



No Wake Zone

Part 6 – He is Our Refuge

Pastor Ted Cunningham

Kelly Robinson's on Dillon Robinsons serves currently on board the USS Louisiana as a ballistics submarine out of Washington State.

Ross White, a member of our church, is a Vietnam Veteran in the Air Force served for six years.

Jess Harmon served in World War II, was captured by the Japanese, held and tortured for 16 months. Many of his comrades didn't make it, but he did. He loved America and came home and loved us all like crazy. He never missed a day of work. He was an awesome man, uncle, and American.

Kelly Robbins served in the Military Police for the Army in 1995 to 1999.

Michael Clymer served in the US Army in 1998 to 2002.

Michael Mize served in the Navy for six years, first in the Gulf War and now as a disabled veteran.

Tony Scott is a Vietnam Veteran and served in the Navy Air Force for nine years, six months, and twenty-eight days.

Sargent Jake Ellis served in the United States Marine Corp, was stationed in Hawaii for five years and of all places, was just relocated to Minneapolis, Minnesota.

Boatswain Mate Third Class Glen Greenstone served in the US Coast Guard 2004 to 2010

Lieutenant Colonel John Greenstone served in the US Marine Corp 1941 to 1973.

Gary Hull proudly served in the US Army for five years.

Jesse Fosnaugh served six years in the US Air Force from 2002 to 2008 as an A-10 and KC135 Fuel Mechanic. Jesse also liked to serve his late Father-in-law, Sonny Clevenger, who served in the Navy during World War II.

Julie Mitchel served in the US Navy as a hospital corpsman 1993 to 2005.

Paul Mitchel is a retired US Navy who served as a hospital corpsman served 1991 to 2011.

Havey Rassado Captain Active Duty Airforce

Dee Johnson's son-in-law, Ryan Bernhard, and husband served in Iraq. 'The son-in-law is now a hero to me. He is a fire fighter in Ozark.'

Gene Husted enlisted in 1944 when he was 17. He took training at Great Lakes and from there, three different ports in California and was at Pearl Harbor three different times.

Dreya Beck served in the US Navy from 1993 to 2001 at Andrews Air Force Base.

Mike Sorci served in the US Navy from 1973 to 1977.

Mesa Mitchell's Papa Ben, following his graduation from high school in 1954, enlisted in the US Air Force where he honorably served for three and a half years.

Tina McIntyre's older brother, Gene Peterson, served in the Navy four years on the USS Roosevelt, stationed in West Virginia.

Jake Henshaw served in the Army from 1970 to 1971 as an Ammunitions Specials in Vietnam.

Matt Gumm's Grandpa Bucky served in the Army and was stationed in Korea during that war from 1951 to 1953. Another grandpa of Matt's, Morton Gumm, served in World War I and Thomas Gumm served in the Civil War.

Walter Bud Lewis, Randy Shetley's grandpa, served in the Army Air Corp as a waist gunner on a B24 during World War II. He was shot down 70 years ago this week. Only three of his crew survived. Captured by the Germans, he was a POW for ten months and liberated by the British near the end of the war. He is 92, still lives at home, drives, has an iPhone, is a HAM Radio operator, and has been a dedicated follower of Jesus.

Ginger Cheek says Philip Cheek served in the US Navy from 1988 to 1993 as a weapons technician third class in Operation Desert Storm on the Dwight D. Eisenhower. He worked on the nukes. The doctor said that may be what caused his bladder cancer, but, praise the Lord this Independence Day, he is free from cancer and will be shooting off fireworks with his kids.

These are all of the veterans at our church and when your children leave church, we have a box full of Army men. We are going to ask that your family pick one up and set it somewhere in your home to remind you and each member of your family to pray for those who are serving, to pray for those that are recovering from the sacrifice that they made in previous wars. It's a good opportunity for us to be grateful, to show our thankfulness, and to pray as well.

There is a lot going on around the campus here and you can probably tell if you walked the way towards fast pass parking, that we're building. For the last few years, as we've grown and we've needed space... Even on a weekend where there is rain, this is a good summer crowd. We are scared to death about the fall. The number of people on Father's Day was our largest Father's Day attendance ever. We had 1,850 people on campus. Keep that applause going because now we need your help. We've been able to renovate buildings, but we've kind of run out of buildings to renovate. We are building a new 4,500 square foot building for elementary. It's going to be great for Wedding Receptions as well. We are going to be able to house a lot of kids in there.

Here's what we need. This is going to cost roughly, with move in, furniture, and everything, about \$225,000.00. We're going to get \$50,000 of it that if we ever move off this campus... and that may be a question you have as we are in rented facilities. We don't own this land that we are on, but we've been here for 12 years. Our answer to that is every year, before we put any capital improvements upon this property, we think through what it would be if we owned... The reason we put this picture up here is because... and the elders said we need to share this with the congregation, share what the need is, share that we are building this, that we've started the progress. We have resources available, but we always want to put it out there for you.

Some of you may see this and say "Yeah, that's something our family wants to get behind as you give today," but as you give in the weeks to come, if there is something your family wants to do above and beyond normal tithes and offerings, we want to encourage you to do that. You can put "Special Children's building" in the memo. We want to thank the DeJager's Construction and Log Homes. They are the construction crew on this job. They do a great job for us. They work hard, they give much, and we are grateful for them and their sacrifices, as well to making this building happen. Again, we believe this is a great investment. Even if we are here for a few years and go somewhere else.

Some of you may be new to Woodland Hills and wonder if we own this place. We lease this place. We own land over in Branson Meadows, but when you do the spreadsheet, it makes sense to stay here; I can promise you that. We want to be good stewards with what God has called us to and we just want to encourage your generosity. If anybody wants more information about this, you can contact the church office and we'll be happy to share with you. It's 4,500 square feet with the porch, it's going to be roughly 6,700 square feet. It's going to give us a lot of space. Again, we are trying to stay at that two service mark of 9:00 and 11:00 because everything changes when you add a third service. Again, we are grateful for the time to be able to share that with you.

We are going to move into the message. We are in this series called *No Wake Zone*. A few of my type A folks in the church have said, "Do you think it's worth it to spend all summer talking about rest?" Only a Type A is going to ask that questions right there. Rest and thinking about rest and talking about rest and finding our rest in the Lord doesn't mean we are lazy. It's doesn't mean we are bored. It doesn't mean we have nothing to do. We understand the value of rest and rest leads to greater trust. Rest allows us to back away.

We find some benefits to rest. The first one is just a **relaxed pace**. We all need this time away. The scripture calls this the Sabbath, the rest day where you work six days, but you take one day and it has a

different pace and a different rhythm and you cut back. You don't just do different activities that wear your soul down, but you do different activities that rest you and **replenish your soul** and bring you to a place where you are able to figure out what is really going on and what you need to work on in your life. What is it about my physical, emotional...? I know what my physical needs are. Exercise. Emotional needs, mental needs, diet needs, spiritual needs, financial needs... You just begin to think about all of your limits and the loads. Are the loads hitting those limits, are they exceeding those limits? A replenished soul knows what the limit is in every area of their life and makes sure the load is staying beneath that.

There is another one that I love about the No Wake Zone, coming out of full throttle and going into this place of rest and it's a **renewed purpose**. Maybe you'll come out of the no wake zone full throttle in another area of life. Maybe you're peeling back and going into the no wake zone, getting out of full throttle in this area which may be work or maybe retirement. Maybe it's this job into a new job. Maybe it's single life into married life. Maybe it's married with no children to now married with children. So maybe it's a renewed purpose.

For Amy and I, whenever we get away, her big thing for us is that we read a book that has nothing to do with anything. Does anybody know what I'm talking about? We are not allowed to read ministry books. We're not allowed to read books to sharpen us in what we do in our lives. So, I'm not allowed to read books like *101 Refutable Laws of Leadership*. I'm not allowed to read books like that because those wear me out. She reads fun books. I read fun books.

We went away the first week of June and it was just the two of us. We put the kids in camp for their spiritual wellbeing. But, what it does for us... Praise your Father in heaven. I think we need to go back to the days where we give them to a camp all summer. Does anybody in agreement with me?

We sit down in a lounge chair on day one of our vacation. I know we travel a lot for ministry, but unrelated to ministry, we do this about once a year. We sit down in a lounge chair and she pulls out this book. She surprises me with a book that she knows is a dream of mine, a passion of mine. I don't know if it's ever going to happen, but she bought me a book called *The Essentials of Living Aboard a Boat*. She knows I want to live on a boat like a houseboat or a boat on the ocean. The idea of traveling the world on my own boat. You're thinking how you'd never see me again. I don't know if my family would ever see me again because I don't know if I'd get us anywhere safely, but I just want to live on a boat.

I rip into that book and my heart is racing because this is going to fuel my purpose of living on a houseboat or living on a boat on the ocean one day. It may be 20 or 30 years from now. I want to sell everything, live in a one room boat with an alligator out front. Doesn't anybody know what I'm talking about? Remember Miami Vice. Anyway, I have this dream.

I sit down. We don't say a whole lot for the first two hours of rest, but we're resting in the no wake zone. I read the book for two hours. There is a table in between the lounge chairs we were sitting in. About two hours in, I close the book and I set it down.

She goes, "Well, what do you think?"

I said, "Well, I will never live on a boat."

She said, "What?!"

I said, "Yeah. For one, this guy is pretty funny." His name is Mark Nicholas and he tells all these horror stories. I don't think he's a salesman for living aboard a boat. I said, "This is not how I'm wired." If I'm being honest with you, this is never going to happen. I'm more of a live on a boat with a wait staff. Does anybody know what I'm talking about? I think we call this Disney Royal Caribbean. I think there is another term for this. I'm more of a cruiser than I am owning my own boat.

I put the book down and I thought *Wow, that's what it does... a renewed purpose*. This is good. I know I have taken the time to realize something major in my life, but then I started thinking *Did Amy give me this book to fuel my passion?* I started reading it and I started looking at her as she's over there. Because it's not her thing. It was my thing. She bought me this book so I would come to that conclusion. She can't believe I came to that conclusion in two hours.

That's what the no wake zone does. Hopefully, this summer, the no wake zone isn't just "Man, I'm now feeling lazy." No, that's not the purpose of rest. The purpose of rest is to recharge. It's to have renewed purpose. It's to go "Okay, I heard clearly from the Lord on that break. This is where I'm headed." But, it's not just where I'm going. It's like I now know I'm not getting there by boat. I thought we might be missionaries and travel the world on a boat. That ain't going to happen because I would take up way too much of the Coast Guard's time. That's what I learned.

I'm going to ask you. What decisions are you making? Hopefully, you're making some. Hopefully, clarity is coming to you. I talk to folks all the time around here who are just in a daze about their life. Their life is like a fog. They don't know the next step to take. When a job gets offered to them or when they get the phone call saying, "Hey, I've got a great business opportunity," they are the type of person that pounces on it because they don't have clarity. They find themselves making crazy decisions because they don't have a relaxed pace or replenished soul and renewed purpose. That's the goal of this series.

If you have your Bible, I want you to turn to Psalm 91. We've shared about Psalm 90 quite a bit around here, but I've never taught out of Psalm 91. This is a psalm of trust, a psalm of security, a psalm of finding our refuge in the Lord, understanding that he is our salvation. Today, this psalm deals with and paints pictures of our physical security, which most of us get caught up in all the time, but I hope you see more than your physical security, your greater need is for spiritual security. More than just your need from danger physically and the danger and the evil that can come against you, your spouse, and your children, I hope you have a greater concern for your spiritual safety and your eternity.

This psalm breaks down two people. You have the wicked who are condemned by God's righteous law and God's righteous wrath. His judgment comes against them. Then you have the righteous. Why are we righteous, believers in Christ Jesus? It's because of Jesus we are declared righteous. We are going to

look at these two today, but I want to talk first about this idea of security. I want to show you this very first picture. This is a baby swaddled. Do you remember coming home from the hospital and doing this?

Some of you are wondering if that is Norah Gumm. It's not Norah Gumm. Matt and Katie had their baby, by the way. They had their baby and that's why they're not here today. I would never show you a picture of Norah. That is Matt and Katie's job to introduce their sweet girl to you.

Do you remember wrapping your babies like this? With the first child we had, Corynn, we came home and I remember Amy wrapping her so tight. I said, "Lighten up on this child! I want the child to breathe." My swaddling was loose because I like comfortable clothes. I don't know about you, but I like to just kind of be there. Amy explained to me that when the baby is tightly swaddled, she feels the safest. The baby that just came out of the womb wants to feel like it's in the womb. This baby wants that security and that safety. It's in us. Security and safety and the desire for it is hardwired in to his.

Let me show you this next picture (electrical transformer). How many of you remember this? What is that called. I'm waiting to hear the right answer. When you were a child, what did you call this? It was base. That's where you were safe when playing tag or war or capture the flag. How many remember it as base? You couldn't be touched when you were touching that. You couldn't be out when you were touching that. I spent half of my childhood sitting on that right there.

When I saw this picture, never in all my years noticed that little sign right there that says "Caution – Don't touch or sit on this." When I saw that, I said "That explains why I went to community college." But, that was base. That was the place... when you were in the yard, you weren't safe. And, being the pudgy little kid who couldn't run very fast, I was looking for green boxes everywhere. When I would get one in my eye line, I would get there and then I would be there like I was at the first part of this message – all out of breath. I would wait there for 20 minutes. Then they started putting rules in place of how long you could stay on base. That was for Teddy. He had to keep moving.

I love movies. My favorite scene in the Taken series is in Taken 2 when Liam Neeson and his daughter are in a taxi cab, being chased. They are trying to get to the embassy. When you are in a foreign country and you're having problems, you find the embassy. If you haven't seen Taken 2, do not watch that until you have seen Taken 1. We want to keep this thing in order. This is a picture of our embassy in London. So if you're wondering where your tax dollars are, there is where half of them are. This is a beautiful embassy. If you have problems in England, get there. Why? That's because when you get to an embassy, you will find Marines standing on the wall.

These are Marines, guarding our embassy in Afghanistan. You always feel safer with a Marine. They are crack shots. They don't miss, it only takes one shot, and you are safe. I've never had a need to run to an embassy. I've only been in a couple of foreign countries, but I know where the embassy is. If you travel internationally a lot, every time you land in a country, you should have a good idea where the embassy is. Why? If you get in trouble as a citizen of the United States of America, you need to find an embassy. Look for the Marines standing guard. Get by one of them like we used to do when we were little kids getting by our parents' leg. Hold onto that Marine's leg for all you've got.

It's that same feeling of security you get when you go to the airports (shows picture of a TSA agent sleeping). I love our TSA. I'm sure this guy is on break and just needing a little nap. But, security is hardwired into us.

I want to take us for just a moment today and establish for you from the scripture, from God's Word that the Lord is our refuge. He is our security. And, not just physically, but more importantly, spiritually.

Let's look at Psalm 91, starting with Verse 1. ***1 Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.*** Whoever dwells... another term for gets close to, spends time with, embraces, is near. ***2 I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."*** If you are spending time in the no wake zone this summer, you should be not just getting rest, but you should be developing deeper trust. What that time in the no wake zone should be doing is drawing you closer to the Lord. It should be bringing you closer to understanding He's got this. It should leave you with an overwhelming sense of "This not my problem alone to carry. He's got this. I will rest in him; he is my dwelling place."

It's the same thing that is said by Moses in Psalm 90. "From generation to generation, you have been the dwelling place. When we were lost, you directed us. When we were hungry, you fed us. When we disobeyed, you disciplined us." From my grandparents to my great grandparents to my generation to my children's generation, the Lord is always the one you can turn to.

3 Surely he will save you from the fowler's snare and from the deadly pestilence. It's going to use imagery here and it's going to be very closely tied to Exodus 7 -12, which is the probably the best historical illustration we have, speaking of the Israelites' exodus from Pharaoh and the Egyptians.

Now, I love Verse 4 and every parent in here can understand Verse 4. Verse 4 is the struggle we have with our children. We tend to swing from gentleness and protection to rough and tough and harshness protection. We are taking care of our kids all the time and then we realize they are getting away with murder. That's a famous expression parents love to use. "Now I need to bring the hammer down."

The time I said that to Carson, the house was getting out of control, they weren't listening to their mom, that passiveness was coming into the home and I walked in and I said "Alright, it's time to bring the hammer down."

Carson jumped up and he went running around the house, picking things up. Amy comes up to him and asked him what was going on because he was kind of weepy. Carson's exact words to Amy were, "Dad said if I don't pick this stuff up, he's going to hit me in the head with a hammer." That is not what I said. He was paraphrasing what I said. But, isn't that what we struggle with as a parent? We go back and forth between the two of them.

Maybe in your home, one parent is gentleness and one parent is toughness and the kids know when to run to who. Some of you like being the Marine dad because when you are out and about and there's trouble, your kids know they cling to you; they come to you.

I still love that time. I think Carson is growing out of it, but when we walk through crowds and he doesn't feel safe, who does he cling to? It's me. He grabs my hand. Now, he's grown taller, but when he was younger, he would grab my hand especially if it was in a big city with a large crowd.

Watch this word picture we get of our heavenly Father and how your Father is security for you. ***4 He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.*** Let me give you those two word pictures with a picture. The first one is this idea of a mother hen protecting her chicks. This is the security that our heavenly father brings us. This is that gentleness; this is that care-giving protection.

We are out of the season already, but we love driving down to The Landing by Scottie's Trout Dock after the ducks and the geese have all had their babies. They seem to get very big in like three days, so you have to catch it quickly. To watch those mother ducks get over those ducklings. If you get close, the duck looks at you like they're going to do something about you. Don't you love that look. I shouldn't bully a duck, but I'm like, "Look, this duck thinks it can take me on." That duck is going to do everything in his or her power to protect those ducklings. This is the care-giving protection we have in our heavenly Father.

On our trip where I read this book and decided to be a land lover, Amy and I... You know this if you're new to our church, but I have an issue where I randomly pass out. It has been diagnosed. I had a guy diagnose it a couple of weeks ago, but when I deal with human suffering, I lose all the blood in my head and in two to three minutes, I'm out. I can't explain it, but it happened all the way back when I was a small child and they made me watch the birthing video in junior high. I was out on that one. That was my first issue of human suffering. I thanked my mother and have loved my mom ever since.

That was one of the first ones and then in high school... I'm sharing with you because you shouldn't watch this movie, but I watched my freshman year of college, I watched the movie Seven. It's a gruesome movie and I shouldn't have watched it. I was laying out in the hallway at the movie theater. My friends were asking me what was going on. I told them I just needed 20 minutes. All I need is 20 minutes to get the images out of my mind. So, I know with movies... I'm thankful the Lord has protected me from that. I know what I should and shouldn't watch. Our kids have been hurt a couple of times and I just passed out. Amy knows when this is happening and she comes into that mother hen mode.

We were on a flight on this trip and I was in the middle seat. This was in June. Amy was in the window seat and a rather large Latino fellow is sitting on my left. Amy put on a movie and the movie was about the tsunami. It's a PG13 movie. I didn't think anything of it. I'm watching it and the woman gets hurt and she begins to really be in pain over this wound on her leg. I'm not really fully engaged in the movie, but pretty soon, I go, "Oh, no."

Amy will explain it to you, but my lips turn blue and everything around my lips turn blue, I turn blue under my eyes; I'm whiter than I normally am right now. I just go completely and totally white. I know I have two to three minutes to prepare those around me and to prepare the room. We had drinks and everything on the tray table.

I said, "Hey, babe, I'm about to go out. So, let's clear off these tray tables." I don't remember any of this, but she says I was calmly clearing off the tray tables and putting them up. I put stuff in the bag and we were putting stuff under the seat. And then I'm out.

I wake up 20 minutes later to this hand stroking the hair on the side of my head. *Honestly, my first thought was It better not be that big Latino fellow that I just sitting next to. That would be awkward.* She's just rubbing my head and as I came to, I asked her what happened. She said, "The same thing as normal." It happens maybe every other year. I got up and I start to come to and I was doing good. The Latino guy was sound asleep, so he didn't know anything that's going on.

Amy said she checked my pulse every few minutes. Then she says, "Really, Ted, I don't want to say this because of how much you travel and because of driving and all that. I really think you should consider a service animal."

I said, "Are you serious? That's why I travel with my children. They're service children; they're not just my kids." They know the situation. Carson has helped me out to a waiting room. So, when I don't visit you in the hospital, it's not because I don't love you; it's because I don't want to create more work for the staff; that's the primary issue. But how many of you know when you are helpless? That's the only way I can put it: help less. You need to get this picture because this really... Because you talk about it with your physical safety, but really your spiritual safety is the most important safety to think about, you are helpless when it comes to the condition of your soul.

Then there was another word picture that he used. He used *rampart*. Let me show you *rampart*. We go from a mother hen protecting chicks, Verse 4, to this picture right here. It's a wall protecting a city or a compound. Our Star Spangled Banner has in it: "O're the ramparts we watched were so gallantly streaming." Meaning you get to the embassy, you look for the wall, and behind the wall, you are going to see Marines and you're going to see the flag flying. Get there because there is safety. This is the word picture of how God protects you, how God is your refuge. He is like a mother hen over chick and like a stone wall over a city.

Verse 5 goes on and we get even more pictures of the terror that can come against us. **5 You will not fear the terror of night, nor the arrow that flies by day, 6 nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.** Again, in Verse 7, no greater picture in history do we have of verse 7 than found in Exodus 7 – 12. All the plagues that come upon Egypt and Pharaoh. Every one of them hits Pharaoh and the Egyptians, but they do not hit the Israelites who have placed their trust in God.

7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. 8 You will only observe with your eyes and see the punishment of the wicked. This is important because not only will the wicked not prevail against you as a follower of Jesus, but more than the wicked around you prevailing... That's where you're at today. You say, "It's the people around me that are bringing the disaster upon me." No, they will not prevail against you because the Lord is your refuge. But even more than that, God's wrath will not fall on you. This is the important text.

9 If you say, “The Lord is my refuge,” and you make the Most High your dwelling... this is so important. When I was studying it this week... This morning, I woke up at 4:00 am and I believe, as I started thinking this through and praying this through again, I was reminded, at 4:00 this morning, of an assignment I got in seminary. The professor said, “I want you to prepare a way to share the gospel of Jesus with an Orthodox Jew, using only the Old Testament.” I wish I still had that assignment to see what I came up with, but this morning I woke up and said, “The next time I’m with a Rabbi, I’m bringing out Psalm 91 because this is a psalm of trust with a major Messianic thrust. This is the picture of Jesus for us. This is one to bring into a gospel presentation using only the Old Testament.

So, he says, **9 If you say, “The Lord is my refuge,” and you make the Most High your dwelling...** And we say this. If you’ve not professed faith in Jesus Christ, I want you to hear this clearly from the heart of a church that loves you, you are a sinner, condemned by God’s righteous law and you are destined for eternal punishment.

But, there is forgiveness in Jesus. Confessing your sins and placing trust in Jesus as your substitution. Jesus took your place. If you will say “The lord is my refuge, I place faith in Jesus” and you make him your dwelling, not you, not the plans of enlightenment that the world wants to give you, not Oprah Winfrey cuddling your inner self. No, you make Jesus your source of life. You make Jesus your source of security.

If you do this, **10 no harm will overtake you, no disaster will come near your tent. 11 For he will command his angels concerning you to guard you in all your ways...** Here we get a picture of not just the big ways that God protects us, but also he cares for the little ways – that which is going on in your life. **12 ...they will lift you up in their hands, so that you will not strike your foot against a stone.** This is not telling us that if you place faith in Jesus, you won’t stub your toe. That’s not what this is saying. What this is saying is that God is even concerned for the minute details of your life. When we pray, it’s not just the big stuff, it’s every area of our lives that he is concerned with.

In Matthew 4, this is the text that we read that Satan used. He used Verses 11 and 12 to quote to Jesus. And Satan is abusing this text as many of us would like to do sometimes with scripture. We like to think we can take God’s word and do whatever we want with it, but watch what Jesus says. The devil took him to the Holy City and had him stand on the highest point of the temple. “If you are the son of God,” he said, “throw yourself down for it is written...” and we’re going to get Psalm 91: 11-12. “He will command his angles concerning you and they will lift you up in their hands so that you will not strike your foot against a stone.” Satan is tempting Jesus here and says, “Why don’t you do it. Let’s prove this.”

Jesus said, “It is also written...” this is so important when people want to misquote scripture to you. A good Bible study method is correlating the scripture to say “Yes, it says this, but it is also written...” That’s why, in Psalm 91, when you say no harm can overcome you, that means, follower of Jesus... Wealth and prosperity teaching says place faith in Jesus and it’s going to be great. You’re going to make a ton of money, you’ll never be ill, you’ll never die. Not true. The chapter right before Psalm 91 says “70 years you have upon this earth, 80 if you’re strong, but those years are filled with sorrow and anguish. Yes, even followers of Jesus go through difficult times.

James 1 says that we should count it all joy when we face trials of many kinds. That's because it's not what we are going through, it's the one who goes through it before us. It is the one who is our security in every trial of life.

I think one of the greatest misquoted verses of all the Bible is Philippians 4: 13. ***I can do all things through Christ who strengthens me.*** Let me help you as a pastor. No, you can't. You can't stand on top of building and say "I'm going to fly" and right before you try to fly say, "I can do all things through Christ who..." Then you fall to the earth and you're done. This is exactly what Jesus is saying to Satan. "Don't test the Lord your God this way. You don't test God this way. this is not how it works."

Back into Psalm 91 as we close this out. ***13 You will tread on the lion and the cobra; you will trample the great lion and the serpent.*** Verses 14, 15, and 16 give the strongest Messianic message that I want to share with you today. I want you to consider all that you are going through, everything difficult. Some of you recently received cancer diagnosis. Some of you have been told that your spouse is walking out and done. Some of you have been alienated from a family member, from a child, from a parent and your thinking of all that you're going through and you're wondering how to find refuge in the Lord. Well look at what the scripture says. ***14 "Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name."***

It's been an added prayer for me in the last couple of days. When I pray over my kids, I'm adding this. I had a man pray this over me about three weeks ago. It's just powerful. When he said it, I was like, *Let me never forget the power that we have in the name of Jesus.* I've been ending my prayers more lately with, "in the authority of the name of Jesus and in the power of the blood of Jesus." I pray that over my kids every day. I want the Lord to know I have placed my faith in him and my trust in him no matter what happens. If you're in the no wake zone, you may start to think *The doctor said I need to do this.* Bless your doctor, honor your doctor, seek your doctor's advice and counsel, but understand your doctor is just a man or woman, not your ultimate source of security. The one you should be leaning into now more than anyone is God.

15 "He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him." I hope you see salvation coming through in Psalm 91. In your time of trouble and in your time of greatest need call out to your Father in heaven, placing faith and trust in Jesus. ***16 "With long life..."*** Most scholars believe this is foreshadowing eternal life. ***"I will satisfy him and show him my salvation."***

I'm going to ask that you bow with me this morning and we are going to enter into a time of taking the Lord's Supper. Before we do, I have some things I want to share with that man or woman, boy or girl who is in here today and has never placed faith in Jesus, never been delivered from the ultimate danger, which is eternal judgment, separation from God's presence forever. I just want to state this clearly. As we take the Lord's Supper, 1 Corinthians 11 is very clear. You can't take the Lord's Supper if you've not placed faith in Jesus and we would not have you to drink judgment upon yourself. But, I would love for some of you to take the Lord's Supper for the very first time today as a believer in Christ Jesus.

With heads bowed and eyes closed, I'm going to give you an opportunity to place faith in Jesus for the very first time. On this weekend, a weekend where we are thinking about the blood that was shed by

men and women to give us freedom in our nation, now we are going to go into a time of remembering our Lord who shed his blood for our eternal freedom, our eternal life.

If you've never placed personal faith in Jesus, start today by recognizing your sinful condition and the danger that creates. It's the greatest danger. It's more than pestilence. It's more than a fowler's snare. Be able to say this. "I am a sinner. I sit here right now, condemned. I am destined for eternal punishment." Be able to claim that. Take responsibility for that. Here's the good news of the gospel. Jesus offers your forgiveness for your sins and safety found in eternal life in the presence of God. Acknowledge your sin and trust in Jesus, in his death in your place. Call on him for your salvation. You will be delivered from the danger of divine wrath and given the free gift of eternal life that is found only in the Lord Jesus Christ.

If you acknowledge that today and you prayed that and you placed faith in Jesus, let me be the first to say welcome to the family. I want you to hear this clearly. In Christ Jesus, there is no condemnation. A moment ago, you said you were condemned by God's righteous law. Not anymore. You no longer stand condemned. A moment ago, you said you were destined for eternal punishment. Can I just tell you that you are now destined for eternal life in Jesus?

Father, in the name of Jesus, I am grateful for those who confessed with their mouth and they are believing in their heart that Jesus has been raised from the dead and they are now trusting completely in the work of Jesus for their salvation. There is no condemnation for those who are in Christ Jesus. For you so loved the world that you gave your one and only son Jesus to die on a cross that we might have eternal life. For the wages of sin is death, eternal punishment, but the gift of God is eternal life through Jesus Christ our Lord.

We are grateful for the time you are bringing our church through this summer. We know you are gearing us up for something going into the school year and into the fall. Allow this time in the no wake zone to give us clarity, to give us renewed purpose, to give us a rekindled passion for what you have next for us individually, for our families, and for our church. We look forward to that.

It is in the name of Jesus that everyone agreed and said... Amen.