

Comments on Enjoy Long Life

Sermon Title: **Comments on Enjoy Long Life**

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Speaker: **Nathaniel Bronner**

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Nathaniel Bronner: Tried into with what we try to encourage everyone here at this ministry that as you get older you do not have to get the correct (00:00:10). But it is the natural order of things so if you don't want to do that you have to do something that is against the natural order of things. And you have to make up your mind and the most of you know what God has spoken to me, he said you can get better shape at 50 than you have ever been in your life, and that's the direction I have personally chose and to go in and you have to decide which direction you're going to go in. Made available in the tape room the CD series called Younger Next Year -- it's five CDs and I don't know how many of you had brought and listened to that series.

But it has within in all of the latest medical research that will tell you and it gives the example if a man is 50 years old, if he gets on this program, he will get physiologically younger to the next five years and remain in that condition until his mid-80s. And that's what I want to do. I want to be at 80 years-old just as young and spry as I am right now and it is possible but it is unnatural. And the same as it is with the spiritual, it's the same that I want in my flesh. I don't want the natural, I want the supernatural. So, if you want the supernatural, you have to do something because it is natural for the body to age and get decrepit specially flowing along with what was in this society.

So, I really encourage all of you to get that CD series and listen to every one of those CDs and it's not just the matter of listening to it, it's a matter of putting in place what it talks about and it will make a difference. The earlier you start -- you don't have to wait until your 50 -- see, the earlier you start the thing, the more difference that it will make.

If you remember a few months ago I had my college reunion and basically I believe that was since a long time since I graduated. Basically, it's coming -- it's 20-28 years and they gave me the trophy for the most preserved man and I didn't have (00:02:32). But they still gave me the most -- the trophy for the most preserved man because I live younger than anybody else in it. But the reason that I lived younger was not because I was a preacher because there's a Hippo preacher and looking pretty bad. So, that had nothing to do with the fact that I was a preacher. It had to do with the fact that I was following some things that really God put in place to keep us healthy.

There were three stages in the Bible when God lower the age. Originally, he put a limit on it but the limit was one day. But the day was God has a thousand years. That's why no man lives has a thousand but those who have made to nine -- 69 had to check out. After the flood it was 120. In New Testament, the average moved to 70 and by reason of strength, 80 was C. Elijah was talking about. But every time there was a major change, there was a major change in the diet. The Garden of Eden where they ate was only where they can pick off the trees. After the flood, they were allowed to eat meat. New Testament -- they eat everything. And each time when there was a change from what God placed in perfection, there was a serious drop in a lifespan. So, the closer we move back to what God originally ordained, the healthier and the longer and the stronger our bodies will last and will be maintained.

So, it's a serious issue people, and if you've made up your mind that you're really -- James and I have decided there's a machine. What C. Elijah was talking about -- even checking your age, there's a site on the internet where you can do that, it's at realage.com. I'm not even gone to the site, I just found out about it today. I found out about it today in the locker room. When I was in the locker room because I just got out of the swimming pool and as I was out of the swimming pool, I was in there dressing, there was another gentleman there and he just started talking to me and I could notice because the one thing about it when you were in the locker room, you can see who is in shape in width (ph). You can't hide it in the locker room.

So, when you are in the locker room -- I'm always seeking to know -- the truth comes out when you need it. That's just plain and simple to that, some truth will come out. So, you can see who's in shape and who's not in shape when you were in the locker room.

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So, as I began talking with this man, I could tell that his body was in shape. And he asked me saying, "How old are you?" I said, "I'm 49." "Man, you don't look 49. I would have figured you from early or mid-30s." I said, "How old are you?" He said, "I'm 61." And I said, "You don't look 61." And he was telling me what all he did to maintain and his mind was just as sharp as a calculator and I could tell because as we talked about some

things, he was instantly able to calculate and I said, “Man, you don’t have an ordinary mind.” I said, “Even your mathematical ability because I can tell your mathematical ability is unusual.” He said, “Yeah. I’m not only I’m a civil engineer,” he said. “But even in school, the teachers recognize me as a mad genius. They ended put me (00:05:47). As a matter of fact, when I went in a class, the teachers would sit out or leave out and let me teach the thing.”

His mind was thin(ph) and I could recognize it and it was razor sharp. But his physical, you could look at it and tell. People, you can have a level of thought if you make up your mind and start focusing on it. Now, you cannot get that level of help on your knees. As a matter of fact, if you don’t do some natural stuff, you can’t get up off your knees easy. You understand what I mean? You can’t get up off your knees. If you don’t do some natural stuff, you can’t get up good, you have to need somebody and help you and roll -- you can’t get up and if you just stay down there for too long you sure can’t get up. So, you need to do some natural stuff so you can even pray better. And I have told you of the things that God has given me to do every day, the majority of them relate to the help of my physical body. God is concerned about your health and when you listen to Him and you can hear Him, He will tell you some things to prevent sickness in your body, not just prevent sickness but to have you at a vibrant level of health. When I was in the locker room from the pool -- I just got out of the pool because I just got to swim in nearly half a mile.

So, when you get it and then your body is in shape you will up and down and my goal is to do a triathlon. There are two levels of triathlon. See, the level of physical. The first level of triathlon was supposed to be called the mini triathlon -- that’s what I’m going to do. Second level of triathlon is called is the Ironman. Let me fool with Iron Man but the mini triathlon basically is you swim a quarter of a mile, jump right out of the water then you run a 10k, you hop on the bicycle and you do 35 miles on a bicycle. And I can do about one and a half of it right now, but I can’t do all three of them back to back. The Ironman for those of you who are interested, you swim a mile, you get out, you run a full marathon which is about 28 miles and then you do a 135 mile bike ride right behind each other.

So, I want to do a mini triathlon and that will have me in the best shape of my life because I'd never been able to do that. And I want to do it at 50 but I also want to be able to do it at 80. And there's no reason why you cannot but in order for you to do that, most of you are going to have to change lifestyles. You're going to have to do stuff differently than what you been doing and if you do that, that stuff will pay off way down the road and people would be able to look at you 20 and 30 years later and they'll wonder what have you been doing because you don't look like the rest of us. And that's what they told me basically at the reunion. You don't look like the rest of us. You're doing something different and I went just praying. And I pray an hour a day and it helps you keep the peace and it helps you to keep the stress off of you but God told me to do some other stuff, too. He told me to get out and hit the road.

Be sure to get those CDs, it's 20 dollars and people, it's the best as you can do for your life. James and I are getting ready to buy an exercise machine and the machine is \$15,000. One machine is \$15,000 but it's an unusual machine. If you want to know about it, go to fastexercise.com and you will learn about it. But it's \$15,000 and we are going to buy one. And we're going to invest in our health because as we said, there's nothing more value but if we can do, lot of folk -- they'll grab watches and jewelries and all that kind of stuff, (00:09:32). You know, (00:09:34) if you're going to put some -- invest in your health because if you lose it, you got a real issue. And most of the time, doctors cannot fix it.

So, if you lose it, you have a real issue, doctors can't fix it and like I told you before, preachers can't fix it. So, if you lose it, you got a real problem. But if you listen to the wisdom now --

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-- you can prevent it and you can live life at a level of vibrancy that you can carry on into your 80s and 90s and even 100. So, if you haven't got now CD series, get those CD series and fulfill what C. Elijah has talked about on this day.

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