

The Un-Forbidden Fruit

Sermon Title: The Un-Forbidden Fruit
Sermon Number: 4024
Speaker: Nathaniel Bronner Jr.

Links to sermon–Windows Media Version is fastest download, MP3 is best audio quality:
Windows Media Version <http://www.theonlineword.com/s/4024.wma>
MP3 Version <http://www.theonlineword.com/mp3/4024.mp3>



AirJesus.com
and
TheOnLineWord.com

AirJesus.com

TheOnLineWord.com

Nathaniel Bronner Jr.: Welcome to Brothers of the Word because brother you need the Word!

Today is one of the health messages. For those of you who have been attending the Ark of Salvation, you know that God's commanded me to speak once per month on the first Biblical Sunday of each month and basically deal with a message of health.

And what I'm led to do is just to bring you very simple things that you can do. Again, turn to your neighbor and just tell them "You can this", so it's not complicated. It's simple it will be one particular thing and one thing that you can do. And over a period of time, if you just adopt even one of the things, it will make a difference and it will make an impact in your life because people, God's concerned about your health. If you get sick, you can't even minister worth of whom. You can't do anything worth of whom.

So if you get sick, you cannot even carry and you cannot even preach, you can't minister, you can't evangelize and to be honest about it you don't make a very good representative. So if you are sick not only do you not feel aware of yourself but you cannot effectively minister to others about the Kingdom of God when you're sick.

So God's wants to not only heal you but more importantly, God wants to keep you healthy.

Now with each message, we always review what we call the eight pillars of health. And even though you make get a very simple and an easy thing to do in this message, the eight pillars of health are the natural foundations of health and I go over this specifically in Sermon number 4021 but to briefly reiterate the eight pillars of health:

- (1) Exercise 30-60 minutes a day 4-6 days a week.
- (2) Eat at least five servings of fruits and vegetables each day.
- (3) Drink enough water so that your urine remains clear or light yellow.
- (4) Maintain a healthy weight and watch your belly button.
- (5) Don't smoke, do drugs or drink too much alcohol.
- (6) Limit meat, sweets, fried foods and the full feeling.
- (7) Get enough sleep.
- (8) Have right relationships.

And as I mentioned these are thoroughly explained in Sermon number 4021.

Today's message will be centered in Proverb 7:1-4

- (1) My son, keeps my words, and lay up my commandments with thee.
- (2) Keep my commandments, and live, and my law as the apple of thine eye.
- (3) Bind them upon thy fingers, write them upon the table of thine heart.

(4) Say unto wisdom, Thou art my sister, and call understanding thy kinswoman.

And I want to focus on “Keep my commandments, and live, and my law as the apple of thine eye”. Now, the forbidden fruit that Adam and Eve ate in the Garden of Eden is often identified as what? An apple! It is often identified as an apple but I tell you that an apple could not have been the fruit that was forbidden in the Garden of Eden.

In Genesis 1:29 – And God’s said “Behold, I have given you every herb bearing seed which is upon the face of all, and the earth every tree, in the which is the fruit of a tree yielding seeds; to you it shall be for meat”

The NIV put’s it this way – Then God said “I give you every seed bearing plant on the face of the whole earth, and every tree that has fruit with seed in it; they will be yours for food.”

God’s said “I give you every herb bearing seed, and I give every tree that has fruit with seed in it”. How many trees that He say? Every! God’s says, “I give you every tree that has fruit with seed in it”. Now does an apple tree have fruit with seed? Then by just looking at what God said, it lets you know that the forbidden fruit could not have been an apple. Not the apple that we know today because the apple of today has a seed in it. Now there are some other fruits that don’t have seeds but those are adulterated.

Right now you can’t find grapes with seeds in it. Every where you go in the grocery store trying to find a grape, they are all seedless but that’s not the way that God’s made the grapes and I tell you people down the road we’re going to start having some problems out of those grapes because the seeds are missing. So God told you that every—the way that you could tell the stuff it had a seed in it.

Do know why they took the seed out? They took the seed out because folk didn’t like the spit the seeds out. So they just genetically engineered the grapes, so they now have no seed in it. But we’re in the nutritional business. One of the most important and powerful nutrient is pycnogenol, which comes from grape seed extract. When you eat the grapes with the seed in it, it’s a whole lot more beneficial for you but now the grapes are no longer like God put it there.

So some of the things we’re doing to food there was a reason. Someone asked me recently, did you here about how Tofu in the soybean is causing cancer? I said not, the soybeans God made. People don’t know the history behind it. The Monsanto Corporation has now created a genetically engineered soybean and that’s where they are getting the Tofu from. The genetically engineered soybean is the stuff

that's causing the problem. They genetically engineered it because it is more insect resistant. Well, what does insect resistant mean? It means the bugs won't eat it.

So they genetically engineered it and there's an instinct in the insects that know—this is not the stuff God made. So the bugs won't eat it, the bugs won't eat it. The grape without the seed is not what God placed in the earth and the insects – the roaches they've sense enough not to eat the stuff that has been tampered with by man, but we don't. So the apple could not have been the forbidden fruit because it comes from a tree where the fruit has seed.

I want to talk to you today from the subject of “The Un-Forbidden Fruit”. Actually, God's first prohibition was what not to eat and even if you study the New Testament, when Paul and Barnabas were having issues with some of the other apostles in terms of trying to make all of the Gentiles follow all of the law. They came up with fundamentally four rules that the Gentiles should follow.

In Acts 15:19-20 – (19) And Paul says, “It is my judgment therefore that we should not make it difficult for the Gentiles who are turning to God. (20) Instead we should right to them, telling them to abstain from food polluted by idols, from sexual immorality and from the meat of strangled animals and from blood”.

So even in the New Testament when they boiled down the four rules, 3 out of 4 of them have to do just as what God told them in the original, 3 out of 4 them had to do with what not to eat. But most of these had to do with preserving the people's health. It wasn't necessarily particular for spiritual reasons. God was trying to vim as he wants to now. He was trying to keep the people healthy. And sometimes you can go back to those old – old what's called “Mother Wit Sayings” and you'll find within them they had some great truth. My last message was entitled “The Baker's Secret” and it dealt with some of that old fashion mother wit stuff.

If I ask you today, what fruit keeps the doctor away, what is it? Every one knows that. That statement first originated back in the 18-hundreds. They knew it then, they knew and it originated actually over in the Country of Wales. And they knew that an apple a day—there was something about it. The original statement was not an apple a day keeps the doctor away. The original statement says this “Eat an apple on going to bed and you'll keep the doctor from earning his bread”. That was the original statement.

Back in 18-hundreds; eat an apple on going to bed and you'll keep the doctor from earning his bread. They knew this stuff back in the old days, and yet somehow in Christianity we have taken the fruit that the old folk knew was the thing that if you ate it everyday it will keep the doctor away. We have taken it, and somehow got it twisted up that this was the fruit that God told folk not to eat.

And it never was, and somehow we get – we can get truth all twisted around and then end up becoming detrimental to us, and we don't understand truth. So I just want to tell you some things about "The Un-Forbidden Fruit", and not only I'm going to call it "The Un-Forbidden Fruit" but I'm going to tell you to eat at least one apple a day preferably three apples a day. And I'm going to tell why?

Now, this is not complicated, this doesn't have a whole lot of deep heavy duty chemical science and all the stuff.

Again, turn to the person next to you and tell him "This is something you can do". You can eat an apple a day, and it's not going to take long. I'm going to ask C. Elijah. I brought him an apple here. I brought Pastor C. Elijah an apple, and I'm just going to time exactly how long it takes C. Elijah to eat this apple.

So you can see, and this is just a medium sized apple I'm going to time how long it takes C. Elijah to eat this apple. So, C. Elijah, if you will go ahead now and start eating that apple and just howl out "Finish!" when you're finished. So we're going to time how long it takes C. Ejliah to eat this apple, and for those of you who are listing electronically and you can't see, Pastor C. Elijah is now chopping on the apple.

So it's an easy thing that we can do, and that is something that we can do everyday. So an apple a day keeps the doctor away but why? Do you really know what makes an apple so special? Why is it that we never hear that an orange that they keeps the doctor away or a banana a day keeps the doctor away or a honey due melon keep's the doctor away? Why have we never heard it on any of the other fruits except for the apple?

Apples have properties that no other fruits have and its benefits have been proven over time. Now what happens sometimes as you hear a lot of stuff about some exotic fruits? Some of these really exotic fruits—let me tell you what that's about. That's about money and in a bottom line nutshell that stuff is about money. And what you end up, you hear all of this exotic stuff, about these exotic fruits and you pay \$40.00 a bottle for a quarter of fruit juice. That's what it boils down to. You're better off from a chemical perspective and the only thing that really has a scientific proof for the juice you're better of drinking grape juice. You can go to the grocery store and get that for 3 dollars a bottle and save you 37 dollars.

You take that money and put that in church. So an apple has properties that no other fruits have and its benefits had been proven throughout the years and over the centuries. And apple will combine the lot of grape properties, and just make it real simple.

(1) Apples contain vitamin C. Vitamin C, there is a whole sermon on just what Vitamin C does.

(2) Apples help to prevent the number one killer in America, heart disease. And the reason it prevents both coronary heart disease and cardiovascular disease is because apples are rich in chemical compounds called Flavonoids. And Flavonoids, they help cardiovascular and they are very-very strong with their antioxidant effect. Apples are low in calories; apples will help you prevent cancers, all types of cancers and there is a chemical reason as to why they help prevent colon cancer, prostate cancer, breast cancer, and all the different types of cancers. Apples will help prevent those as many of the other fruits. Apples contain phenols which have a double effect on cholesterol. It reduces bad cholesterol and increases good cholesterol. So it helps in cardiovascular, it helps in cancer, our too leading killers.

Apples help prevent tooth decay. Tooth decay is an infection that seriously damages the structure of your teeth, which is caused primarily by bacteria. The juice of the apples has properties that kill up to 80% of bacteria, so not only does an apple a day keep the doctor away, an apple a day keeps the dentist away, but a dentist is a doctor. The old folk knew this. Apples protect your brain from brain disease. Apples have substances called phytonutrients and these phytonutrients prevent neurodegenerative diseases like Alzheimer's and Parkinson's.

Apples give you healthier lungs, recent researches shown that people who eat five apples a more per week have lower respiratory problems including asthma. Another key, if you can't get, if you're eating a meal and you can't get somewhere to brush your teeth? Just eat an apple. Apples, if you'll notice when you get through eating an apple, your teeth feel clean. So it's a natural tooth brush and then the juice of the apples naturally helps you to keep the bacteria down. So apple has a lot of benefits, and it's very inexpensive fruit relatively. The skin of an apple consists of insoluble fibre. Insoluble fibre will help you to digest food better. It helps to keep you from getting constipated and it would just speed up your digestion.

One thing about an apple, it's probably the easiest and most readily available fruit. A lot of times when I travelled for the airport, I can go buy several restaurants and a lot of them will have fruits sitting upon the counter. Sometimes you can go on a gas station and they've got fruit. So, apples are readily available all times of the year, almost anywhere you go. You could buy an apple, it will keep from anywhere from one to three weeks depending upon how you store it. So apples have some amazing benefits, but one of the other benefits that people don't about is apples can help you lose weight.

And let me kind of explain how that works. If anyone here has ever grown up on farm and if you've ever reared hogs or pigs, you'll know that farmers will not feed pigs apples. Do you all know that? Not many of you—, I've seen one person out there, not in here. Most of us haven't been by a farm and I don't know how long. So no, you don't know that. But farmers do not feed pigs apples. Amen.

C. Elijah is finished, so it took him exactly about 5 and 1/2 minutes to finish that apple. So basically, it takes you about 5 minutes to eat an apple. That's 5 minutes a day that can really do some wonders for your health. But farmers will not feed pigs apples because if they feed the pigs apples, the pigs don't get as fat. They don't eat as much and let me just—in the little town of Wenatchee West, Washington, a lady named Tammy Flint, nutrition directory at the local gold's gym discovered a secret. When one of her clients who had been stuck on a diet plateau ate an apple before every meal and didn't change anything else, she lost 1 and 1/2 pounds of fat in just one week.

Flint tried it out with her other clients and saw wild results. 346 people lost more than 6000 pounds in twelve weeks. That's 17 pounds per person and she wrote a book, and the book is entitled "Three Apples a Day", and the whole diet is fundamentally based on, before you eat a meal, eat an apple, and it does several things.

The first thing about when you eat an apple it kind of fills you up. So if you eat the apple, you don't eat as much of the regular food and an apple is not fattening. So it automatically reduces your cholerick intake just if you eat an apple before every meal. The next thing that the apple does is the apple starts to sweep out all of the old stuff that's in there from the last meal. And it makes your digestion much easier of the food that you do eat.

So justify going to an apple before every meal three apples a day, you will loss weight. You will improve your health, it's not expensive and it tastes good. Everybody likes an apple. Now I'm not talking by apple juice, I'm not talking about apple sauce; I'm talking about a real apple just like God put it. Because some of you will say, "Well it depends; I might as well just drink apple juice". No, not apple juice, because the apple juice has no fiber in it, so you've got to— see, we always want to change the way God put this stuff here. We all want to fool with it. Just get your regular apple. Wash it off and just eat it.

Well Pastor, do I need to eat organic apple? Look, just get your apple and just eat the apples and you will find that it will do your health a tremendous amount of good. And let me give a tip in terms of being able to just help you eat more apples and more fruit. You need to bring it in your house and you need to have it around. There's a principle of surrounding that will make a tremendous difference. You are going to eat what can easily grab. I saw a good example of it recently just in my house, just with doing laundry and I have told my wife, I said look, "I don't like the detergent that you use. It's got all of this fragrance and smell in it. I don't like my clothes smelling all flowery and all that heavy perfume. I just like my stuff natural".

So my wife, she said "Well, this is the detergent". So I went out and I bought my own detergent and it's a liquid detergent. It's hypoallergenic, doesn't have any,

because being a chemist, I understand that the leading allergen really happens to be fragrances and all those flavors and all that stuff, the chemical stuff. I just didn't want it in my clothes, or all over my sheet and all. I just like my stuff natural. So anyway, I went out and bought my own detergent and it comes on big 172 ounce, you know, bottle, it is liquid. So when I bought it, I bought like six bottles of that stuff. So when I came in my wife said, "Why did you bring all this stuff?" O said look, you know bought the stuff but everything I buy – I buy in bulk, so I don't have to out every week and get me some stuff.

So my wife had one bottle of hers up there and I put my six up there. So she used all of her detergent. Now she have one of two choices, she had used all of her detergent and she's stood in the laundry room and she looked up and there she saw hers— nothing left. You know how it is when pour it in and it gets down to a sheet, poured out, that's the last drop out. So she had one of two choices, she could go back out to the grocery store, get some more detergent or she'll look – and she saw my six hypoallergenic. Each bottle there's a 110 wash loads, so she looked at there and literally saw 700 wash loads of laundry detergent.

She had two choices. Now I'm not going to tell you what choice she made but none of the sheets in the house have any fragrance on it now. None of the clothes—and it is not that she decided that "Well, I'm just going to listen to what my husband said", I'm going to use the detergent that he—that wasn't a reason. The reason was she had a choice to go the store and buy her detergent and look it back. Pour or just pick up mine and pour it in the washing machine.

What you're surrounded by will make it health you difference in what you do. So if you bring apples into your house and if you put apples or whatever fruit, if you put apples in the bowl and you leave your bowl full of apples. Day in, and day out as you and even in your office of wherever work, if you put a little bowl fruit on your desk? What you will find is that you will start to reach for the apple not just because you've just made a conscious decision, I really like this apple over this Mister Good – No, that's not the reason.

You are going to reach for the apple because that's what is near and that's what is convenient. But if you got twinkies and donuts, and candy bars near by, guess what you are going to reach for. So if you surround yourself with the good stuff, you will find yourself partaking more and more and more of the good stuff. So this is a simple thing that you can just do an apple a day at a minimum. If you want to loss weight, eat an apple before every meal and it will change your health, it will change your vibrancy, it's cheap, its taste good, and it's easy to do an apple a day, "The Un-Forbidden Fruit".

And I hope those of you who are listening to this message will take it upon your heart to just do this simple thing and watch God change your health and your life.

We thank you for joining us today at Brothers of the Word because brother you need the Word!

Amen! Amen! Amen!

I'm going to ask Pastor C. Elijah, if he would just close us out. He drinks a quart of juice everyday. And he didn't like apple seeds but he likes apples. And the benefit in the value that this would do if you follow it, he felt that feels better right now after that apple. So the benefit of what this would do, it's simple it's easy and these are the type of health tips that I just want to bring, nothing complicated. All of you knew that an apple today was good for you, but sometimes it's has to be reinforced and what we have today.

You know, we used to provide an apple as you left church. Do you know why we stopped that? Because people were bring on the apple back in the church. Dropping the seeds on the floor and leaving the cores on the floor. That's why we had to stop it. So we have the apples today and I have even ask them to prepare for us, and see if you make stuff easy people—well they are more likely to do it. You all know, if you go in a store and you buy apples. You know how much apples cost.

What I wanna do is to actually make available if the people want it, where you can pick up a bag of seven apples for five dollars at church every Sunday. For as long as we want to do— and it makes it easy. It's like the laundry detergent, so if you've got to go out and get it, it's a less of a probability that you can – you can just come pick up your apples at church. That is, you cannot get them any cheaper than that in the grocery store. So, if you can pick them up at church and take them with you, and just eat that apple a day, it will help you, it will benefit you. I mean all the church, you know, you they have fried chicken after church and all that. I'm trying to give you thing that's going to keep you healthy.

So we will just test that program to see how it works. So this give you your apple a day, so when you're come to church, when you leave you can actually pick up your apples, so if the people want that and they support it, we'll keep it going and – and we'll go out, and we'll get the apples for you, and we'll have the apples here for your church, and you can just pick them up take them with you, and eat your one apple a day. Some of you who wanna get three of this, you just three bags of apples, but whatever the case, people this will hep your health tremendously, simple thing. I'm going to let C. Elijah close us out today.

C. Elijah: Praise that, give pass another hand for that. We thank Him for the health, knowledge, and just the little simple nutrition keys that we all know and have heard over time but somehow we've let these things slip from our lives and someone said that, "Our greatest need in life is not to be informed but to be

reminded". And so, he's just simply reminding us of God's way of natural health to keep our bodies in good shape, to keep us healthy, to keep our glow about us, and we are just so appreciative to him for being the unique Pastor that he is.

You really won't find that at any other church. I doubt if there are any other pastors today preaching on apples. But, this message will keep more people out of the hospital. It will cure more cancer, it will decrease blood pressure, and it will give vitality in life, and energy.

I had my apples before I got to church this morning and even the one I ate here made me feel even better and even it cleaned my teeth, make my breath fresh, gave me a little energy. You know I felt it, this was really good. Filled with vitamins and minerals and antioxidants, they keep the body from aging. They keep the body youthful, they keep you from rusting, and they keep the body in good condition. So we're just we are grateful. The Bible says that "Words fitly spoken are as valuable apples of gold, apples of gold".

So you know, even the Bible talks about the great value of apples and so we're just blessed to get these simple keys to live longer. And God wants us to have long life. He said "I will satisfy you with long life" and he did mean long life where you are broken down. He means long life and good health. Long life and good health, so we're just, we're grateful to get all of these keys. Please go back and listen to this on the internet message number 4024. Email it to your friends and let's start an apple revival.

Amen!