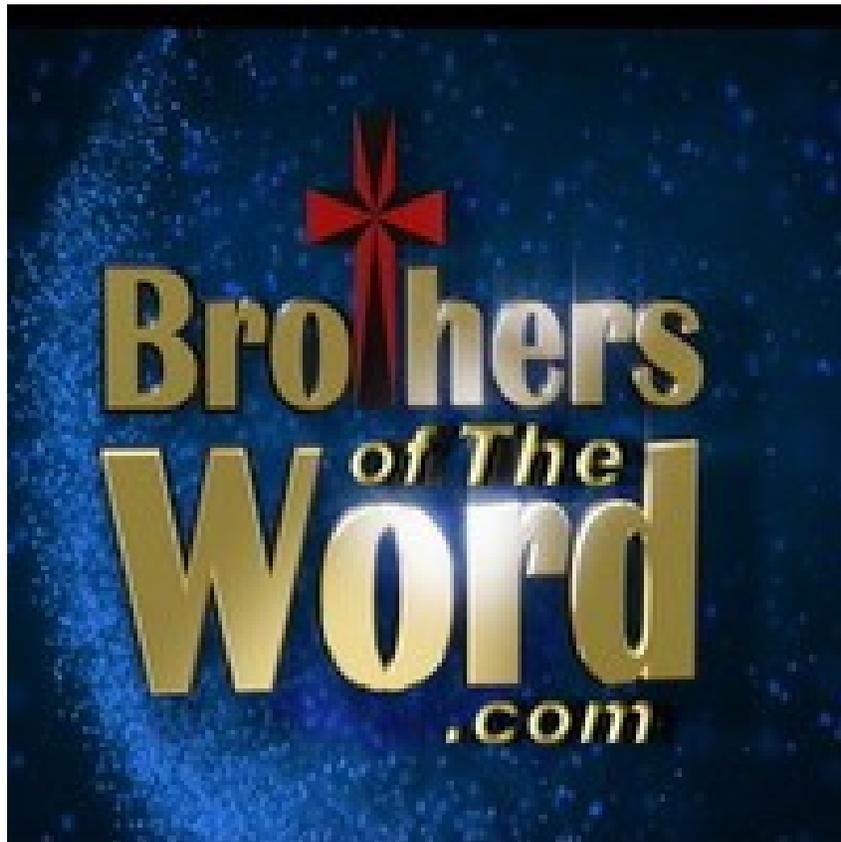


Get Up Off It – Part 3

Sermon Title: **Get Up Off It – Part 3**
Sermon Number: **5528**
Speaker: **Nathaniel Bronner Jr.**

Links to sermon– *MP3 is best audio quality, Windows Media Version is fastest download:*
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Welcome to Brothers of the Word, because, brother, you need The Word. And today is the third and final part of the Get Up Off of It series and this series basically deals with sex within marriage. It is perhaps a straightforward and controversial series because you do not hear straight talk about sex from the church, and Lord knows we need it more than the Word. We have more issues, more problems, higher divorce rate and more situations within the church than we do outside of the church.

Well, if the church doesn't talk about it, then who is supposed to talk about it? The news? And that's often times where we're hearing it from, so this is the third and final part of the Get Up Off of It series and I'll ask because I've asked within the prior two portions if you have small children, even though I'm not going to say anything that's inappropriate, there's simply some questions from a small child that you might not want to answer right now. So, if you do have small children who are watching or listening, we may advise you to ask them to exit the room as we're going to talk about some grown folk stuff today.

And Part 1 was the need for good sex within marriage, which was message number 5527 and, well, 5526. Part 2 was the natural power of sex – message 5527 – and today is message number 5528 – How To Perform Better at Sex in Marriage. And within this series, I'm going to be best be dealing with not spiritual stuff, just some, raw, straight, practical stuff and I'm going to tell you some stuff that will even get a dead man working. I'm not joking about that. It's serious. It'll be some stuff that'll get a dead man working. I'm going to take off my jacket because it's... we're dealing with some serious stuff here and, sometimes, you don't have really good sex. You just can't do it clothed. You got to be straight naked. That's just the bottom line of it and this is the way man and woman, they were created in perfection. They did everything naked.

And sometimes, we now look at it as a shame. Some married couples have never even seen each other naked and we have some issues within the bedroom that are manifesting out into our relationships and we just need some straight talk. Our primary Scripture has been from I Corinthians, Chapter 7, beginning at the third verse. This is the New Living translation.

“The husband should fulfil his wife's sexual needs and the wife should fulfil her husband's needs. The wife gives authority over her body to her husband and the husband gives authority over his body to his wife. Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time, so you can give yourselves more completely to prayer. After it, you should come together again so that Satan won't be able to tempt you because of your lack of self-control.”

Now, today I am going to deal with two primary areas. I have to go it through it fast. I don't have time to get into a whole lot of detail, but I'll tell you a few things. And the two main areas that we have problems with sexual performance: they basically root in either in the emotional or the physical area.

The emotional area, in a nutshell, says, "I don't want to do it. I just don't want to do it. I don't feel like it. I'm not in the mood!" That's what the emotional side says. The physical side says, "I can't do it." So those are the two areas that we deal with. "I don't want to do it," or, "I can't do it."

So, first beginning with just the emotional area. Number 1: We got to really prioritize what I will call our lovey-dovey time and keep it lovey-dovey. Let me say Robert Reich, the former US Secretary of Labor... he popularized the term, DINS Couples, which means, "Double Income; No Sex", where he discussed the hazards of work overload, in a speech. And even though in a speech, people began laughing, it really brought to light a problem that we have in our society today.

People are just working sometimes too much to have sex. We'll have to have some lovey-dovey time. Don't tell the person, just tell him, "It's lovey-dovey time." Sometimes, you have to have just some lovey-dovey time. And the problem is, we've got all this stuff that we're responsible for that we have to do.

Now, this is interesting. The Kinsey Institute which is a primary sex research institute in the world reported that today's women are having less sex, much less sex, than they did in the 1950's. Now, this is what this boils down to: Women today are having less sex than their grandmothers did.

Now, think about your grandma. I had to put this where you can understand it. Think about your grandmother and what the research is saying is that you today, on an average, you're having less sex than your grandmother did and you're wondering why we got all these marital problems in the church. You're having less sex today than your grandmother did. Just turn to the person, tell him, "Grandma had it going on!"

So, according to the Kinsey Sex Research Institute, women today are having less sex than their grandmothers did. And to be honest about it, folks, that's just a crime shame, and we're wondering why we got all these problems. You just need to go, just ask, "Grandmother what's wrong, and Grandmother may just tell you down-to-earth stuff like I've been telling you in these past two messages!"

Now, first, I'm going to deal with the emotional thing and there are some psychological issues that I just do not have time to get into today. So, I'm going to deal with, first, the basics of just the emotional, and fundamentally, you have got to deal with the stuff of setting the scene for sex.

Do you know when you were single, you spent a lot of time just to set the scene? Nothing got in your way of romance. You spent a lot of time when you were single. When you get married, and the stats say every 10 years of marriage, your responsibilities double. You have more stuff. You become the part of more committees. You take home more responsibilities. You got this to do, that to do. The business is booming. You got to spend more time at work.

You start having more and more problems. Every 10 years, your responsibilities in life double. And any time you put time into one area, you have to take time from another area. And often times, where this time comes from, it comes from your lovey-dovey time.

Now, I have some balloons up here and they're here for a purpose. These balloons, they represent the air, the joy, the spirit in our love life. But there are some things that we can do and just bust a move. Do you understand what I mean? It just pops to move. And sometimes, when you do these things and you bust the move, every time this happens, I'm going to pop a balloon. So, those who are watching this video, you'll be able to see it. If you're hearing it by audio, then you hear a pop. It's just a balloon pop, but what it represents, it pops our romance. It pops the atmosphere. It destroys the mood. And there are some basic things that we need to do just to keep our lovey-dovey time intact.

First thing you need to do is turn off your cell phone. Now, this may sound like a very basic thing, but it's not. Do you know a lot of times, even now when couples are about to make love, a text message comes in, and do you know what happens when a text message comes in? (A balloon pops.)

I mean, it's some very basic stuff. There's a modern term called a "crackberry". A "crackberry", that's a person who is addicted to their Blackberry or their PDA or other smart phones. We can't go anywhere these days without our cell phones. And the cell phone is owned constantly; we're constantly talking, now we're constantly texting and you can't even have good sex because you're being interrupted by your cell phone. And it just absolutely destroys the mood and you don't have any better sense than to turn off your cell phone, and it absolutely destroys the mood when the man or the woman says, "Hold on, baby. Let me get this right quick."

If you even stop just to see who it is, it destroys the mood. So, first thing you need to do is you need to turn off your cell phone. Because to be honest about it, the chances are that it's emergency is very, very slim. But the chances are, with the cell phone off, and you're having an emergency in your relationship is very, very high. So, you need to turn off your cell phone. You can't even go to the movies now, without looking out over the audience and seeing all these little flat folk trying to hide the

ladies, all... You can't go to the movies without folk texting all over the place. So, we have become addicts to cell phones and it helps to destroy relationships.

And this is the broader point: In the old days, phones were a primary means of romance. With many married couples now, it is a primary means of divorce because you become married to your phone. And you're going to have to divorce your phone when it's lovey-dovey time.

Do you know the original meaning of PDA, which is what we call our smart phones and our devices now, they're Personal Digital Assistants. But the original meaning of PDA was "Public Display of Affection". And it has gone from one extreme to the other until now, the PDA, is taken to places. You can see couples at the Internet. Instead of holding hands, they're holding the phone and texting on the phone instead of looking at each other. So, first thing: turn off your cell phone.

Second thing: do not talk about money during lovey-dovey time. Don't mention bills, don't mention stuff that's due. Because the minute you're about to get into and you say, "Baby, you know we are behind on," – (a balloon pops). That's what happens. Money is the number 1 cause, given statistically, for divorce. But with lovey-dovey time, you do not need to talk about anything that is financial related. You've got to make lovey-dovey time truly lovey-dovey time, so don't talk about anything relating to money. Don't talk about anything that is negative.

The minute you go to talk, I don't care what it is. "Baby did you hear that when she walked down the street right in the corner she got shot?" (A balloon pops.) The minute you go to talking about something negative, it destroys – I don't care whether it's your job. I don't care whether it's your children. I don't care whether there's a pipe leaking in the house. I don't care what it is. Do not talk about anything negative during lovey-dovey time.

Next thing: Don't make demands or calls for decisions during lovey-dovey time. Sometimes, you know, when couples are busy and that's the only time they get, and in a minute, all this stuff goes to pouring out. And then, you asked for a decision; you ask for something right then, and it's just the wrong time to do it.

"Well, I'm on it. Can you do this right? Can you do, "– (a balloon pops). The minute that happens, don't call or ask for decisions or major thought processors during lovey-dovey time.

Next thing: Watch your body language. When you're in your lovey-dovey time, watch your body language. You know, you can look at a person and tell when they're in the mood and when they're not. Watch their body language. When you can look at the face and tell it's all frowned up – you know what I'm saying? You can look at and be all fully crossed like this, you know, watch your body language. Just look

and ask yourself whether you want to make love with you? Now, if you wouldn't want to make love with you, what makes you think anybody else does? So, watch your body language. Just as simple as that.

And if you walk into somebody, just watch their body language. Give your lovey-dovey dress as much attention as you go anywhere else dressing up. This is what I'm saying. People, we don't go out to the mall looking all horrible, yet you'll come to bed with underwear with the elastic all gone and, you're understanding, they're wrinkled. You understand what I mean? You come to bed looking like – but you won't go anywhere else. Look and see. If you don't want to look bad for the world; why do you want to look bad for your spouse? Just comment and the world's not giving you anything!

So if you don't want to go out to the mall looking bad, or, men, if you won't go to the game or if you won't go somewhere looking bad... if you won't go somewhere else looking bad, and here, people who have no interest in you, not giving you anything, why do you come to bed looking bad for your spouse? Because you walk into the door, you're coming to the bedroom; you're all ragged-looking and that stuff hanging all baggy. You know what that does? (A balloon pops.)

And just the final practical thing of just lovey-dovey time, a very, very simple thing: wash your assets. Just as simple as that. Just a very simple thing. Just wash your *assets*. Now, you can know what your assets are. So, when you make sure that you won't go anywhere else, you know, just wash your *assets*. I don't even need to go into that. But, if you come to bed, and your assets are not up to par – (a balloon pops).

So, that's just some things on some lovey-dovey time. I've got to really move fast. I've got to go through this real quick. That's part of the emotional. It's just setting the mood. There's much more to it than that, but I don't have time to get to that. So, I'm going to deal with just the physical.

In the physical, in a nutshell, and I got to get through this quick. In a nutshell, the physical boils down to this when people say "I can't do it". Men fall down and women dry out, you all understand that? Simple as that. Men fall down. You know, I'm fallen and I can't get up. Men fall down; women dry out. Plain and simple. Everyone understands that. It is nice and clean and you understand it. And that's basically what happens.

I'm going to be dealing with just women first. Fundamentally, a lot of our physical stuff is really physical and it relates as we got older. Hormone levels drop, all this kind of stuff. You're not as responsive. It happens with women. It happens with men. So, women dry out. Women are a little bit easier to deal with.

Men are more complicated on this physical level. They got more stuff to deal with. But, basically, two quick things that will help women who are facing that issue – and as you get older, many women will face that. If you dry out, it makes sex much more painful, much more uncomfortable. It's not good for you. The woman is not good for the man. Doesn't feel right for him; doesn't feel right to you. So, you need to get this stuff right.

First thing you need to do is drink plenty of water and that's the simplest thing, but right now, all of America for the most part, we suffer massive amounts of dehydration. Just go to the grocery store, look in the lotion section. What you will see in the lotion section, the majority of lotion is for excessively dry skin. Well, what you think happens? See, when your skin is all dried out and your face is dried out, where else? The best way to fix that is to stay well-hydrated.

Doctors will tell you this: Drink plenty of water. If you're having a dry problem, the root of the problem is not moisturizing, the root of the problem is drink water. So, if you drink a whole lot of water, it will help that problem tremendously. Now, when that doesn't help, well you need some extra stuff. Fundamentally, you ought to get something that'll help you. That's the bottom line.

I said this is not spiritual, but this is all natural stuff. This is the product here that works. It's called "Natural Six", not "Natural Sex", "Natural Six", S-I-X because it got six uses, but one of the uses is it's used when women dry out. Just a few drops of "Natural Six", you can go to www.naturalsix.com, find, and it's all natural oils, it works perfectly. A lot of the over-the-counter stuff, the problem with it, it contains silicone. The drawback with silicone is super slick, it don't feel natural. It just feels like – Natural Six feels natural; silicone does not. Silicone, it works, but it just feels like, you're just on the slippery slide. It just doesn't feel right. So, Natural Six feels just like natural lubrication. So, if you're having dryness problem, drink a lot of water, go get some Natural Six.

I got five minutes to deal with the men and men have a real big issue with this problem. I ran into a man last week. I saw him at the healthful store; he came over to talk to me about my car. He just asked me about it. He told me. He began just talking about himself. He's like, "I'm 67". He said, "I had my prostate removed." And he was telling me that before he went under, the doctors told him, they may have to wake him up because they may have to cut a nerve going to that area and if they cut the nerve, it would permanently impotent and he said, "You ain't waking me up for that!" He said, "If you got to cut it to save my life, cut it." And he said, because there are a lot, he said, "I can think of a hundred things more detrimental than impotents." And he was right.

But, you all say "but". But, I don't want mine cut. You understand what I mean? So, I understand that. And he was telling me that, really, love is just being able to walk

down the street holding hands with someone you love and he's absolutely right about that but my wife want more than just some hand-holding. That's the bottom line. So, you need, sometimes, more than some hand-holding. This is another broader point.

Sex will not replace love, but neither will love replace sex. You need both of them. There are four fundamental areas for me, when men have a problem and they can't do it. Real quick. I got to go through this four fundamental areas.

First of all is just health. Just health, period. The movie, Forks Over Knives, which deals with – it's an excellent movie dealing with a program very similar to www.do42.com, but basically, there was a urologist there and he was saying that whenever men start experiencing hardness in the arteries, that's a pre-curse of a heart attack. He said the canary in the mind is E.D. or erectile dysfunction.

When your arteries start getting hard and your body's all clogged up, he said the first thing that men will have, they cannot sexually perform. He says the warning sign that tells you other stuff is going wrong.

So, the first thing is you need to be in good shape. Quit smoking. That's the first rule. Smoking will kill your sex drive and your ability to perform. So, if a man is smoking, ladies, if you see a man smoking, you know there is a 25% probability that man is impotent because he's smoking. Smoking will kill your sex drive. So, if you're smoking, man, stop smoking. Lose the weight. Get rid of the pot belly. Get yourselves in some shape. That's the first rule for being able to perform sexually.

If you can't walk up the steps without huffing and puffing, I can tell you right off the bat; you can't even walk forward in bed. That's just the bottom line. You see a man walking on the steps and he gets his tongue – (panting sounds). He can't walk on the step. I can tell you right off the bat, that man cannot do much of anything in the bed if he has no physical aerobic endurance. Bottom line: the human body and the male, it requires blood flowing, plus you got to be in the mood, so you got to have some straight, raw, physical ability.

First thing you need to do is to get in some good help. The mother-brother point. The best aphrodisiac is a good looking body. Your old man come in a room and he got a belly all hanging over and flabby, that's just turn into what you need – a good-looking, the best aphrodisiac is a good-looking body. So, men, first thing you need to do: get yourselves in some shape.

Second level is you can go to natural products. Now, there's one natural product and only one natural product that we recommend. It's called "Male Drive" at www.maledrive.com. It's the only one we know of and it actually works. It works for most men. You take it every day. It's just not for sexual health. It helps prostate. It

helps heart. It's designed for men in general to just boost the male drive, the male performance totally. Male Drive – that's the one that we recommend. You can take it every day. It doesn't contain any of the bad herbs like can be the cause of all the other problems. And like most of the natural products, to be honest, we thought, they just don't work. We've had several people in the church who began on "Male Drive". A little while later, their wives are pregnant. So, we know this works.

Number three: pharmaceutical. If you have to go to pharmaceutical, you go to pharmaceutical. They have three big pharmaceuticals out there – Viagra, Cialis and Levitra. If I needed one, then one day I might. When I hit about 80 or 90, I may need one. I'm going to take Levitra because that comes from the Levitical roots so the priests ought to take Levitra. They've just got to take some. So, those are the three pharmaceuticals.

Now, the fourth level is surgical. Now, I told you I was going to tell you something to make a dead man work. Let me tell you what happened to me a few years ago. There was a young lady. She was in medical school. She called me up. She said, "Mr. Bronner, would you like to come over and just take a look at our medical lab? You're a scientist. You might find this interesting." So, I went over that one day. And there, in the medical lab, they had all these cadavers. I'd never seen any cadavers. They had them all cut all split.

You know, we're dissecting, going through all. Well, she said, "Come and let me show you this." There was this man lying on a table, dead as a doorknob, cut all down to the middle but his private parts were intact. She said, "Watch this". She pumped the little something and that thing completely came to life. She pushed another button, it went back down. I said, "My goodness!" She said, "He has an implant." And it's one of those pump-up implants. This man, not only was he dead, he was preserved, pickled up for – with his chest split all over and his stuff was still working.

So, I have seen it work even on a dead man. I know one lady. She's in her 80's and she said, "Look." She said she had to have her husband go get him an implant because she still needed him. Just because he was 80, that was no excuse. She told him she would have made him get an implant. His stuff's still working. So, finally, if it's got to be – Now an implant costs anywhere of the \$10,000 - \$20,000. It's not cheap but it's worth it. It's not cheap but it's worth it.

So, if you have to, go get yourself an implant. It'll even work on a dead man. So, this thing will be working long after you're gone for as long as you won't need it there. But that's the point. So, I'm at a time, I told you I had to get through this quick but those 4 things for men, those 2 things for women: drink water, get you some Natural Six at www.naturalsix.com, the 4 things: get in shape for men, take you some "Male Drive" at www.maledrive.com. If that doesn't work for you, then get you

some Viagras, Cialis or Levitra and if that don't work, you go to the doctor, get you some surgery. You get implanted, it'll last you long after you're gone.

Thank you for joining us today at Brothers of the Word. You can go to www.brothersoftheword.com. Hear all three of these series and hopefully, this will help with some spark back into your Christian bed. Thank you for joining us today at Brothers of the Word, because, brother, you need the Word!

Amen, amen and amen. I realized that it's a difficult and a controversial subject and you never hear it in any form of detail in the church other than to just pray with your wife, pray with your husband. And Paul says, "The only time you ought not to be having sex is when you refrain so that you can pray." So, we often tell couples, "You all pray together." And Paul says, "The only time you ought not be having sex is when you have decided to refrain so that you can give yourself more earnestly over to prayer," but it's a serious issue people. I know it was funny in a lot of parts but it's a real, serious issue.

Sex is a real, serious issue. It's a real, serious issue in marriage and if you get it right, good sex covers a multitude of other problems. It just covers a *multitude* of other problems. And when it's not right, I don't care what else is right. I still think it's going right. Your money. You just have to, you know, you have all kind of money in the bank. That sex ain't right? You can get them all kind of houses and fancy bedrooms. That sex ain't right? If that sex not right, folk will have a problem.

When you think it's just men, but it's not because women have the same issue. Men are more pressing in terms of their need but it makes a difference with women, too. You let a woman go for a long time without who really want it, she'd get fuzzy and my wife has a 36-hour window. 36 hours. After 30's, I can tell it, when my wife has, I mean, I can't get it to all this detail. But when it like, you know what I'm saying – for 36 hours, my wife hasn't changed one bit. She don't fuzzy the kids. But after 36 hours, phew, it lasts 36 hours. So, some of you other men, you have wives like that. A good woman hold them for a while but they don't hold them that long. That's why you have to have stuff regularly. So if you ever see my wife fuzzy, got a frown on her face, you know it's at least been 37 hours.

And it's real, people. This stuff is real. It's real. We don't like to address it in the church but it's real. And we have real problems and we have real issues and the preachers got a problem, the deacons got problems, the – I don't know – prophets – do the prophets have problems? I don't know whether prophets have problems with that. I don't know because I haven't seen any stats on prophets, I just seen the stats on the pastors and the preachers. I don't know whether the prophets have any problems, but I can tell you, the preachers and the pastors have problems with sex so sex is an issue, people. It's an issue the world over, and when it's not right, you get problems and you get big problems.

So, God wants us to get this area right in our marriages. And these are some very simple principles. They're not all encompassing. This really should have been a 12-part series. You can't get to all this in 3 parts but these, if you go back and listen to these three, and open your mind, and open your hearts, and open your spirits, and if we just move our sex life a little bit higher in the priorities of life, and let some of the lovey stuff go. Men, if you took care of your wife and focused on your wife as much as you did your car... Wives, if you took care and focused on your husband as much as you did your hair, marriages will change all year round. And to be honest about it, I'd really have a bald-women that focused on me than a woman who had in the middle of her back that didn't. And ladies, you'd rather have a man on the bus who focused on you, than a man driving a RolsRois and who didn't.

So, if we can just re-order some of our priorities... If we spent time like we do with our job, focusing on our spouse or if we spent time like we do with our children, focusing on our spouse, if we did that – See most children are damaged through divorce and we want to see about the kids and we don't see about the spouse and we end up in divorce and that damages the children more than any other thing. So, we understand the truth about it. You ain't really seeing about your children if you're not seeing about your spouse and you're heading towards divorce. So, these are some basic things that if we just understood the reality of it, and just get with your spouse and just talk this stuff over.

Listen to this message over and over again and just say, "We're going to do our best to do better," and just start - that's why the things I gave you and not just emotional, this is physical stuff that you can do. I didn't any of this stuff, the deep stuff, talking about removing resentment out of your heart and, I know, this is easy stuff, just turning off your cell phone. Ain't nobody's finger not strong enough to push the off button on that cell phone. Some of this stuff you can't do. Some if this stuff that's in your heart is not easy to purge and get rid of but everything can do this stuff by just turning off the phone and just zipping up your lip when it comes to negative stuff that shouldn't be discussed during lovey-dovey time.

So, all of us can do this, but all of us won't do this. And because we often won't do it, we end up with results that are worse than the world because the bedroom is all out of whack. So, I hope that these three messages, they will help not just those within this building but people all over the world. I get prayer requests from literally every country in the world and all of this stuff is the same.

The Chinese bed is no different than the American bed or no different over in India or any other country in Africa. All of the problems are identical because there is nationality, there is no racial, and there is no religious when it comes to sex. You look at two folk in the bed and you can't tell what they are. You can't tell, "That looks like a little Episcopalian couple!" Can't tell that. "They're moving like

Episcopalian!" You can't tell that. "That's got to be a Baptist. That's a Baptist." You can't tell. So, you cannot tell.

So, sexual issues and sexual problems, they are human, they are universal and they are not specific to any group anywhere. So, I hope that this knowledge will just help those both here on The Arc and those around the world.