

Elimination

Sermon Title: **Elimination**

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Notes: Change Title 2X, speaker name if different, replace xxxx with sermon number 3X, after changing xxxx in the links below enter a line return to activate the hyperlink then remove the line return then delete these lines

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We have been speaking for the last two Sundays from Revelation 2:26 and he that overcometh and keep at my works until the end, to him will I give power over the nations and for the message to you upon this morning, open your Bibles to the book of Philippians, the third chapter in Philippians and it shall be a familiar verse, yet one that shall deal with the nation that we shall teach you upon this day, how to overcome.

The book of Philippians, the third chapter, and this of course is the apostle Paul as he speaks in to the church and the familiar verse of Philippians 3:13 reads thusly, “Brethren, I count not myself to have apprehended but this one thing I do. Forgetting those things which are behind and reaching forth unto those things which are before. I pressed toward the mark for the prize of a high calling of God in Christ Jesus.” To read that verse Philippians 3:13 from the new living translation, “No dear friends, I am not still all I should be but I am focusing all my energies on this one thing.” You all say one thing.

I am putting everything I have got on this one thing, forgetting the past and looking forward to what lies ahead and as we go through the wilderness of life, heading towards the Promised Land, there was another nation that you must conquer and this again is just like the other two nations that if you do not conquer this nation, you will never get there. Because you see people, it does not take one nation to keep you out of the Promised Land. It does not take but one thing to block you to stop you from your destination. You do not have to have ten things. All it takes is one thing. Turn to you neighbor and say, “One thing.” All it takes is one thing to stop you from your destination.

That was a story of the man who was going to gamble with his friends and as he got there, they were throwing the dice and he said, “Fellows, there are three reasons why I cannot play with you today.” He said, “First of all, I do not have any money.” One of the fellows throwing the dice stood and said, “Hold up! Hold up! We do not even need to know the other two reasons. If you do not have any money, it does not matter, we do not even need to know the other stuff.” You see, that one thing stopped him from participating in the game. It does not take but one nation to stop you from the Promised Land. It does not take a whole lot of—just one nation that you cannot get through can stop you from ever reaching you divine destination. Paul says, “No dear friends, I am still not all I should be.” Paul, first of all recognized that fact. Not only was he not all he should be then, he would not ever be all he should be. I am not all I should be because every time I get to the point where I should be, it is something else.

You will never be all that you should be. You will never even be all that you could be because very rarely will anyone ever go the full limit to do absolutely everything they can do all of the time. You see, we might do it for a season or there is a day that we would be giving it everything that we got, or there are some days that we

have absolutely loved our brethren exactly like we are supposed to, but then there are these other days. There is never going to be a time where we are all that we should be all of the time. The best we can hope for is that we are at it for a season and that is why we have to constantly keep renewing our minds. It is never renewed. We have to keep renewing it day by day.

Last week, fall back. No my dear friends. I am not all I should be but I am focusing all my energies on this one thing, forgetting the past and looking forward to what lies ahead. This third nation that we must conquer, if we are ever going to get to the Promised Land, it is the nation of elimination.

Turn to your neighbor and say, "Elimination." You see, if you can never get through the nation of elimination, you will never make it into the Promised Land. There is a physical as well as a spiritual corollary to that. We have to have food everyday. Not everyday, but most of us eat everyday. No matter how good the food is, no matter how healthy it is, you can have some of the best organically grown, the purest fruit, eat nothing but fresh fruits and vegetables and nuts, all of that. You can have the best food in the world, but if you never have the process of elimination, you are going to die.

Sooner or later, you are going to die. Even in the natural. No matter how good the food is, you have got to have elimination. If you have the process of elimination down, even when the food is bad, you stay pretty healthy. Most of the naturopathic doctors will tell you it is not really even so much of what you take in that makes you sick, it is what you get rid of or fail to get rid of that makes you sick. It is the same way in your life. It is not even a matter of what you are exposed to. It is not even a matter of sometimes of what you take in, it is what you fail to get rid of that will make you sick.

Even the message that is still remembered out of all the messages that I preach, the one line that people remember more than anything is still that one thing of how I show people how to use the bathroom. They still remember it. I still go places and not only do they remember, it is the one thing that they continue to do. I do not care how deciding a message is by even some of the—I have heard some of the greatest preachers in the world and when I really go back, the stuff that you can really remember, you can barely fill up a page with it. In fact, over your whole life but people still remember how I told them to properly use the bathroom and when I still go places; people still remember because they saw what a difference it is once they tried it. They saw what a difference it made in their lives. It is just a simple thing of how people, or some of the people may not have been here and they may not have seen it and actually, the thing saves lives. It really does.

I told a story of the lady that came up to me after I was leaving a pastoral conference and she said, "You are at fault reason I am looking like this." What in

the world is this lady talking about? She said, "Your fault." She had on this dress which was just like a ten. This lady was ten sizes too small for the dress. She was just showing me her dress, how loose it was. She said, "You are the reason for all this." What in the world is this lady talking about. She said, "You remember when you showed up on television how to use the bathroom? I tried that thing and I started doing it and weight just started falling off of me like mad. So it works and it was just a simple thing that from basic physiology... Show him how to do it Elijah. I want to stay alive to show him how to do it.

I want to stay alive, but it is the physical processes of the simple thing of elimination and it is in my book called "Quick Fasting". People, they even light in from the book telling them how to end this. I know from somebody who said that just did not seem like it fit the pulpit, but people, this thing will stop you from getting colon cancer. Everybody will be amazed if you can lay hands on somebody and just cure one person of colon cancer. Suppose we save a hundred people from getting it in the first place, which one is greater?

That is why you have got to always free your mind from tradition stuffs because I know some folks he gets on to keep doing that in the pulpit, yet they get sick until they eliminate properly. We want to lay hands on folk trying to get folk healed after they see. I tried to keep folks from getting sick in the first place. Which one is better? So that is why you can never let your mind get blocked by tradition. I always look for proof, not tradition. That is why Jesus upset the world so much because he was not traditional. He brought truth and everyone else is rooted in tradition. So just even in the physical process of the elimination, and I told you when I pray, Lord, let the vision that I saw—I am not sure what it was. I will tell what I saw.

I saw change popping off of people. All across the audience, I do not know what this was. All I saw is I prayed and I saw God gave me a vision just change that had people bound, just breaking and popping and falling off. Some of you may not even have a good idea because they have to use the bathroom, so I will just go ahead and see, it is a some simple thing. I am not going to go into the technical explanation of it, but all you do when you are sitting down, getting ready to eliminate, you bend your head, put it between your knees, take your hand, grab your ankles and pull down. This is the way you use the bathroom, simple as that. I am not going to explain it. You just try. If you are watching on television, just try it. It works. You will find that you will be able to eliminate better because even in the natural, just the physical part of elimination, if you could get constipation out of people, you cut out 75% of the disease that people have. If you could just get them to the point where people use the bathroom every time they ate, which is the way it is supposed to be.

Some people think they are regular just as they go to the bathroom once a day. No you are not. You are supposed to have elimination for every meal. If you eat three times a day, you are supposed to eliminate three times a day, so if you eliminate one time a day, you are constipated. The Lord knows some folks eliminate once every two or three days. You need to see what Elijah just demonstrated and you need to try that and it works. Elimination, and you see people, we go through life sometimes and we have accumulated all of this stuff.

Turn to you neighbors and just tell him, "The stuff." We have accumulated all of this stuff and because we have accumulated all of this stuff, and we do not know how to eliminate some things from our lives, and that is why Paul has to say this one thing I do, forgetting the things which are behind me. That means Paul has some stuffs behind him he needed to forget. So do we. We have got some things that we would just be better of, if we could forget about them. Turn to your neighbor, just tell him, "Forget about it." There is some stuff that you need to forget about, that you need to let go, but because the thing has you bound up and you do not know how to eliminate it, you carry it through life and you will never get to your Promised Land as you got all this stuff on you back. You cannot even run a race with a load of stuff on your back.

Somebody just bring me up a chair. Just bring up a chair, one of those folding chairs, and sometimes you have to—you fold it up there. I want you to see sometimes we have got heartbreak and we are hauling this heartbreak around. Everywhere we go, the heartbreak is still fresh in our mind. That man broke my heart back in 1982. We have this and we have never been able to eliminate the heartbreak and we go through life into our next relationship and though it appears to be a good relationship, it can never be quite right because you have never gotten rid of the old heartbreak.

Bring me another chair. You see sometimes, you just have to illustrate it, put this on my back. This is jealousy. You have got to learn how to eliminate some stuff from your life. Yes! There is someone that has something more than you. Yes! They have got something better than you. Yes! They look better than you. Yes! They have maybe what you want. Yes! They may have a man like you want. Yes! Their hair may be what you want. Yes! They have a man like you want. Yes! They may have a car like you want. Yes! They may have the job that you want. But you have got this jealousy and because you have this jealousy, you can never fully appreciate and enjoy that which God has given you. You have got a good man but you want Denzel. Your man has not Denzel and because you are jealous of Denzel's wife, you are hauling it around and you can never enter into the Promised Land of your own because you are jealous of what someone else has.

Bring in another chair, and you see, sometimes you can see the physical and you just have to illustrate this thing because sometimes you do not understand just

talking about. You have got to see this stuff piling on your neck. It feels heavier and heavier and it is harder to carry. You see, this is hate. You have someone who has done you wrong yet you may have a very good reason for it. But if you haul around this hate and it burns inside of you. Yes, they saau something about you.” Yes, they stole something from you. Yes they talk about you like a dog. Yes! They did you wrong in all kind of ways but you will never be able to enter into love because you are hauling around all of this hate.

Bring me another chair. Sometimes, we are getting to see it looks ridiculous. How did we go hauling around with this? How are you hauling all that wrath? You see, it looks ridiculous and yes, it is getting heavier and it is harder and harder to hold. It gets heavier and it is heavy. This is the elimination of molestation. Yes! It is so many, almost one out of three that have been molested. You haul this thing around—30, 40, 50, 60, sometimes 70 years ago and it is still hard, you never can feel right about a man because of what daddy or what uncle did or what cousins such and such did and all of this stuff you are hauling around. We have got to learn how to eliminate some things and sometimes just the sin of molestation, we haul around and it even turns some men into molesters simply because they can never eliminate what was done to him.

Bring me another chair. How much can you have or how much can you have? How much can you—turn to your neighbor and ask him, how much can you handle? You see as it keeps putting this stuff on, on, and on, and on. This is failure. You had failure once or twice. It did not turn out like you want if you lost a job, the business went under, the marriage failed. You failed and because you failed, you will never feel right about trying anything else again. You are hauling this stuff around you cannot go on after another and the thing gets heavier. It is heavy and how are you going to run like this? Because you are holding on this stuff around and you have never learned how to properly eliminate. You sometimes have to see this to understand what Jesus said when he said, “I am the burden bearer.” These are the burdens that we carry.

Bring me another chair. You say, “Pastor, there has got to be a limit.” Oh no, there is not. You see, life will keep piling all burdens on you until your back just breaks. It will keep piling up it on you until you just fall down. It will keep piling it on until you are mashed into the ground until you cry every night until you fail and you will never try to get up again. It will keep you in your seat, all of this stuff is just piled on you. This is nothing but sometimes drugs that hit you. Sometimes it is the sin of lying that just hits you. The sin of stealing and you have got all of this stuff on you and you say, “Lord, when are you going to take this off of me.” You have got to learn how to eliminate some of this stuff out of your life. You have got to learn how to cross on the burden barrier. You have got to learn what Jesus said, “My burden is light and my yoke is easy.” If you do not understand these things, you are

hauling this stuff around for the rest of your life with your back aching, bent, never being able to walk, never being in the Promised Land.

I want the preachers to come and take this off of me. I want you to bring the Word that will take this off. You have got to lift it off and strip it off of me one by one, so that the burden becomes light and I can feel the change coming on, and I can feel myself straightening up. I can feel, I can feel, I can feel. Amen. All this stuff that we hold throughout all of our lives, sometimes we will even say it in the way we talk. I feel like I have got so much on me. You do! I feel like I am just burned out. You are! I feel like I am just carrying so much. You are!

A lot of it is not even the cast that we have to do. It is these other things. I have even understood and see even the burdens that we have to do in the job and the work that we have to do, all that stuff is relative. The weather outside right now, we think it is tough, it is relative. How many of you have gone out and chopped some wood this morning? Do you know that is the way you used to have to do it? You have to split the wood, then you have to get up in the morning. You had to get the fire stoked and going. You just could not turn the thermostat up. You could not just turn the electric banquet up. You have to get the fire going, put some 20:29 try to match—getting it going, fan it for about 20 or 30 minutes while you are sitting there freezing. You see, all of this stuff, even about to burn and even about to work that we have to do—these are all relative.

Because we never understand the blessing, we sometimes even curse that which we have to do and God is trying to tell you this morning people, so many of you are bound up and you have got all of those chairs on you and your back is just about to break and you cannot run. The only thing you can do at death is shuffle. Have you ever felt like you are just shuffling through life where you ought to be running and you can never get to the Promised Land until you can get through that nation of elimination. There is some stuff that you need to forget about.

Turn to your neighbor again, tell them “Forget about it!” There are things that you need to forget about and you see what we cannot, I am going you again seven step to eliminating stuff in your life and getting rid of these things that you need to get rid off in your life, so you can get on to your Promised Land. This is the third nation that you must get through. You must get through this nation of elimination.

Number one, you must be able to see the reason that it needs to be eliminated. If you cannot do that, you will never get rid of it. You must be able to see why you need this thing out of your life. You see this stuff will accumulate. I have just even this morning, I just cleaned off the podium. I want to show what was going on in the podium. This was all that was on the podium. All this stuff, all this was on the podium. This is just like our lives people. We do not need all this stuff and it is just junking up stuff. After awhile it just looks normal. We have been standing up

preaching everyday, all this stuff on the podium. It looks normal. You see people when you get so much stuff in your life that does not need to be there after it has been there for so long, it looks normal. Not only does it look normal, if you carry a weight long enough, not only does it look normal to you, it starts feeling normal. I know I have been carrying on but it has been so long since I ran, maybe this is the way I am supposed to walk. It has been there for so long that it starts to look and starts to feel like this is the way it is supposed to be. You have got to be able to see the reason. Look I said, "The podium should not be this junky." That is the first realization that you must have.

One reason that people cannot eliminate from their lives is because they never see the reason they only see the rationale. If you do not see the reason and if you have the rationale, you will never get rid of it. A rationale is something like—this is cool. I was just made this way. Yes, I know other folks—this is my nature. I am supposed to be just different. I am my own person.

Sometimes you have rationale where my daddy was this way. I did not have the back ground—I am supposed to be—I got an excuse, I got a reason. You have got to be able to see the real reason why you need some stuff eliminated. You need to be able to get rid of it and you need to be able to forget about it and all of us have kinds of things. There is a newness and there is a freshness that will come when you are able to strip up—That is why Paul said, he focusing all of his energies on only one thing, it is hard to get rid of that stuff. All of that stuff that we have been carrying—do you know if you got hate in your heart for someone and they really, truly done you wrong—do you know it is hard to forget about it. That is not something that is just a snap of a finger. That thing is hard. When they have sure enough done you wrong, it is hard to forget about it. But there is a chair on your back and—first of all that is why I said number one you have got to see the reason.

Some folks cannot even see the reason for getting rid of hate. They did it, they deserve it! There is no need for me loving them because they are not lovable and you have got all kinds of rationales and if you can never see the reason—the reason is the thing keeps you down. It keeps the frown on your face, it gets your blood pressure up and if you do not see the reason, you will never get rid of the things. Number one, you have got to be able to see the reason that it needs to be eliminated.

Number two, you must be willing to change. Even if you see it and even if you know—I know this thing is not right. Many other things that we do that we have got on our backs, we already know it is not right, so we understand the reason that it needs to be eliminated. Anyone smoking cigarette? You do not have to go and talk about it. Nobody is trying to bring them surgeon general. They already know that. The reason they need to stop smoking is obvious. Number two is that you must be willing to change. That is where the problem comes in. There were some things in my life that to be honest about it I knew I should not be doing but I just

not willing to change it. I see it but I am just not willing to change. I do not want to change—so you have got to be willing to change it first.

Number three, you need to write it down and set a definite date and plan. Too many of the times, we will get to those first two, yes I see why I need to change it. Yes, I am willing to change it and then you say I am going to change and you never get around what you started on changing. You need to write down a definite date and a definite plan on when you are going to get started and how you are going to do it. You see, when you write thing down it gives it—first of all do you know what the Bible would be if it was not written down? First of all, it will be different. That is the first thing that will happen to it. It will be vastly different if we just have to translate it and transfer it generation from what is called the oral tradition. It would be different.

You know how it is when you put folk in a circle and you tell him one thing and they go around to the circle. When you get to the end of something entirely different—you need to write it down. Write down a definite date and a definite plan. Because if you cannot write down what you want to do and how you are going to do it then how in the world do you expect to so it. If you say I am going to stop smoking, I am going to stop smoking today at 6 o'clock and I am not going to smoke again ever in life. You write that down and you put it in, maybe you may not. I am going to stop smoking three packs a day and I am going to two packs a day. Three months from now on this date then I am going to one pack a day. However you are going to do it, you need to have a definite plan on whatever you are going to do. Write it down, put a definite date and plan.

Number four, do not try to change everything at once. Whenever you put too much on and you try to do too many things, there is a great probability you are not going to do any of them successfully and sometimes what will happen is that we will get motivated and we will get stimulated and we will go one more change everything me—yes I am! I am going to change my hair, I going to change my figure, I am going to change car, I am going to change my house, I am going to change my clothes, and we are going to change all of this stuff and end up not changing any of it. Always start out with the things that you can do and you master that and you get that changed and then you move on from there. Do not try to take on everything at one time, you just handle one thing. Get that one thing done and you realize that you got all of these chairs on your back; you take them off one at a time and get one chair off and then you get the rest of them off.

Number five, fill the hole. What do you mean fill the hole? Whenever you remove something from your life, you are going to leave a hole of where that thing used to be. If you do not put something in it, something by natural law will seek to get in it. There is a physical law that simply says “Nature abhors a vacuum”. Whenever there is a vacuum the very laws of physics demands that something tries to fill that

vacuum. If you ever take something out of your life and you do not put something in voluntarily, something will go in involuntarily.

That is why even as I use the example of people quitting smoking cigarette—that is why when people quit cigarettes they gain weight. They gain the weight because they stop one habit. They stop the cigarettes but they still are not put anything in and they get nervous and they have got to do something and what happens, they start eating to replace the cigarette. So they only exchange one habit that they did not want for another habit that they did not want because they never consciously say that I am now moving this thing out of my life and I have got to put something in this thing.

If you have been seeing someone and you know they are not right for you and this message causes you to say, I am going to eliminate them from my life. You have got to put something else in. Because else you wake up at 10 o'clock at night and go to missing them and there you are with a vacuum in your life then you wake up tomorrow night, look over at the clock, look over to an empty place, and you put nothing in to replace. If you do not replace and if you do not fill the hole where you pull the thing out something will, by natural law, try to get in it.

Sometimes you have to fill that time up with just coming to church. Fill that time up with focusing on helping someone else. Fill that time up with something whenever you pull something out, you have got to pull something or else you leave a void. In that void something will always go in. That is why even when Jesus gave the example, he says “When a demon is cast out, the demon goes out into the dry places and it will come back and find the house clean and garnished and will bring back with it seven more spirits more wicked than itself.” Jesus was trying to give you a principle that even when you cast something out and you clean your house out, if you leave it empty something else will go and try to get back in there and if you do not put something good in, not only will something bad get back in, it will be seven times worse than it was before. You would think Lord the demons were cleared out that would be just sufficient in and of itself, that will be good enough. No, that is not good enough. You have to fill up your house with something.

You have to fill up your time. That is why they say an idle mind is a devil's workshop. If you have got too much time and do not know what to do with it, the devil has a plan for it. If you have got too much money and do not know what to do with it, the devil has a plan for it. If you have got too much energy and do not know what to do with it, the devil has a plan for it. So you have got to always occupy and fill the vacancy when you get something out of your life. I am going to stop listening to nasty rap music, you have got to replace it some kind of music. You have got to replace it with something because if you do not, the beat will still be in the blood. So you got to replace, you got to fill the hole.

Number six, tell someone else about what you are doing to eliminate things out of your life and the reason you do this, you see if you do not tell anyone, you really are under less pressure to do it. You need to do two things with that. You need to tell them and you need to ask them to observe you and be frank with you if you get off.

Sometimes that is a hard thing for folks to do. You need to tell someone and ask them to observe you and be frank with you when you get off. There is no better help sometimes that you can have in a good friend that you should ask and you say look man I am having a real problem with this but I am getting ready to change this thing and I want you to watch me and I want you to let me know if I get off.

I am not going to get mad. I am not going to give attitude but let me know if I get off. That automatically puts you into some kind self correction and then you know, Elijah is looking at me. I told him I was going to do this. I know good and well, if I mess up, he is going to come telling me that so I am going to stay on track with it. It always helps if you have an outside observer. Tell someone else and ask them to observe you and be frank. The other things that helps with you is it helps with your pride because folk do not like to be corrected. They are neither wrong or there is two left feet but they do not like you to tell me them. They do not want you to tell so sometimes this will just have some of you just in dealing with the area of pride. Just ask them to look if I get off on this thing, let me know and let me know the truth and I promise I am not going to get mad, I am not going to get an attitude and I will not get upset with you just tell me the truth if I get off.

Sometimes you need to get somebody to just be glad to tell you, too. There are some people that will just be glad to tell you. You need to get someone who is glad to tell you and ask them to help you and let you know when you get off.

The last thing is this you need to understand the spiritual principle behind it. See, of all of the things you need to eliminate in your life, there is always spiritual principle behind it. You will be able to find it in God's Word. If you know God's Word, sometimes there are some things that we need to eliminate. You say, "Oh pastor I bite my nails all the time and I know I need to eliminate—I shake my leg all the time I know I need to eliminate—where is that in the Bible?"

Sometimes it will not be just a pure, direct relationship scripture to a exactly what you are going through but if you cannot find anything specifically just go to John 14:27 and it says, "Peace I leave with you. My peace I give unto you. Not as the world gives it unto to you. Let my not your heart be troubles neither let it be afraid." Most of the stuff we have that we do out of habit that we to eliminate is taking out peace away, in some form or another. If we have got to bite our nails, it is because we are nervous and we have taken to the nail biting because I used to bit my nails. It is something that you do it for so long you do not even notice you are doing it. You are just doing it out of habit. So if you understand it, we can get the

peace of Jesus into our lives, we do not need all these things. Because we depend on the other things to give us our peace and to take our minds off of the things and the situations in life.

The nation of elimination is a nation that we all must go through to get to our Promised Land. Remember the first segment of procrastination and immediately as I was speaking, there were some things coming up in everyone's minds on some things that they need to eliminate out of life. You need to eliminate—you see even when I started. I started in December. For the month of December, I had no sweets at all. I knew I needed to cut down on my sweets. Some you got that beer problem. You see I knew I need—I believe the chemical break down of all of the stuff with all your chemical structure of dextrose and sucrose and I knew all these stuff but still I ate too many sweets and I knew I ate too many sweets. So for December, I had no sweets and up until January 10, I was going for 40 days. Not a piece of cake, not a piece of pie, not a cookie, not a candy bar, nothing. When I made it through those 40 days on January 10, I have had some sweets since then but I have only had about three sweets and—something about it people when you go through the process and anything you need to eliminate. If you can make it through 40 days without saying something—there something that happens that whatever it is that has grip on your flesh if you can make it through 40 days and some elimination you just need to say look I am just going to go through without—40 days, I will stop thinking negatively about that person. For 40 days, I am not going to say a bad word about him, I am going to try not to think about bad thought about him. I am just going to think love towards him. I am going to do this for 40 days. People I can guarantee you, you make it through the 40 days, on the 41st day, you will not have to sweat trying to do it.

There is something about it but all of us have these that things we know we have to eliminate out of our lives. Things that are detrimental—and there are some things I know I cannot carry with me in to that Promised Land. You have got the same stuff in your life and all of that stuff in your life that you know you cannot go into the Promised Land with, you are going to have to learn how to forget about it.

Some this stuff is good to you. There is no two ways about it. Sweets are good. It is good to you and you can substitute one for another and you have got to learn how—if you got to pull away from one thing and add another, add a thing that is good for you. In elimination people—this is a nation that we must learn to conquer.

Turn to your neighbor and ask them how many chairs are on their back and I do not know the reason but I saw in the spirit, the rest with this audience, I just saw change just popping off. You know, you have got the chance and you know it has been weighing you down on, and you know you want to get rid off it.

I hope you have heard this message and I was trying—what specifically do—God wants you to do this one thing. The thing that I told you of those seven, number three—write it down and set a definite date and plan. It is odd that the thing that is on the pulpit the most is writing instruments. This is what I want you to do, for everyone that wants to make a change and you know what it is, I want you to come get one of these pens and write—these have been on the pulpit for a long time so they are really blessed and anointed. I want you to come up and get one these pen. Come up and get one of these pens or pencils and write it down with one of these and we are going to pray over and there is not enough for everyone but that is all of them. But ask someone else as soon you get through writing yours ,raise your hands so someone else could get the pen.

Three things, write it down, set a definite date and then write the plan. Now, when you finish writing yours, hold up your hands so someone else can get your pen. I did not know this in advance but this is what God wants you to do. There is no better time to begin than right now. Write it down. If you are watching this on television or if you are listening by tape, write it down right now. Write it down, what it is, when you are going to start and exactly what you are going to do to eliminate these things out of your life. Write it down now.

God wants to set you free. He wants the burden off of your back. You know what they are. I cannot make the decision for you and if you want to break these chains, if you want to get through and successfully conquer of nation of elimination write it down right now. Break the chains. Break the chains

Even as you write it down, I just want you to stand up and just exclaim, free at last, free at last, thank God Almighty, free at last. As soon as you are finished writing it down, just stand up and shout it out. Sometimes if you can make a declaration and it is the beginning and something will go all through you just as you shout that thing out and you are telling the devil right now. Amen, amen, amen.

Hold up your hand if you are through with your pens so someone else can get your pens. Amen, amen, amen. People you have got to understand God has got the power to eliminate every burden in your life but you are always a part of that. It is never independent of you. It is often deep rooted in you. The power is waiting, There is no problem with the power. You just have not let it in. God wants to deliver you and fetch you free. It is what he wanted to do with the children of Israel, not only just set them free but take them to the Promised Land. But He cannot take them to the Promised Land until He first frees them. This is the first step, just become free that you can go to your Promised Land.