of joy, peace and hope. But what this tells us is that **they take place within the sphere of believing!** And whenever you have the idea of believing in the Bible, it is always connected to believing the Word and trusting the Father.

So what does this mean to us? If we are going to have peace in our souls, and a tranquil environment in our homes and lives, then we are going to have to have a life centered around faith in the Word of God. Our lives and homes are going to have to be centered around the promises and teachings of the Word of God and our faith in them!

Will there be times that we fail? Yes. But that should not stop us from keeping on living the spiritual life, trusting the Father and the exercise of faith in his promises to us. And as we keep moving forward peace and tranquility will be an ever more present reality in our lives.

And there are warning signals that we can look out for. Something that can alert us as to what's going on when we get outside the spiritual life.

- *1 Warning Signal – when we've lost our peace.
- *2 Warning Signal – when we've lost the relaxed mental attitude of agape love.
- *3 Warning Signal – when our souls becomes agitated, or in turmoil.
- *4 Warning Signal – the activation of the emotional complex.
- *5 Warning Signal – starting to want this and that.
- *6 Warning Signal – garbage in the soul starts to plague the believer.
- *7 Warning Signal – leave grace, faith and truth and go into error or legalism.

Think of them as warning lights on the instrument panel of a plane alerting the pilot that something is wrong and one needs to get back into the spiritual dynamic. And for us, it's to get back to the faith rest life.

David fully understood the peace that came from exercising faith in the Lord when he wrote Psalm 4:8, *“I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.”* He could sleep and have peace knowing full well that he was protected by the Lord.

Pastor Mike