



## Episode #263

### How To Overcome Everything

**Host:** Ray Edward Show episode 263. How to overcome everything.

[music]

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**Ray:** Well, hello. Hi. Ray Edwards here. Sean is under the weather. He's taking this week off. We've got a great episode in store for you. We've decided to move our listener appreciation episode to next week, and this is going to be a chance for you to get promoted on the show. Just go ahead and remove the mystery from how that works. If you will subscribe to this podcast in iTunes and then leave a rating, and a review in the iTunes podcast store, we will see that, and we will give you a shout out on the show next week.

Now, what you need to do is make sure you put your real name and maybe even your website URL in your review that you write because people have strange iTunes usernames. If you don't put that information in there, we may end up reading your great review and then have to say something like, "Thanks to footballer number 23," or some bizarre thing like that. Just put your name and your website address in there if you want to get that promoted on the show. We'll put you into our *Mirror and the Door Listener Appreciation Show* that was supposed to happen this week.

But since Sean is not with me, I'm going to wait and do when he could be here. In this episode, we will be discussing the very easy question of why does God allow bad things to happen to good people? We have a light stuff. Then I'll share with you a magic photo bag that is bigger on the inside than it is on the outside. You may have already heard me talk about this. If you have, shhh. Don't spoil it for everybody else. Then finally a remarkable conversation with Mark Goblowsky the creator of the *Strength Through the Struggle Podcast*.

**Commercial Advertisement:** Does anyone want a little life that is long and prosperous? Spiritual foundations.

**Ray:** Well, you know how it is on spiritual foundations. I love to tackle the simple questions. This week's question is why does God allow bad things to happen to good people?

This is a big question for a lot of people that harkens back to one of the biggest objections to Christianity as a religion. That is the problem of the evil. If God is perfectly good, and He is all powerful then how can even exist? That's a big thorny question.

It leads to other questions like why does God allow bad things to happen to good people? You might as well go ahead and ask the flip side of that why does God allow good things to happen to bad people. The answer to the question-- I believe this is just my opinion, one man's opinion, I do base it on scripture. I'm not going to give you a whole exegetical section of this episode. I'm just going to tell you what my feelings, and my thoughts, and my beliefs are. I can back them up if I need to, but this is my answer.

God doesn't allow this stuff to happen. You say, "Well, He's all-powerful". Well, okay, He set up the planet with certain rules and put us in charge of the planet in a little place called the Garden of Eden. The human race goofed up and handed the keys to the planet over to the enemy, Old Scratch, also known as Satan. Satan, the devil, is the architect of evil. Now, you might ask me, "Well, Ray, doesn't that mean that God allowed Satan to exist and He allows him to perpetrate evil?"

In some sense, doesn't that mean that?" I don't know how to answer that question. I know this simple theological principle that whenever I get pulled off into a rabbit trail like that, this really helps me. Follow along. God is good, the devil is bad. That helps clear up a lot of things. God is the source of all good things. Satan is the source of all bad things. That really simplifies the questions. Thank you, Bill Johnson, for that great theology lesson. Now, God frustrates the devil by producing good from the bad.

A lot of people have as one of their favorite verses Romans chapter eight verse 28 which says, "We know that all things work together for good to those who love God, to those who are called according to His purpose." If you follow Jesus Christ that includes you. We're all called. The question is, do we answer? Instead of constructing elaborate theologies to try and explain why God allows bad things to happen or that He intends for us to suffer, we can learn a lesson from it which I think is ludicrous.

Let's just take Him at his word that he causes all things to work together for the good of those who love Him and who are called according to his purposes. There are so many vexing questions that can throw you off your faith, and the peace that comes from that faith, and trusting God even in bad circumstances. Look, I'm not this person who is living in a perfect Khushi world where I have no problems. I have problems. I have really hard stuff to deal with just like you do. What carries me through that is my faith that I don't understand it, but God is going to make it all work out in the end.

All these other questions that are designed to distract us and disrupt our peace and our joy my response when I'm confronted with those is just to say, "I have no opinion on that." People will try to press me and say, "Well, but if you're being intellectually honest you need to answer all these questions before you can actually say that you have faith in the Bible and faith in God". No, I don't. I don't have an opinion on that and you can't make me have one.

Next question. Just to elaborate a little bit on God's goodness and His response to evil, the death and suffering of His children breaks God's heart. He says so in the

scripture and that's why He became one of us and paid the penalty for sin so that we could have a perfect unbroken, unbreakable relationship with Him. Here's what I know. The most famous verses scriptures is John three 16. John chapter three verse 16 it says, "For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life."

A lot of people will read that and then followed up by saying "If you don't you're going to go to hell and you're going to burn forever, turn and burn baby."

What they're forgetting is they're forgetting to read the next verse which is the next sentence. Which is the other half of the thought when you read both verses together, 16 and 17, you get this, "For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life."

For God did not send his Son into the world to condemn the world, but that the world through him might be saved." Now, that's good news. If you have never received this gift, you can do it right now. For those of you who are freaking out because you feel like there's a church service happening on the podcast. It'll be over soon just go get a cup of coffee or something and then come back. We'll be done with this. But if you've never accept this gift before you can do it right now, you can just repeat after me.

God, I believe that Jesus Christ is your son, that you sent him to this earth to suffer, die, and conquer death. Rising from the grave, I accept the grace and the righteousness that he gives me as a free gift. I accept Jesus as the one who saved me and as the Lord of my life. Because of this gift, I will not die but I'll have everlasting life and I'll be with him eternally. That's it. If you prayed that prayer you are now what we call saved. For next steps, I would suggest you get a Bible.

The New Living Translation is a good version to start with because it's very readable, doesn't have any of these and thousand, and then start reading. I also suggest you don't start with Genesis. Read the New Testament. My suggestion is, read the New Testament starting from the beginning and all the way up to Revelation. If you're really brave and you can read Revelation. Don't let me scare you with that. It's a weird book but the ultimate story of Revelation is God's ultimate victory, and His redemption of the entire creation, and His reunion with His children for all time.

It's a good news book. It's not about the mark of the beast and all that stuff. No. It's actually called *The Revelation of Jesus Christ* not *The Revelation of the Beast*. Read the New Testament, start at the beginning of the New Testament, read all the way through. There is a great message from John Piper. It's not really a message. It's an answer to a question which is for new believers. Where do you start with reading the Bible? I put a link in the show notes to this recording. It's very short, but it's a great answer to this question.

**[00:10:00][END OF AUDIO]**

**[00.10.01][START OF AUDIO]**

just click on that link in the show notes go to [reyedwards.com/4/263](http://reyedwards.com/4/263) and scroll down the spiritual foundations, and you'll find the link there.

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**Commercial Advertisement:** Now simple hugs that make life cheaper, easier, and faster. Raise. Tip of the week.

**Ray:** All right. My tip of the week this week is actually just a piece of gear. It's the airport essentials photo bag. Recently, I acquired some new photographic equipment that I needed to take with me on a variety of trips. I realized I was going to now be forced to carry three bags my photo bag, my laptop messenger bag, and my rollaboard suitcase which has all my clothing in it. That is rather inconvenient because I had to check one of those bags because you can only take two on the airplane.

I started looking for a bag that would allow me to put my camera gear and my computer gear in one bag. The rule was, it had to be small enough for me to carry on even the smallest of aircraft, the CRJs, that I frequently fly on these little regional jets because I live in a small town. I have to take them if I want to go anywhere, basically. I did lots of looking and I finally came up with a few criteria. One was, it had to be a backpack because any rollaboard photo case, even the smallest one that I could find, might be gate checked when you get on board those regional jets. They force you to take your bag and put a pink tag on it, and they throw it in the cargo holding.

You get it when you get off the plane. That's fine most of the time, but if you have a couple of thousand dollars worth the photo equipment in your bag, that's not, still, a good idea. I was looking for a backpack. I found this remarkable backpack. It's made by a company called Think Tank. I'll put a link in the show notes. The bag is the airport essentials photo bag. It currently is holding. I'm looking at it right now. I have it. Finally, I figured out how to organize it.

That's always the challenge to the new bag. Isn't it? Figuring out how to organize everything inside of it. I got it organized with all my photo gear, and my computer gear, and my iPad, also my MacBook Pro 15-inch, my 9.7 inch iPad Pro, all my power adapters, all my camera stuff, all the things I need to take on a trip is in this tiny little backpack. I don't really understand how they designed it to be small, and I can get everything into it, but I can't. It's a little heavy, that's for certain, which makes it a good thing.

It has very comfortable straps. You just strap it on your back and you're good to go. It will fit even under the seat on a regional jet. This is my new favorite piece of gear. It's the airport essentials photo bag from Think Tank. They have some other great bags if you want to look at some of the other stuff they have. I'm really enamored with this company these days. Check them out.

**Commercial Advertisement:** Now, our feature presentation.

**Ray:** Our guest this week is somebody that I've just gotten to know recently. Really is good to get to know. I've got to tell you he's a remarkable person. He's been through some crazy trials in his life. The way he responded is an inspiration to me and what he's doing now. He's been successful in business and been successful in life. Now, he's on a mission and he has a site and a podcast called strengththroughthestruggle.com which I highly recommend. It is one of my podcast that I listen to without fail. Now, I want to introduce you to Mark Goblowsky. Mark, welcome.

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**Mark:** Well, thanks for having me, Ray. It's such a pleasure and an honor to be here with you.

**Ray:** Thank you on your website the header says, "We all experience adversity. How we approach it defines who we are and strength through the struggle." Can you just give a little background of how you came to this place, where you wanted to do a podcast called *Strength Through the Struggle*?

**Mark:** Well, 11 years ago, my son was in a car accident and he was three-and-a-half years old. It was a terrible terrible accident it was a hit-and-run collision with two semi-trucks and he was in the back of a Chevy Cavalier. It was an epic day and accident. He was left with a traumatic brain injury. It was a very difficult time. You can imagine when your only son has lain in a coma and nobody knows if he's going to survive. Once they discover he's going to survive it, they didn't know if he'd ever walk, talk, eat again on his own.

Actually, the prognosis was nothing positive. There's no positive there. I started to write a book last year about it and as I'm going through the book, I discovered that there were times when I had gotten really low. It was just because you're watching your kid in the situation. I started writing the book to share with people who had other family members who had become disabled in some way.

But it dawned on me that at the time, I wish I would have a story. I would have known of people who had gone through epic struggles and came out on the other side. I never imagined that it would be perfect on the other side for anybody but like just if they got through it-- Because there came a point where I didn't know how I was going to get through the next day, let alone the next month.

It was that difficult. He's been to 2,000 appointments. It was just strange. I wanted to talk about stories that show that people can get through these things, and they're happening all around us all the time. That's how it started. It was my own experience of having to deal with the epic struggle not knowing how to navigate through it. Then thinking there's other people out there like me all normal regular people and they made it, somehow. I want to share those stories with the world.

**Ray:** I think all of us instinctively know that hearing a story about how somebody got through what we're going through is really important to us. If we're going through any kind of struggle and it's even a spiritual principle if you're a believer, if you're a biblical Christian, or a Jewish person. You know from Scripture that one of the things that God told the Israelites was, "Remember the testimonies or the stories of what I've done for you in the past."

That's what they were called to do when they're in trouble. If you're not of that tradition then don't let that get in your way. Just know that telling these stories about what other people have done or I believe you know most important what God has done to help people get through these things is really important. Because it stirs up faith in us and hope that, "Hey, I can make it through too."

**Mark:** There was a point for me where I was actually feeling like hope was slipping away because even though when he came out of a coma literally, it's not not like on

TV. People don't wake up and ask for pizza and a deck of cards. [laughs] [unintelligible 00:17:18] how it worked in my life. It was no different. The baby said he was no longer comatose which was five weeks into this. It was no different the next day.

But that slow glacial progress in shifting in a person's life, your hope starts to slip away because you're not seeing progress. I realized that if I didn't maintain my hope, it would be harder for me to maintain my actions. You know when hope disappears action goes with it. I couldn't afford to do that. That was my kid in that bed .

**Ray:** I want to back up ,what was your life like before the accident?

**Mark:** I had a great life. I still have a great life.

**Ray:** But it was different. Tell us what it was like. I'm getting for the before and after. I want to know what it was like before.

**Mark:** Sure. I was a full-time career martial artist teaching hundreds of people, young and old, how to protect themselves, how to maintain fitness, how to improve fitness, how to improve mindset and attitude, and problem-solving skills. We refer to martial arts high-speed problem-solving except it's not just when somebody attacks you. It's like, "How do I maintain my composure in this difficult situation, in this board meeting or whatever with my wife or my kid?" [laughs] I don't stay centered in the moment. I had a great life. I was teaching hundreds and hundreds of people here where I live. It was beautiful.

**Ray:** You were financially successful?

**Mark:** Very much.

**Ray:** You had a lot of respect, a lot of students, and people who looked up to you?

**Mark:** Yes.

**Ray:** Had status in the community?

**Mark:** I did.

**Ray:** At that point in your life, were those things important to you?

**Mark:** They they allowed me to enjoy my life really really well

**Ray:** I think that's okay.

**Mark:** For sure.

**Ray:** Then the accident happened?

**Mark:** Yes.

**Ray:** I know, obviously, you were heartbroken, you were in grief, I'm sure desperate for your son to recover but as you as you went through that and he woke up from the coma, what was life like during that following period? How to do things progress? How's he doing now? We ask that question.

**Mark:** He's doing amazing. He just turned 15 and he's doing amazing. He's such a sweet spirit. People love him, his teachers love him, his classmates love him. He has a couple of good buddies that he can, actually, hang out with.

**[00.20.02][END OF AUDIO]** But he also struggles too. He lives in this world in between somebody who's completely disabled, maybe intellectually and physically, and in this other world of just normal life. He has these feelings that come up frequently of, "Dad why did this happen? Why did that accident happen?" What he really means is, "Dad why did it happen to me?" That's what he really means.

It's a tough thing to explain because there isn't always an answer for those questions. We try to frame it up, "Josh this is been difficult I know that. But you know what? This is also creating a great opportunity for us to help other people too." Now, try telling that to a fifteen-year-old kid and [laughs] have them buy into it. They're not interested. They want to play football, instead.

**Ray:** How did your life change and your focus change in the aftermath as he woke up and you began to adjust and realize, "This is going to be a different life." How did things change?

**Mark:** Number one he needed round-the-clock care. Not medical care but just care. My ability to continue at work, I didn't have the time or the energy for it. It was consuming, and he needed me, and I was okay. I had to make some adjustments and some sacrifices there and I spent most of my time with him. Once he was in the hospital for four months straight then after that when he became an outpatient he had 12 therapy appointments a week.

**Ray:** Wow.

**Mark:** It was crazy. That just went on for months and years as time went from 12 a week, to nine a week, to six a week, to three a week and we still hover in that bottom in there. But emotionally and I would say spiritually even I was challenged to keep the faith, maintain hope. Again, I go back to when you watch your son or daughter and it could be your spouse or your parents. It doesn't matter when you love somebody and you see them struggling, it can take a toll on you.

We had some financial challenges as a result of it and physical, mental, emotional. It took its toll on me but we get a chance each day to wake up and start fresh. Every day is a new day. Literally, it's a new day. Once I was able to navigate through the bottom of it where it was really challenging and I was just physically drained and worn out. I was able to head back up the hill and stay busy about rebuilding our life the way I wanted it.

**Ray:** That's amazing. Frankly, most people don't have that reaction. That's not their response. It's not how they approach it. You did really hard things and you did them out of love. I really admire that.

**Mark:** I appreciate that. I've had people say things like that before and there's a part of me that is like, "Well, I think you do the second thing." I really think a lot of people would dig in and go for it. We're not going to respond differently and challenges are challenges but I don't know. I loved him. It felt like I didn't have a choice. My choice was to not choose anything else.

[laughter]

**Mark:** It was my choice.

**Ray:** How in the world did you come up with the idea and decided to take on this massive undertaking of creating a podcast called *Strength Through the Struggle*?

**Mark:** In part I got a credit gently doom is for challenging me to do that. He knew I was writing a book and he says, "Hey, man you should start a podcast and start talking to people about this stuff" Actually, this came from a gentleman named Serene Real who has a podcast and mistakable creative. His suggestion is, "Create what you want to consume."

After I heard that, maybe, the second or third time I thought, "What I wanted to consume back then was hope, encouragement, possibility and all these things when I was in the thick of it going through it." There wasn't anything out there that I knew of. I chose to do it from that perspective. In part the podcast is for everybody else but in a little bit of its selfish because [laughs] I love hearing these stories. People are so amazing. They have such wisdom that they've gained and nobody did it perfectly. They're the first ones to admit it.

[laughter]

**Ray:** How many interviews do you have in the archives this far?

**Mark:** As of today, I think we're at about number 50. I think I have another 10 that are recorded and probably another 15 that need to be recorded.

**Ray:** I know that they are all special, I'm sure. I haven't listened to all of them, but I've listened to quite a few. But for you, who are the ones that stand out immediately as, "Oh, that's a must listen. If people are going to listen to my podcast they should hear this one, and this, and this one". The top three.

**Mark:** One of my absolute favorites is a guy by the name of Dave Dahl, D-A-H-L, who found himself in and out of prison for 15 years. At one point, he decided he reach out and get some help within the prison system. I'm not going to divulge too much, but once he got his head on straight he realized he was creating his own problems. He started walking a different path and he got out of prison, never went back, started working at the family bakery, created a few recipes of organic bread. Eight or 10 years later, they sold the bakery for \$275 million.

**Ray:** Wow.

**Mark:** [laughs] He is the coolest guy. As a matter fact, the music that you hear at the beginning of our podcast, that's him playing the guitar.

**Ray:** Really?

**Mark:** Yes. Yes. He let me use some of his music for the podcast.

**Ray:** Dave Dahl. That sounds fascinating. I haven't heard that. I want to have to listen to that. Who else?

**Mark:** There's a gentleman from South Africa his name's Rodney King, and he grew up in the worst of circumstances growing up violence abuse in South Africa. Eventually, his mom threw him out of the house and he found himself sleeping on a park bench. He came to his senses a little bit with his own behaviors, and he took charge of his life. He started studying the martial arts and that was his path that was studying the martial arts. Now, he's a world famous martial artist and teacher. He's also about to finish up his PhD.

He's the definition of the scholar-warrior which is how we like to look at the martial arts or how I choose to look at the martial arts. Then there's a man named Justin Constantine who is a United States Marine Corps Officer found himself overseas serving our country and a sniper bullet hit him and his recovery. That was the hardest interview I did. It moved me so deeply because we did a video on that one to see the results of what he did for me and what I believe he did for everybody in this country by standing in the gap between us and danger.

That was a powerful interview for me. I want to mention one more and this gentleman's name is Philip McKernan. Each one of these stories features a person's challenge and then how they navigated through it. Philip, we never even discuss his challenge but he grew up in a very difficult situation with dyslexia. But he spoke so deeply and movingly about connecting with your gift on this earth and sharing your gift with others. That was also a powerful episode.

**Ray:** I've got a couple that I've listened to that I would single out and say, "You should listen to these too." I think you, probably, should listen to all of them based on what I've heard so far. There's one with a guy named Marshall Bone somebody else you also know?

**Mark:** Yes.

**Ray:** A powerful interview. Another one is the interview with Aaron Walker.

**Mark:** Oh my Gosh. Talk about overcoming challenges. You pick these two that are common in people's lives like these things that pop up. One of them could not have been avoided. The other one could have been avoided arguably by some different choices but they're just things that happen. Oh man, those are great episodes.

**Ray:** Well, I really have been encouraged by the show and I love listening to the interviews. I didn't even think of this until we started doing this interview.

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**[00:30:00][END OF AUDIO]**

**Ray:** I wonder if sometimes people might wonder, is this going to be a bummer? Am I going to just listen to all these terrible stories of things that happened to people?

**Mark:** It's the exact opposite. Well, they are challenging and they are difficult. I think a lot of it's just normal life. It's things that happen like my son being in a car accident, Marshall's financial circumstances, Aaron's challenge with a car accident. It's stuff that comes up, but everyone of these people, they offer up wisdom, humor, perspective.

I could sit and talk to these people all day and every interview I do, I feel charged up afterwards. I have so much respect and admiration for these people. These stories lift me up. That's why I do it because I want to be lifted up. Each episode that I record, I also listen to. [laughs] I've listened to several times. They are that powerful. I just love it.

**Ray:** One of the skills you have as an interviewer is, you listen to what people are saying. You seem to only talk in order to get the other person to talk more. That's the sign of a great interviewer, and I think it's a natural talent that you have. But it makes for great interviews.

**Mark:** Well, I appreciate you saying that. I love hearing people's stories. I think everybody's a fount of wisdom, if you let them get to that point.

**Ray:** I agree and we're all. Every single person on this planet is struggling with something. We don't know what it is, and we sometimes forget that we are a planet full of the walking wounded.

**Mark:** [laughs] Absolutely.

**Ray:** I think it's good to remember that when you deal with people and try to be a little kinder. But this is good medicine for anybody who is struggling with anything. That should be about seven billion people who benefit from listening to this podcast. I have my own challenges and there's nobody that I've heard that you have interviewed so far who has the exact challenge that I have.

But every interview I've listened to has encouraged me in my own situations. That's what I would say to people who say, "Why do you listen to this show?" Because it lifts me up. Just like you're just saying.

**Mark:** I think that's really part of what we are trying to do. It's to help people feel like when you're going through a challenge, you really are not alone. It often feels that way, but in reality there's people all around you going through similar challenges or maybe completely different but they are just as challenging. We need to, maybe, stop ignoring the realities of life that sometimes it's hard, and sometimes we don't like what's going on in our life. I would not have written that into the script of my life. [laughs] Who would do that? But that's what we got, and I think we need to normalize that struggles lead to strength and that me going through this, can be an opportunity for me to actually become stronger and be of value to mankind as a result.

**Ray:** It's easy especially on social media where we see the photoshop version of people's lives to think, "Well, they don't have a problem. Look at how perfect their life is." I promise you it's not that way.

**Mark:** Absolutely. We get to see everybody's highlight reels.

**Ray:** [laughs] The podcast is called *Strength Through the Struggle* and you can find it at [strengththroughthestruggle.com](http://strengththroughthestruggle.com). You can also find it on iTunes.

**Mark:** Stitcher.

**Ray:** I suggest that you not only listen, but subscribe so you get all the-- Listen to the back library and then listen to all the new episodes and you will be encouraged, you will be lifted up. You've got a great new download. Tell us about that.

**Mark:** Oh, I have this awesome download which is the seven lessons that I learned by going through the hard things in my life and how they actually created strength for me. I show you the steps right there on the download and you can have it for free. Go to [strengththroughthestruggle.com/ray](http://strengththroughthestruggle.com/ray).

**Ray:** I would encourage you to get this thing because I'm going to print mine out and just put it on the wall where I see it everyday because everyone of these, is a foundational truth. When I look at them I feel like that makes me feel better. That confirms that there's a purpose behind our suffering, there's a purpose behind our struggle, and we can come out stronger on the other side. I thank you for what you're doing with your podcast especially for that download.

**Mark:** Oh, you bet. It's been my pleasure, Ray. Thanks.

**Ray:** That's going to put the wraps on this week's episode. Sean is under the weather. Remember he'll be back next week. Fingers crossed. If you'd like to help us out, and let more people know about this show, we would really appreciate that. Here is what you do to help. Subscribe to the show through iTunes and give us a rating and a review. As I said at the beginning of the show, make sure you put your real name and your website and the text of the review itself, and we will mention you on the next show that we do.

We're going to do a big hats off to *Listener Appreciation Show* which I somehow weirdly titled, "*The Mirror and the Door*." That will be next week's episode, God willing and Sean gets well and we can be in the studio at the same time. That's what we'll do. That's coming up next week. Our quote worth note, "We all experience adversity. How we approach it defines who we are." - Mark Goblowsky. Until our next episode, I pray that God will continue to bless you and that he does more for you than you can ask or even possibly imagine. Peace to your house and Merry Christmas.

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with purpose and freedom and remembering that, "True freedom is available to all through Jesus Christ."

**[00:36:13] [END OF AUDIO]**