

P C

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Welcome to Brothers of the Word because brother you need the Word!

Today's message is a health message. For those of you who have been following the series – God commanded me on the first Biblical Sunday of each Biblical month to teach and preach about health. It's not overly spiritual. These are practical. This is not a shouting, a hooping, and a howling message. This is practical because whether you know it or believe it or not, God is concerned about your health of your physical body.

Now on each first Sunday we have at 7 p.m. "God Heals", you can read about it at GodHeals.net and we actually lay hands and prophesy and pray over people for a divine healing – but God's preference is that you maintain and walk in a divine health and he wants to impart some practical knowledge into your mind so that you can do some things that will keep you from getting sick and if you are sick will aid you in getting well.

So all of these things are practical, there will be a total of 14 of these messages and this is number 12 of the 14. So, there are two more health messages to come and as we always do. I want to reiterate the first message, which was #4021 entitled "The Eight Pillars of Health".

1. Exercise 30 to 60 minutes a day, 4 to 6 days a week.
2. Eat at least 5 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.

So those are the fundamental Eight Pillars of natural health that I go into in depth in message number 4021 that you may listen to at AirJesus.com

Today's message is simply entitled, "P C". Now, P C means several things, the most dominant meaning is simply Personal Computer which has actually added to our health problems instead of helped our health because now – so many of us spend so much time in front of a computer. And the time that you spend in front of a computer does not help your health at all because you're sitting there, doing nothing motionless almost all day long. The only thing that you're exercising are your fingers and you're not doing much exercise with those.

So we're spending now so much time with Personal Computers in one form or another we're on the computer. We are playing with a game in our computer or on our phones which are now powerful computers. So, we're spending a lot of time with personal computers – is actually detracting from our health.

The second meaning of P C, it simply means Politically Correct. And when you are Politically Correct, it fundamentally means that you say things that don't offend people or you put it in terminology and phrase all of it that's very gentle and very none offensive. In other words you use nice words to really water down the meaning.

There are actually 391 different meanings of the acronym "P C" all the way from Pretty Cool to Pussy Cat. So there is a bunch of meanings of PC but for today's message, the particular meaning of it simply is "Portion Control".

Now, in each one of these Health Messages, I've tried to give you a very simple thing that you can do. Turn to the person next to you and tell them, "You can do this." So I try to keep it very simple, not complicated, something that you can remember and something that you can do.

Now, Portion Control simply means eating less of whatever you are eating. The picture that you see here in the background – Let me tell you the story behind this. I was out with another family and we were headed out an outing and we stopped at the gas station. When we stopped to the gas station, it was a hot day, all of the kids ran inside to the gas station and one of my sons came out and he said, "Daddy, can I get a drink?" I said, "Sure you can get a drink along with this water".

And see, one of the things that they know, whenever they go out with their father. The only thing that I will allow them to drink is water. So they understand that – that's why he came out to ask me just to see if I was going to be in – Oh I forgot. But he came out and asked me. See, he came out because all of the other kids had drinks. And as they all came out, one of the parents said, because they all came out and all of the kids, the little kids, they had this big 32 ounces of drink. And when they came out, the parents said, "Take out these big old drinks because it just was ridiculous to buy anything smaller.

So I actually went inside and took a picture of it, and if you can read it and if you can see it, a 22 ounce of the drink caused \$ 0.89, a 32 ounce of the drink caused \$0.49. So if you are going to buy a drink, you have a choice of getting a 22 ounce for \$0.89 or a 32-ounce for \$.049. Now which one are you going to buy? And this is a part of what has America in worst health than almost any of the industrialized country.

See, there's a whole lot of flack and a whole lot of conversation about healthcare in America. The real healthcare, when you really look at it, America ranks number 17 in health of all industrialized countries. We're way down the list. We are sicker than almost any other industrialized nation. It's not about what kind of healthcare

plan you have. It's about not getting sick in the first place and if people can understand that, that's the real true divine healthcare.

It's not whether you got Blue Cross or Blue Shield. It's whether or not you follow what the man on the cross did and said. That's the real wise healthcare. Our healthcare system is in shambles not because of the payment, it's because of the health of the people and this is a big part of it, Portion Control and it's like this in so many places that we go – the food that is served, it leads you to eating way more than what you should eat. And here, you can't even buy a small drink. It penalizes you economically to get a small portion.

So I had to just snap a picture and bring it here for those of you who are just listening, I blighted out the name of the store because that really doesn't matter but many of you understand the principle, 22 ounce \$0.89, 32 ounce \$0.49. You can get a 44 ounce for \$0.99 and a 52 ounce for \$1.09 but that means that you could just buy two 32 ounces for only \$0.98 and get 64 ounces. So anyway you go, it's cheaper to eat worse. So when you understand that all of the economy and all of the economics drives us to worse health. We begin to understand some enlightening things.

Now there is an average of 3/4 to one teaspoon per ounce in your average soft drink. That means that with a 32 ounce Fountain Drink, how many teaspoons of sugar is in that drink? That's usually – when you count the ice, that's anywhere from 24 to 32 ounces of sugar that's just in that 32 ounce of drink that we're feeding us and our children. Cheap, you all say "Cheap".

See that's another spiritual principle, some things that are cheap in the short run are expensive in the long run. It's cheap in the short run but it gets really expensive in the long run.

Let me show you another way how Portion Control has gotten out of control in America. Generally, you cannot even buy a single portion of food today. If you look – for example, I don't advocate softdrinks but just take the example of softdrinks. If you read any can or any bottle, do you know what the serving sign says? Eight ounces, all of the calories, all of the sugar, all of the fat, is all calculated on a serving size of eight ounces. Try to find an eight ounce soda; just try to find an eight ounce soda. The smallest that you can find is a can which is 12 ounces. Most of it now, they are in 20 ounce bottles.

So when you get a 20 ounce bottle, you have 2 and a half servings of that sweet sugary calorie rich drink two and a half times. You can't even buy an eight ounce bottle or can of soda. So the world gears you to over indulgence and it gears you to distraction. So the first thing that you have to understand, if you want to get out of the trap, you cannot partake of stuff the way the world has packaged it. Sometimes when I'm travelling or whatever and I stop on the store, I may get me a bag of

Doritos. Yeah, I know some of you “What?” Yeah, I like Doritos, I sure do. They are fatty, they are fried, they are salty but I just like them. You know that stuff that’s bad for you – it does taste pretty good, it really does.

And do you know the problem that we have with portion control, if you go get a bag of Doritos and rarely can you find a single serving of Doritos. Usually it’s in a big bag. If you get a big bag of Doritos and look on the bag, it will have serving size so many ounces but it will have servings per bag – it’s usually 10 servings in that bag. But what’s the problem with that bag? What is the problem with that bag with 10 servings in it? You end up – by the end of the day, how much of that bag have you eaten? You mean all, the whole bag.

You remember the commercial that ran years ago and it used to be the man was sitting there. It was an Alka-Seltzer commercial. He is sitting there patting his stomach, all bloated. He said, “I can’t believe I ate the whole thing.” People, I have eaten the whole thing several times. As a matter of fact, I eat the whole thing most of the time. And often times, if I’ve got these little chocolate chips that really like. I go and get a little bag of chocolate. Do you know what Pastor will do with that bag of chocolate chips? He will eat the whole thing. So the problem is we cannot partake of the way the world packages things if we want to move into an arena of health because the way the world packages things, it packages stuff so that it makes you sick, simple as that.

So if you have to first fall, understand. See, if we can even follow the word that they had given us, we’d be alright. If we looked at it where it says serving size, which means that’s how much you are suppose to eat in a serving. If we follow that we’d be alright. But who in the world is going to get a bag of Doritos and get by five or six Doritos and stop there. Guess who’s going to do it, in all reality who?

So the problem we have, America has us geared to over indulgence, simple as that. For those of you – if you have done a lot of international travelling, you will notice two things. First of all, when you know you’re traveling internationally to other countries, hardly anyone is overweight. You just don’t see it. And you say, “Why is the food there so much cleaner and is so much fat free. No, it’s not that the food is so much better; their serving sizes are so much smaller.

Last time I was in Europe, I lost 5 pounds in 5 days, and I lost the weight because the food – their serving sizes are too small. There are two places that you will find where the portions are less and there’s a reason. Number one, if you travel through Europe and many of the other industrialized countries of the world, their serving sizes are much smaller than they are in America.

The second place where they are small—If you go to very expensive restaurants. I'm talking about expensive restaurants where the real rich people eat. When you go to

very expensive restaurants, they are bringing out little bitty – you know, and folks, I've heard some people from the hood got a long kind of plate... you know the meat is about a size of a cupcake and they put it in a plate. This costs \$75.00 for somebody from the hood. And I said, "What is this? What do you expect me to do with this; I can't even take my cheese with this. What do they expect me to do with this?"

So you'll find – if you travel to other industrialized countries or if you eat in a very expensive restaurant, their portion sizes are much smaller. So what is it that the other countries know whose health is much better than ours and what is it that the very rich people know whose health is very much better than ours – What is this that they know that we don't know. They understand Portion Control.

So it is a very simple principle but it has very profound and drastic effects upon us. All of the scientists now know that whenever animals undergo what is called caloric restriction, it drastically improves their health and increases their lifespan. They have done the studies. They have repeated them over and over and over. Basically, they'll take animals, rats or whatever kind you want to take and they'll divide them off into two groups. One group, they'll give them all they want to eat. The other group is on a very restricted diet in how much food they get. The group that could eat all that they want will generally live half as long as the group where the calories are restricted. So it repeats itself over and over.

Peter if you would put up the slide – This is just a study that was done and it was done with a group of monkeys. For those of you who are on television, you may not – these are two monkeys. The monkey on the left was given all he could eat and he ate all he was given. The monkey on the right was restricted by how much he could eat. Now, the monkeys are the same age. They are the same species, same genetics, and same background. The only difference was one ate all he wanted and the other one had his calories restricted. Now I want to ask you, which monkey are you?

Portion Control, now it's a very simple thing but it's not that easy and I don't have time enough to go into some of the heavy details. I'm just going to give you some simple stuff. You can go on the internet and just search on 'caloric restriction' and you'll find all of the research there, groups that are dedicated to it – who would follow it diligently. Doctors have done all kinds of studies on patients who started it before and after and the dramatic increase in health and it can get complicated in counting calories and all that. I'm just going to tell you it's really simple. Just eat less of what you're eating.

And let me explain it to you how God spoke it and told it to me and it changed my life. And I was wondering, I don't remember where I was or what I was doing but God simply spoke those two words to me and he said, 'Portion Control'. And then I

asked God, I said Lord, well what do I do? And he said, “Six ounce containers of food plus your rice.” And I want to show you what that looks like.

See, this is my six ounce container – for those of you who don’t have video, this is the way that I prepare my food. Even though I eat mostly vegetables and healthy stuff when I steam my vegetables, I’ll fill up this six times with vegetables and one time with rice and dump it in my steamer and cook it. Before, I started with this, I just filled it up and after every meal, I was full. Do you all know what I’m talking about? How many of you all know what I’m talking about? Raise your hand. How many of you – you’re just full after you eat. I was full.

But when I began Portion Control, when I finished I wasn’t full but I felt so much better. So this one little container helps to moderate me and helps to keep me on track. I just fill this up six times and one time with rice, dump it in the steamer each time, cook it and it works out perfect for me.

Now, some of you may need less or more than this because the amount of food that you need depends upon several different factors – how much you weigh, how active you are, or all of that kinds of stuff. But for me, this changed me and some of you need a similar type of cup and a similar type of discipline in your life. Because in a nutshell, you’re just eating too much and I was just eating too much and it doesn’t make much – I mean, what you eat makes a tremendous difference but even when you are eating very healthy, if you over eat it just taxes all of the systems of the body.

N If you read the book called, “The Blue Zone”. The Blue Zone is a book where scientist researched all of the groups of people all over the world who lived an extremely long time. There are about seven or eight different pockets around the world of people who simply survive far longer than average. And when they researched the factors of The Blue Zone, all of them had certain factors in common. And one factor that they all had in common was it they never ate until they were full. They always stopped eating before they got full.

So if you can learn to do that and if you can learn Portion Control, it will change your health. It will change the way you look. It will change the way you feel and it will most importantly change even how long you live. It makes a difference. Simple thing but it’s not that easy because you will have to get away from the way the world packages stuff. You will have to get away from the supersize. You know they had a movie about McDonalds and it was called “Supersize Me” and after the movie came out, McDonalds took the supersizes away because the movie got so much attention. But basically, America has supersized us and giving it to us cheaper. We’ve got a \$ 0.49, 32 teaspoon worth of sugar and we’re gulping it down.

That's why it's called "The big GULP" and people this stuff is killing us. So portion control is extremely vital but it's not that easy to do.

What I want you to do is to go and get you a container like I have. Now some of you may need a six ounce container and some of you will look at this and say, "Ain't no way – I'm going to eat my stuff out of this bowl. You must be crazy". But now remember, it's seven of these. So it's seven vegetables that go in here. So it's seven of this. So actually it makes a pretty descent size meal. But the point is simply this.

You need to make a concerted and conscious effort to control portion and the amount that you eat, and when you do that, it will make a huge difference. I'm not even talking about what you eat, I'm just talking about how much of this stuff are you eating? You can just eat too much, natural food and blow you up all out of way.

If you eat a small amount, you can even have handled poison if it's in a small and enough amounts. I hate to say it but you can just eat all day long if you don't eat too many Chitlins but if you eat a whole big mess of Chitlins, you will have a major problem. See, if you put your Chitlins in a bowl of this size, you probably would be alright.

So, Portion Control scientifically has the potential. And all of the scientists are saying – If we can learn Portion Control we can stretch out the human lifespan to the full 120 years that we're supposed to have. They are doing it with rats, they are doing it with monkeys and some of the humans are learning this knowledge also.

So today, I just want to bring to you this simple health tip, "Portion Control". Cut down how much of the stuff, that you are eating get you a container and use that to measure because if don't have a container, you are going to overdo. And I can just about guarantee, you are going to fill it up until it feels right. Do you all know what I'm talking about? You fill it up until it feels right. You pour the stuff out – you polish your plate until it looks right and that generally will always be too much.

Get a container that keeps you under control and use this container and it will make a tremendous difference in your life and a tremendous difference in your health.

You can go and hear all of the health series. Simply go to AirJesus.com, click on series and just go and click on 'health series', you'll be able to listen to all of these messages absolutely free. As Paul said, "Brother and above all things, I wish that you prosper and be in health."

We thank you for joining us today at Brothers of the Word because brother you need the word. Amen, amen, and amen.

The only thing you can get too much of is the Holy Ghost but everything else you need to have some Portion Control with.