Walking With God In The Cool of The Day

Sermon Title: Walking With God In The Cool of The Day
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Welcome to Brothers of the Word because brother you need the Word!

Today is a health message. It is the part of the series that God has commanded me to preach when he told me once per month “I want you to teach on the subject about of health. And I want you to educate the people because “People I want you to understand God wants you healthy. He doesn’t just want to get you wealth; he wants you to stay well. So this is a part of that series and in this I’m just led to just teach you some easy simple things that you can do. Nothing overly complicated, but just simple stuff that you can do, that will make a tremendous difference in health and always before any health message we will go back over and reiterate and re-emphasize the Eight Pillars of Health.

And I talk about in detail the 8 pillars of health in Sermon number 4021. So you can go to AirJesus.com and you can listen to sermon number 4021. It begins The Eight Pillars of Health and it will explain those but I always go back over those and each message because these are the foundations:

1. Exercise 30-60 minutes a day 4-6 days a week.
2. Eat at least five servings of fruits and vegetables daily.
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 I’m going to read today from Genesis – the first Book of the Bible. You don’t have to turn there because you’ve heard this many times.

Genesis 2:7-9 (7) And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul. (8) And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed. (9) And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil.

And it goes on for the next key verses talking about the four rivers and picking up at verse (15) And the LORD God took the man, and put him into the Garden of Eden to dress it and to keep it. (16) And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: (17) But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die. (18) And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him. (19) And out of the ground the LORD God formed every beast of the field, and every fowl of the air; and
brought them unto Adam to see what he would call them: and whatsoever Adam called every living creature, that was the name thereof.

(20) And Adam gave names to all cattle, and to the fowl of the air, and to every beast of the field; but for Adam there was not found an help meet for him. (21) And the LORD God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof; (22) And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man. (23) And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. (24) Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. (25) And they were both naked, the man and his wife, and were not ashamed.

Now God gave man fundamentally about 5 things. He first of all gave him a home in the Garden of Eden. Now it was not a castle or great mansion as we maybe used to it but it was a paradise of a garden. So God gave man, he didn’t have to have air condition or heat because the temperature was all perfectly balanced. Everything was perfect in the garden. So God gave man first a home. Then he gave man food, he gave him every tree and every herb. He gave him plenty to eat. He gave him food. Then he gave him a command, he told him would not to eat. Then he gave him a job. He brought every animal and every living thing to Adam for him to name and Adam saw his job was instilling and imparting no man creature on every thing that God had created.

So that was his job almost like a librarian and that was his job. So he gave him a job. Then after he gave him a job, he gave him a wife. So these were the 5 things that God gave Adam in the beginning.

Continuing on with the Book of Genesis Chapter 3, beginning at the first the verse (1) Now the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? (2) And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: (3) But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die.

(4) And the serpent said unto the woman, Ye shall not surely die: (5) For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil. (6) And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat. (7) And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves
aprons. (8) And they heard the voice of the LORD God walking in the garden in the
cool of the day: and Adam and his wife hid themselves from the presence of the
LORD God amongst the trees of the garden. (9) And the LORD God called unto
Adam, and said unto him, Where art thou (10) And he said, I heard thy voice in the
garden, and I was afraid, because I was naked; and I hid myself.

Now God gave man a home, food, a command of what not to eat, a job, and a wife.
And out of all of these commands, Adam kept four of the five. He kept his house, he
gave them the house, told them to tend the house, shepherd the house, guard the
house, and he took care of the house. He gave him food, he ate the food, he gave
him a job, he did an excellent job of naming everything and he gave him a wife.
Four out of the five commands that Gods gave of the things that God gave Adam, he
took good care off. He followed all lesson but one, he ate the wrong thing.

When you look at life today, eating the wrong thing kills more people than almost
all of the other stuff for together. When you really look at it in actual truth, he gave
Adam a wife and told Adam “For this cause you’ll leave your mother and leave your
father and you’ll cling.” He didn’t have of a normal mother and father, and you’ll
cling”.

Do you know Adam did not commit adultery with the Eve? He couldn’t commit
adultery because there wasn’t anybody else to have commit adultery with him. You
know to be honest about it. You know if I were God I would have done some stuff
differently. I really would, I'd just made it where you couldn’t get with but one
person. I mean it just wouldn’t fit, you know like a king? I would have just made it
where once you got – it just won’t fit anybody else. That’s what I would have done.
And that would have solved that – you’d have all these lust going looking at it but it
just wouldn’t fit. So that’s what I would do – wouldn’t fit.

And that way it would solve that problem but there was no adultery in the garden
because there simply was nobody, and see, those are some reasons people now are
faithful. It’s not that you, you don’t even have anybody to commit, and he didn’t
have anybody to commit adultery with. So he kept all of the stuff except for that
one, but that one thing when you really look at statistics, that one thing kills more
people than almost of the other stuff, put together. See, you really – you don’t even
know anyone personally who is dead from a lot of the other stuff. You don’t know
anybody personally who did from adultery.

Now sometimes, you know, you do have people get caught and get shot but you don’t
know anybody has been shot. You may hear it on the news but if I ask all of you,
who knows someone personally who was caught. You know, as they claim but
naked and see him he got shot. Very few of you would really raise your hands, so
you don’t know anyone personally it happens but for the most part it’s a rare
instance. A lot of other stuff, it happens but for the most part it’s a rare instance
but if I ask you how many of you know someone who is dead because of their lifestyle and dietary habit. Every single one of you would raise you hand and not only would you raise your hand for one person, you would raise your hand because you know multitudes of people.

So this one thing of eating the wrong thing from the beginning caused more destruction, caused more death and more premature death than anything else in history. And even right now, if you look at the stats that eating the wrong thing—is that there’s two thing that right up there at the top eating the wrong thing, and smoking cigarettes and both of them got to do with what you put in your mouth. Both of them do.

So when you look at what you put in your mouth—and that’s why God, he said don’t even touch this thing. So that the wrong plant, it has to do, that thing has to do with the best majority of premature death that we have in this country. But there’s a revelation something of what God spoke to me and something of what I want you to see for those of you that are having particularly issues with that first command of putting the wrong thing in your mouth. And all of that issue to be honest about it, that food is one of the roughest temptations to deal with because it’s everywhere you can get away from it and you have to eat. So it’s one of the roughest things that we deal with.

I was at the prophetic conference on last week and for the first time as I sat there, something highly unusual happened to me. Literally my lips begin to burn; I mean I’ve never had—I’ve had one instance before of where my hands got so hot. That my hands began to burn but I’d never had an instance and I knew then it was the beginning of the healing anointing. But my lips began to burn, I’ve been prophesying for a long time but I’ve never had a case of were my lips literally, they started to burn and as I was there, as I get up that morning for my morning prayer, God spoke a word to me for the people and this is what he said, “Tell those who are struggling with weight issues—”

So this is for those who are struggling with weight issues. How many of you have struggle with weight issues? I do, I’d be honest about it. I’m right know, I’m literally know by the medical, I’m in excellent condition. But right now, I’m about a 190-195 pounds, I’m 6 feet 4 inches tall. Medically, that’s perfect, but in college I was about 155, so I got an extra 5 pounds of water jug on my shoulders right here and I’m holding all around. So I struggled. I mean, I don’t have any—you know I’m in good shape but I struggle with weight issues. So I understand the difficulty of dealing with it. Ideally I ought to be where I was in college but I’m 195 now where as I was 155 now, where I was 155 now and skinny as a whale in college. I look much more buff now, I got more gripping muscle but I’m holding around an extra 42 pounds even if it’s gripping muscle. A lot of it I know is simply because I have a difficulty with weight issues.
Just as pure and as simple as that, so this is not for those who have super high metabolism and everything you eat just burns right up. You know, you’re just skinny as a rail cane put on a pound and it kind of—it’s not this message, you got to walk out right now. This message is not for you.

So when God speaks a word, he said “This is for those with weight issues”. He said, “Tell those who are struggling with weight issues to walk with me in the cool of the day, 6 days a week.” And that was word I heard, he said “Tell those who are struggling with weight issues to walk with me in the cool of the day, 6 days a week. Now let me go back to the Bible and just show you some stuff after they had eaten the wrong thing. And let me show you what happened. And this was the first original sin and it is still today the deadliest of the sins—it kills more folks—See, the Bible says, you know the penalty for sin is death. Well, you want to know—what killed the most folk. Without question there’s nothing else that’s even close in the same ball park as what people put in their mouth. Kills more folk by multitudes than anything else, nothing else is even close. Tell those who are struggling with weight issues to walk with me in the cool of the day, 6 days a week.

Now immediately after they ate the wrong thing, first thing they did was they realized that they were naked and made clothes for themselves. Let me show you the psychological behind it. When I was doing the health seminar dealing – called Fact to find the Spirit of Weight Loss. I had a congregation member come to me and tell me, she said “Pastor Brunner, I realized that I was putting on weight because it served as padding and it insulated me the world”. And what you’ll find a lot of times with a psychologist, say sometimes if you’ve ever gone through abuse or through trauma it causes you to sometimes to want to put a shield between you and the world. And you feel comfortable behind this wall when they ate the wrong thing, when they violated Gods word, they needed to put on a covering because they felt embarrassed, they felt ashamed, they felt that—and often times discovering it takes on many forms.

And with some people the covering, sometimes it is a literally wall of flesh that we put on to insulate us, to shield us from the world and it is a covering. Immediately after they had eaten the wrong thing, they went and covered themselves. Now the Bible says this, “It says they heard a voice” in Genesis 3:8, “And they heard the voice of the LORD God walking in the garden in the cool of the day”.

And I’ve always thought that was a strange saying “How you hear a voice walking? I mean I could understand you heard his foot step walking but it’s says “And they heard the voice of the LORD God walking in the garden in the cool of the day”. Now, voice in the original Hebrew it’s the word “kol” and it means to call aloud or a voice, or a sound. So they heard the voice of God walking in the garden in the cool of the day immediately after they had eaten the wrong things and covered themselves up.
First thing that happened, their first contact with God, they heard his voice walking in the garden in the cool of the day. God has sense enough to get some exercise. He had sense enough to rest. We’re made in his likeness and he had to rest, didn’t he? So God himself was out walking in the cool of the day. I used to not have much respect for walking. I’m kind of a real vigorous rough exercise person. I like to run, you know I like rough. Walking just was too general for me, you know, you see folk walking out, that is just too general for me and I didn’t—to be honest I didn’t have whole lot of expect for walking. Until I went to a trade show in Baltimore, a little bit over 6 month ago at that the show was 2 days and I stayed in Baltimore for 4 days I did not rent a car.

Normally, if I’m in another city I rent a car but I didn’t rent a car. So I walked everywhere that I went. I went to the movies and I walked. The challenge was, that movies were like 7 to 8 miles away. So I ended up walking all over Baltimore and I would spend from 2 to 3 hours everyday walking. At the end of the fourth day I stood in the mirror and my body was different. And I’m standing looking at the mirror I said, “My goodness, this walking is no joke!” I saw my body sculptured in those four days just from that walking. I would have soon—I needed to run, I needed to do pushups, I needed do all this stuff that I needed to do really do some heavy duty, you know, like manly exercises. I think, I needed to do some manly stuff. I just like you know manly stuff. I saw my body transformed after I did four days of heavy walking.

I knew another person who, they were struggling trying to get weight off of their stomach and they were just running and all. And somehow the stuff wouldn’t move and they told me, they said “They heard God just whispered to them just walk”. And they changed their exercise—they just want out and they just walked a long time everyday and they said from the walking somehow the stomach just started to move and to flatten. There’s a power—see God knew and he spoke to us even in what he was doing himself. They heard that the voice of LORD God walking in the cool of the day. Walking is the original and it’s only one of perhaps three natural exercises for the body and it is the most natural of all of the exercises. All of the rest of the stuff, it’s good but it is not really the natural wisdom of the body. Walking is the most natural exercise that you can do.

There are two other exercises that are totally natural. One of them is running but you just came run that long and some of you, if you struggling with weight issues you can’t run at all and running has some – it has some other disadvantages. And the other one is natural that’s heavenly exercise base is sex and some of you for whatever reasons that’s not—that’s a no-no. So walking is the most natural. It is a thing that you can do easiest. It’s low impact, there’s no danger in it, and it doesn’t cause you a dime. You don’t need a whole lot of heavy duty equipment. You don’t have to have a gym membership. You know all of the standard excuses that people
have. You know, I don’t have the—all you need is a street. Put on you some bright clothes, so nobody will run over you and get on the street. That’s all you need!

So all you need to do is do what Adam and Eve heard God doing after they had eaten the wrong thing. Because people I’m going to tell you right now I wish I could say different but don’t eat the wrong thing. Because I can’t start—I eat better than anyone I know but I can’t start eating the wrong—some every now and then, I just like the wrong thing. I’ll be honest with you I just like the wrong thing every now and then. I will eat stuff; I know without question this stuff clogs my arteries. I had some nachos the other day. I know that is crispy it’s fried, it has salt on it, you got all of this stuff there that’s bad but it was good.

So this is the problem so I know without question, I’m going to eat some of the wrong stuff just as you are going to eat some of the wrong stuff. So I’m not going to sit here and trying to tell you “People just don’t eat the wrong stuff”. What I’m going to tell you that if you’re struggling with weight issues, walk with him 6 days a week in the cool of the day. You don’t have to get out there in the middle of the heat. Get up in the cool of the day. See God was walking in the cool of the day. He gives you some keys that’s very deep but yet very simple if you understand that, so don’t try to get out there, it’s 12 o’clock noon, its 95 degrees and you end up falling out from heatstroke.

In the cool of the day walk with God and when he says “Walk with me”, walk with God. I mean if you’re walking with a partner that’s fine but you make sure that when you walking with the partner you leave all of the non-godly stuff out. Leave the gossip out. If you’re walking with your MP3 player with headphones make sure that whatever you are listening to—see you got to listen to exactly what he said. If you are struggling with weight issues, He says, “Walk with me”, so if you’re walking with something and you listening to “50 Cent” that’s not walking with God. You know, so you now were, you’re with the “50 Cent”, you understand?

So walk with God not “50 Cent”. Now I’m not picking on “50 Cent” that’s just only what I could think of right of the back. But if you’re walking with God, walk with God and leave the other mess out. Walk with God; “Walk With God In The Cool of The Day.” Now, some of you might want to do—I like to run in the blistering heat. The hotter it is, the better it is. It puts my body under the greatest amount of strain and sometime if I’m talking to my mother while I’m out running. She said, “Boy you’re out there running in this heat, you’ll get rid of the—” I don’t think it will bother me but see, I’m not going to give anybody else that advice. You walk in the cool of the day. You walk in the cool of the day, you walk with God and you walk 6 days a week.

This is the word that God had spoken and if you followed this, some of you say, “Well I pass, I got – ” Well shuffle, limp, you know whatever you got to do, I mean
some of you, some of you, you are going to be able to walk. You know, you'll be able to swing your arms. You'll be able to step high but I'm going to be honest about it some of you all are going to walk kind of funny and if you going to walk funny—you know, however you have to walk, you know you just walk. He's not going to judge you by whether you’re stride is all straight and clean. You just walk and however you got to walk. You just walk that way. All he’s telling you to do is walk with him in the cool of the day, six days a week. You don't have to sweat, you don’t have to spend any money, and when you start doing this, if you are obedient and you struggling with this weight issues. Now it's not going to come all off in a month. But you'll notice month after month after month, you will notice a change in the way that you look and in the way that you feel.

“Walk With God In The Cool of The Day”, six days a week. It’s what my grandmother used to do. My grandmother lived to be 97 years old never had a medical issue until she was in her 90’s but every morning grandmamma gut to up and went walking. She never did a day of jogging, never had a personal trainer, never did in the jumping jacks, never did in the sit up. Grandmamma got up every morning and grandmamma went and walked. There’s a power in walking with God in the cool of the day. This has been number 4025 in the health series.

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

Amen, Amen, and Amen!

“Walk With God In The Cool of The Day” and just watch what God shall start doing in your body.