

# Part 5 - Overcoming Fear: The Married Lonely - Part 1

Sermon Title: **Part 5 - Overcoming Fear - The Married Lonely - Part 1**

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Speaker: **Nathaniel Bronner**

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Nathaniel Bronner: The bare minimum is never a record of success or a path to success.

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And now for 5689, "Overcoming Fear Part Five: The Fear of Loneliness - The Married Lonely Part One."

Nathaniel Bronner: Welcome to Brothers of the Word, because brother, you need the word. Today, we are in the midst of a series called "Overcoming Fear." Last week the message was overcoming fear, the fear of loneliness. I have received several written responses to that sermon "The Fear of Loneliness." It was unusual because I normally don't get written responses to a sermon. One response says, "That message needs to be shared with grief counselors, mental health workers and those who are going through depression. This is a classic for the ages." Put up the poster on the screen.

This is actually a poster. I'll read what it says for those of you who can't see it. It reads at the top, "Basically, a lot of married people are lonely and unhappy. When I meet with the women at the Country Club, I realize more and more that they are so lonely. They are lonely up there in those big houses. There has been such a breakdown in communication. The next time you go out to eat, look at how couples are on their phones. Even the kids are on their phones. Couples have become more stimulated by technology than each other. It seems that people get more pleasure out of getting 50 likes on Facebook than to be in tune with the needs of their companion."

Another response, "I streamed the service today and the word was so on time. During my weekly devotion with my neighbors, they often talk about loneliness. The married individuals often have these complaints: 'My spouse doesn't want to do anything. My spouse doesn't want to go anywhere. My spouse is always on their phone. My spouse doesn't want to have sex or when they do have sex, it's boring. My spouse doesn't have time for me.'

And they ask, ‘Can you preach a message to married couples who may be facing loneliness in their marriage?’”

I don’t just preach messages because somebody asked me to preach a message. A lot of people ask me, can I preach on this, can I preach on that? And I generally never do. I follow what God tells me to do. But because the message “The Fear of Loneliness” got so much response, I asked God. I said, “Lord, do you want me to preach on this?” And God answered me with one word. He simply said, “Absolutely.”

Now, the thing about it is there are virtually no sermons anywhere that I could find that deal with loneliness in marriage. It’s almost a taboo in church. It’s real. It’s prevalent because any statistic that is in the general world concerning relationships is in the church at the same or greater rate. So, it’s prevalent all over the church. But there are some subjects that are just uncomfortable for folk to deal because folk want a subject that make them shout and holler, and a subject talking about Jesus going to do everything for you. They don’t want to deal with anything where it really deals with issues that they’re facing and that got to do with somebody. So, it’s a taboo in church to talk about this because I just couldn’t find any sermons relating to loneliness in marriage, but it is prevalent.

Today’s sermon is in the series “Overcoming Fear: The Fear of Loneliness - The Married Lonely Part One.” I can’t deal with all of this in a short time at one sermon. The Married Lonely Part One.

I understand why a lot of people before they get married, they have kind of a fear of marriage.

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It is because what they see from so many of those who are married. They see married couples in the midst of their friends and the people they know. They even see all of these divorces or they hear all of these complaints just like the responses that I got about the person who was at the Country Club and all of the women who got all these money, all these big houses. They’re all lonely. They got all their neighbors, they all got these issues. So, they see all of these issues.

So, sometimes I look and I'm seeing all these issues in marriage and they're real because half of them end up in divorce. You don't have to ask about those. And the other half often are going through real troubles and tribulations. So, they see all of these issues so sometimes it makes people even nervous about getting married because of what they see in so many relationships. So, we deal with the married lonely.

In the U.S., roughly one out of three married adults over 44 reported being lonely, and that does not count those who are not lonely because of children or other relationships outside of their spouse.

According to a study by the University of California done three years ago, three in five seniors said that they were lonely even though they were married and living with their spouses. Three out of five seniors said they were lonely even though their husband or wife was right there with them. There are more than a million divorces in the U.S. every year, and that does not count those who are still married and lonely.

Psychologist and best-selling author, Dan Kiley, has coined the term "Living Together Loneliness" or LTL to describe this phenomenon. LTL is an affliction of the individual, not the relationship, though the relationship may be troubled too. Kiley first noted this phenomenon among his female patients back in the '70s. He began to realize that loneliness comes in two varieties. The first is the loneliness felt by single shy people who have no friends. The second is more elusive because it involves the person in a relationship who nevertheless feels isolated and very much alone. The typical LTL sufferer is a woman between the ages of 33 and 46, married, and living in a comfortable life. But men suffer from it too.

So, it's no longer just a woman's thing and oftentimes women are more apt to express their emotions just like women are more apt to go to the doctor. A woman would go to the doctor with just a little bit of something wrong. You almost got to carry a man in on a stretcher before he goes to the doctor. The same thing is true when you have depression or psychological. Men will very rarely admit that they are depressed. If they do, they're not going to go to seek professional help.

So, often, those who are in professional psychology or psychiatry, what they will see the majority of the time are females because females are more likely to go to the psychiatrist, to go to the psychologist and express their feelings and express their fears more than men will do. So, the typical person that goes, they are female. But men are having just as many issues. Stuff has changed.

I was talking with the pastor of a very large church recently and they focus really on marriage counseling and marriage ministry. He said, "Pastor Nathaniel, I'm going to tell you, stuff has switched now." He said, "Now, when I deal with counseling couples and when I deal with infidelity in the relationship, the majority of the times now, it is the woman who is cheating, not the man." So, stuff has changed.

So, women are lonely, men are lonely, and it creates an issue within marriage and it's not just single. So, the stat that I read last week, that 40% of adults are lonely, you will think, well, those are single people. No, they're not. They are married folk. And married people are feeling sometimes lonelier than single people because a married person feels trapped. A single person would say, "Well, I can just get married, that's going to solve all my lonely problems." But a married person would say, "I'm stuck with this rascal." So, there's a difference. And sometimes the married person feels worse in their loneliness than the single person does.

So, the typical LTL woman realizes that things are an issue and they often blame their spouse or living partner for the loneliness. Often, the partner is critical, demanding, and uncommunicative. The typical LTL woman realizes she is becoming obsessed with her bitterness and has often end up counseling for depression or anxiety.

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Men don't seek counseling as fast, but they frequently feel just as isolated and just as much estrangement from other people, even sometimes close friends. Sometimes, those suffering from LTL would have a fantasy and this is what the fantasy is about: About their partner dying, believing that their loneliness would end if that person just dies. Now, people, this is real. People are feeling trapped, in a cold and lonely relationship, especially if

they got a big insurance policy on their spouse, especially if it's a big insurance policy. Now, people, this is real. This is no -- you know, "out there" stuff. This is real.

So, when they got a big insurance policy on their spouse, they're in this lonely, cold relationship, oftentimes the fantasies involved is not about being with another person, but if they just die. If they die, then I am going to be relieved of this chaining relationship, this cold, lonely, and has no passion in it. I am going to be relieved of that, and I'm going to get me some money. So, it's going to take care of these bills, it is going to take care of this coldness.

So, this thing is what the psychologists have realized and have found, and a whole lot of these folks are church folks. These are not just some atheistic healers. No. These are church folk that are having these issues.

Usually, the loneliness is pattern-based. What do I mean by pattern-based? Often, things are never isolated in their one thing or even one relationship. I'm in the middle now of reading a book and it's a book that God just let me to purchase and read. It's called, "The Body Keeps the Score: Brain, Mind, and Body and the Healing of Trauma." It's a big book written by a psychologist and psychiatrist and it deals with PTSD which is post-traumatic stress disorder.

Normally, PTSD is associated with veterans, those who've been in the war and they've suffered some real calamity in the middle of warfare, bombs going out, bullets flying over their head and they get post-traumatic disorder. Well, what they found was that adults who go through trauma in their childhood have the same results and the same effects as soldiers who go through intense bloody battle and it causes PTSD or what they used to call in the old days, they were shell shot. People are shell shot from a child. It's why if you ever go to a psychiatrist, they will put you on a couch, and maybe they don't use couches anymore, but they always want to take you back and they ask you the question, what happened in your childhood?

As I began to read the book, I began to understand some things. A lot of this stuff comes from our childhood and it is important to understand this for the simple reason that if you don't understand why your spouse is sometimes cold and unemotional

and unaffectionate, you'll think first of all it's you. That's why you have to understand the background of the person. It is why psychologists and psychiatrists will take people back to their childhood and they want to know what happened in their childhood.

As I began to read this book, I read stuff that I never knew, and they do the science on and they found that even children, and these are young kids one to three years old, they found out when they go through certain things as a child, it literally affects and changes DNA. How in the world do you change DNA? It creates what's called methylated groups that attach themselves and it literally changes the genetic structure of the person.

So, when you go through this stuff as a child -- that's why they say, "Raise up a child in the way that he should and when they are old, they will not depart from it." That thing has a deeper meaning. If you raise a child up in the way that they should go and they have gone through trauma with most people, that trauma has changed the very genetic structure of the person. And with post-traumatic stress disorder, one of the major manifestations of PTSD is the inability to maintain intimate relationships, because people shut down because of some trauma that they have gone through.

So, if your spouse has gone through some trauma and you don't understand why they are not responding to you, it is often because of stuff that has been changed way back in early childhood. And the book just went through the percentages of people who had gone through all of this trauma.

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There was a study. It's called the Adverse Childhood Experiences Study or the ACE Study for short. The study asked 10 foundational questions that indicate the likelihood of post-traumatic stress disorder. Now, understand this. The study participants were mostly white, middle class, middle-aged, well-educated and financially secure. So, when you go study participants that are well-educated, middle class, financially secure, usually, they have much better results than the lower end, where you have no education and you got massive money problems.

You know, your problems increase when the money goes short. That's just bottom line. It just does. So, you have almost an increase in all of the negative psychological factors. So, this study was among people who were educated, secure financially and generally doing extremely well. Only one in three of this group had no adverse child experiences. If you want to actually look at the study, you can go to [acestudy.org](http://acestudy.org) and you can take the study yourself.

But they asked 10 questions. Number one is, did a parent or other adult in the household often or very often swear at you? That's curse, swear at you, insult you, put you down or humiliate you? Have you ever been in a household where you don't hear the folk just cursing? That stuff changes your very cellular structure. Even as an adult, if somebody fusses and criticizes you, do you know how it just drains your energy and just pulls you down? I had one man who just says something to me and it just drained me for four hours. So, imagine what this does to a child.

So, the first question is, did a parent or other adult in the household often or very often swear at you, insult you, put you down, or humiliate you, or act in a way that makes you afraid that you might be physically hurt? When you ask people this question, a whole lot of folk say yes.

Number two, did a parent or other adult in the household often or very often push, grab, slap, or throw something at you or ever hit you so hard that you had marks or were injured? Yes. Did an adult or person at least five years older than you ever touch or fondle you or touch your body in a sexual way or attempt or actually have oral, anal, or vaginal intercourse with you?

One-third of women and one-sixth of men said yes. So, you have one-third of women who had been sexually abused as a child. When this happens, it changes stuff, because when a woman has been sexually abused as a child, now she finds it very difficult to open up even to her husband. And you got one-sixth of boys who had been sexually abused. When this stuff happens, it creates spirits that have been taken into the marriage. So, it helps to understand background to help you understand some of the whys.

Did you often or very often feel that not one in your family loved you or thought you were important or special, or your family didn't look out for each other, feel close to each other or support each other? Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you, or your parents were too drunk or high to take care of you or take you to the doctor if you needed it? This sounds rubbish, but this stuff is real.

Were your parents ever separated or divorced? Fifty percent of the children are going to answer yes to that question. Does your mother or stepmother often or very often push, grab, slap, or had something thrown at her or sometimes, often or very often kicked, beaten, hit with a fist or hit with something hard or ever repeatedly hit at least a few minutes or threatened with a gun or knife? There's a whole lot of kids that are going to say, "Daddy beat up our mama on a regular basis," and this stuff, whether you are male or female as a child, it causes changes in the personality that will affect a future mature adult relationship.

Did you live with anyone who is a problem drinker or alcoholic or who use street drugs? Was a household member depressed or mentally ill or did a household member attempt suicide? Did a household member go to prison?

So, these are the ten questions, and so many people have multiple yeses on those questions because generally what the study found is if you got one of them, you usually got another. If you have a brother or sister who went to prison, as a general rule, there's something else wrong in the house. It's not just that. If you got a daddy punching mama, knocking mama out every night, then usually, there's something else wrong in the house.

So, usually these things, they don't exist in isolation. Sometimes, there is loneliness in the relationship because so many of the people who took the ACE Study questionnaire had one, two, three, four, or five of these things that cause issues with mature adult relationships.

Many of them would feel that mama had favoritism towards their other brother or sister. That's in the Bible. Do you know what happened with Esau and Jacob? They were the sons of Isaac and Rebekah. And Isaac favored the oldest son, Esau, and Rebekah favored the youngest son, Jacob. In Genesis 28:6, when Esau saw that Isaac had blessed Jacob and sent him away to take him a wife from there, that as he blessed him, gave him a charge saying "Thou shalt not take a wife of the daughters of Canaan" and that Jacob obeyed his father and his mother and was gone.

But right over in Genesis 36:2, it says this. Now, these are the generations of Esau who is Adah. "Esau took his wives of the daughters of Canaan." Because Isaac gave away his birthright, it made Esau mad. He had an issue with his daddy. And his daddy told him, "Look, do not take daughters or wives from the daughters of Canaan. Don't get them wives."

As we go to other generations of Esau, he went right over there, and a lot of times people married to spite parents. That's nothing new! "My daddy gave away my birthright. He favored my other brother. I'm going to show him and I'm going to marry the very women he told me don't marry."

The Bible talks about how Esau marrying those Canaanite women caused his mama and daddy all kinds of grief. But Rebekah favored Jacob. And Esau, his birthright was given away by his daddy. Now, he didn't look at the part where he gave it away for the bowl of beans. He didn't look at that part. He didn't look at what he had to do and he's just blaming his dad. That's why we all sometimes don't look at what we got to do. We just blame the other fellow. "Well, you shouldn't give away my birthright." "What about the bowl of beans?" I'm not going to deal with that. But he had an issue with his daddy, and you will find if you go to any prison, any prison, anywhere, any race, you will find if you go to any prison, 95 percent plus of men in prison have an issue with their daddy.

When daddy is present and when daddy is strong, when daddy presents a good image, it changes everything. You will find that often women who have difficulty with intimacy in relationships and you go back and ask, "How was her relationship with her daddy?" And you will find often, "I've got some issues with my daddy." And this thing causes changes.

So, that's why you have to understand some things about how this stuff gets in marriage. If you understand it, it will help you to at least deal with it. This isn't a whole lot of hooping and hollering biblical stuff, but it's real. In some of the stuff, some of you need to know because I know statistically; there are a whole lot of you dealing with some of this mess right now. You're dealing with this mess because this mess has been in your partner from a child and it was passed down and now you got to deal with it or sometimes you got two folks into marriage and both of them have high A scores. So, now, you've got a double dose of the mess and you're wondering why you got some issues.

To determine if a woman is a victim of living together loneliness, or a man, Kiley says, "An LTL person would agree with the following five propositions: I can't turn to them when I feel bad. I feel left out of their life. I feel isolated from them even when they're in the same room. I am unhappy being shut off from them. No one really knows me well." So, these are the questions that when you ask -- see, that last one is beyond just the spouse relationship. "No one really knows me well," because what you will often find is if you have trouble with relationships in the marriage and closeness, there is also a difficulty with intimate relationships outside of that. Just having a good close friend that you can share everything with, and you don't want to open up to a friend, neither can you open up to your wife or to your husband, and it creates issues in the marriage.

A psychology professor in Psychology Today, the magazine, he wrote, "Every marriage will naturally move towards a state of isolation. Unless you lovingly, energetically nurture and maintain intimacy in your marriage, you will drift apart from your mate. The soul was not created to live solo. We yearn for intimacy and marriage is where we hope we'll find it. The tragedy is that few couples achieve it."

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This is not a preacher who says this, that the soul was not created to live solo. It's not good for the man to be alone. This is not a preacher. This is a psychologist writing in Psychology Today. The soul was not created to live solo but even in our marriages, often we are living solo.

My son, Josies(ph) is leaving tomorrow morning at 5:00 a.m. for a week-long mission trip and I'm going to take him to school. He's got to be there at five o'clock. He said, "Daddy, we need to leave the house at 4:30 to be at school by 5:00." I asked him what time was he getting up? Josies says, "I'm getting up at 2:30." I said, "Why are you getting up so early? We don't have to leave until 4:30." He said, "Well, I'm going to be gone for a week. I'm getting up at 2:30 so that I can work out before I leave."

Now, this is the point of that. Josies recognizes that the body left by itself with no positive focus and attention will eventually go to pot, and he's a 16-year-old. He said, "Dad, I got to get up. I'm going to work out for a long time before we leave so I'm getting up at 2:30 so I can work out."

Now, Josies is 16 years old and he used to be real skinny. But if you look at Josies now, we had our family study last night sitting around the table, Josies was sitting around in the table with his shirt off and Josies is buff now. He got muscles. All this stuff ripped now. So, he was just sitting around studying with just his shirt off. He said, "I got to get up." But this is the point: Josies used to be skinny, but he focused on it. He told me the other day, he said, "Daddy, I've changed my diet. I eat real careful. I don't eat a lot of stuff now. I don't eat this other stuff. I'm getting my body in super condition."

I went to eat lunch with my oldest son out at his college and I went in the cafeteria, I had my food, he came in, he had his food in a sack. He said, "I don't eat the food in here. I bring my own food. I prepare my own food because I'm on the program."

So, the oldest and the second oldest, I wonder where they got that from? So, the point is, Josies went from a skinny kid to being buff by focus. See, some of you right now, you got skinny marriages, and the marriage is undernourished, and you're not going to get it buff unless you spend some time and some focus on it. Because what the psychologist said in a nutshell is this: Stuff left by itself gets worse. Now, this is actually a law of physics, it's called, the third law of thermodynamics which simply states that in a close system, the entropy of the system increases. What that means is, breaking it down very, very simple, stuff left by itself rots. It decays. It gets worse. It gets more chaotic.

So, if you think that if you're marriage has got some issues and it's going to just fix itself, it's not going to happen. Just like your body. If you don't do anything, and what the psychologist said, he said look, "If you don't put energetic loving true focus on your marriage, it's going to move towards isolation." That's why when God gave me The Nine Things and The Nine Things deals with this at [theninethings.com](http://theninethings.com). For those of you who are married and want to take your marriage to another level, you got put focus and energy and you really got to do the thing.

See, Josies, when he gets up to go exercise, he's not doing minimal level exercise. He's pushing himself to the limit. And some of you want to do The Nine Things. You just want to go to bare minimum that you can barely do, and you will never develop anything worth a hoop doing the bare minimum. The bare minimum is never a record of success or a path to success. If you want true success, you can't ever do the minimum. You got to do it to where it stresses and strains you and pushes you if you want to look at the thing.

So, many of our marriages are crippled, sick, about to die. And see, people, 50 percent of pastors go through divorces. So, is it a poor bit just like everywhere else? Because they're human. Eighty percent of pastors have no close friends and first ladies, so the stats are worse.

So, women generally go through emotional things. It impacts women more than it does men. So, the married lonely is real and that's just today diagnosing and giving you some of the reasons and you need to go to [acestudy.org](http://acestudy.org) and take the test. You take it with your spouse and you got to be honest because a lot of people who undergo trauma, they try to ignore it and they say they've never experienced it. You know when somebody tried to mess with you or when they did, this stuff leaves a lasting impression. You know when you didn't feel loved by your parents as your sibling did. You know that. If you felt like you were the unfavored one and everybody looked at your brother or your sister greater than you, you know that and that stuff creates a psychological impact.

So, first of all, before you would ever fix anything, you got to acknowledge that it's broken. Now, I will get into the next message on some of the fixes in terms of what we can do to fix the married lonely. But I can tell you, people, that is not easy because a lot of this stuff, it did not just start. Some of you who are listening to me right now and you're having marriage issues, they didn't just start. You had those issues six months after you got married, and some of you had them six days after you got married. You had those issues for a long time and they didn't just start all of a sudden, they're not going to just stop all of a sudden. A lot of the real root causes of the things, you brought them into the marriage. You had post-traumatic stress disorder which causes a fear of intimacy

So, first of all, before you ever fix anything, you got to acknowledge it's broken. Now, I will get into on the next message. Some of the fix is in terms of what we can do to fix the marriage alone. But I can tell you, people, that is not easy because a lot of this stuff, it did not just start. Some of you who are listening to me right now, you have a marriage issue, and you start. You had that issue six months after you got married, and some of you had them six days after you got married. So, you had those issues for a long time and they didn't just start all of sudden; they are not going to stop all of a sudden. And a lot of the real root causes are of the things you brought into the marriage.

You had post-traumatic stress disorder which causes a fear of intimacy and it causes an inability to develop truly mature, loving, nurturing relationship. You brought that into the marriage. And if you don't understand that, you can't begin to fix the thing. So, I see why preachers don't preach on this. They got no ideas on this. I see why preachers don't preach this.

And the thing about it -- you know it's true. You know it's absolutely true. So, I see why pastors avoid this subject. I see why I couldn't find any sermons on it. I understand now. Because no one wants to deal with this stuff. But it's tearing up marriages all through the church and it's got folk just miserable, isolated and alone. And people, if you can get marriage together, it's not easy. It is not easy. If you can get marriage together, you can conquer almost anything.

Evander Holyfield came to the men of vision meeting, on the last meeting and he talked over two hours. He was talking about his experiences. But Pastor James was telling because I was out of town when he came. Pastor James was telling me about one thing that most people don't know. Evander Holyfield had a brother. And you see, his brother had some issues. But one thing about his brother, his brother would always be there in the crowd. And his brother would always cheer him on. Evander said, he could hear his brother out in the crowd, shouting, "Can nobody beat my brother? Can nobody beat my brother?" It wasn't even proper English. "Can nobody beat my brother?"

Evander said sometimes he would get into that ring and he didn't even think he could beat his opponent, because his opponent was bigger, was stronger, was something serious, and had him just kind of nervous about. He didn't think he could beat the man, but he would hear his brother, "Can nobody beat my brother?" Holyfield said he won every single fight.

And then his brother died. He said, on the first fight that his brother was not in that audience, he lost. The first fight, he lost.

People, if you can ever get on one o'clock, that's why the Bible says two can put 10,000 to flight. Two can do ten times more than one. That's why Jesus says, "And the two shall be one flesh." But in our marriages, we don't complement, we compete. And because we're no longer trying to support the other, we just try to outdo the other. We no longer have the brother in the audience who says, "Can nobody beat --!" Can you imagine? Men, if you were to walk out of the house every day and your wife would say to you, "Baby, I'm so proud of you. You're going to turn the word upside down. Let me pat you on the back. Let me give you -- oh man, you're some kind of man."

A lot of times, men are yelling out, "Did you remember to take the trash?" If men, every day with your woman with just telling them somethings about themselves, about what you appreciate about them, and if you would build them up, if couples were truly one flesh, no one could defeat you. And a brother made the difference in whether he would win that fight or not. Even though the brother had some problems, the brother he knew was behind him 100%. "Can nobody beat my brother?"

Can you imagine if your spouse will cheer you on every day like that? It would change your stress and your vibration, and increase what you could do can ten times more. But so many of us are living the life of the married lonely, and it was never what God intended for us to have, especially as Christians. It was never what God intended for us to have.

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We're supposed to be one flesh. But the world has given us, in one of the responses, the people are more concerned about getting 50 likes on Facebook than whether or not their spouse likes them or not. Thing has become real. I'll tell you people, if some of you just spend as much time with your spouse and focus only on your spouse, Facebook is not giving you a penny, is not putting a dime in your pocket, is not putting anything on the table; none of that. And some of you are just sitting in front of that computer or on that phone. You spend more time on Facebook and you don't even give your spouse time a day. And this thing is having manifestations, and then you wonder why somehow, ooh, why did that happen to me? I'll tell you why it happened to you. Nothing is accidental.

So, when you don't do your job. And see, when the Pastor told me that more women now cheated, the man hadn't done his job. In the vast majority of cases when a man cheats, the woman hadn't done it. They shouldn't cheat, but people, what folk shouldn't do ain't got nothing -- to do with --.

Listen. I'm telling some real stuff. You send that spouse out hungry, don't you complain about them getting someone to eat somewhere else. Bottom line. So, you send them out hungry, don't you complain that they're getting something to eat somewhere because you have not done your job. You're violating the natural order, you're violating God's law, and then you go saying, "Why did they do that to me?" I know why they did that to you. I know exactly why they did that to you.

So, the issue is, people, you have a choice. I see why pastors don't preach this stuff. I see why they don't preach this stuff. But it is a harsh with every single one of you listening to me right now know it is absolutely true. You got to deal with truth. It is a double-edge sword. It is rough. There are flaws generally on both sides. If you can just come together and get on one

accord, and be on one flesh. And if you really focus your mind to just to do this thing at a maximum level, not a last and least minimum level, but at a maximum. "I'm going to put all I've got. I'm going to at least give my spouse as much time as I give the internet." It's called the "world wide web" for a reason, because a web is designed to snare the prey. And it's got folks snared.

If you just spend as much time focused on your spouse as you did on the internet, oh, it would transform 95% of the marriage. Just spend as much time focused on your spouse as you did to internet. I'm not telling you to cut the interne off. I'm just saying spend as much time. As matter of fact, it would transform most marriages a third at a time. And that's why I want to confront, why are they always on their phone?

Go out to a restaurant and look at couples. My wife and I went out to a restaurant, we saw a couple, and they both were just on their phone. I said, "Look, they're not even looking at the food, they're not looking at each other, both of them just sitting there on their phone." I said, "My goodness. They're out on a date, and they're not even with each other." It's the married lonely.

Relationship is one of the most valuable things that you can have. But a truly together fulfilled relationship these days, it's not the norm. It really is not. It's the rarity. But people, we are a peculiar people and we're supposed to have the best.

If you do what the world does, you're going to get what the world gets. So, if you don't want what the world has, you can't do what the world does. So, if you're going to behave like everybody else, you're going to get what everybody else will get, as simple as that.

If Josies wants a phenomenal body -- it's about 40% of teenagers now are out of shape. So, if he wants a phenomenal body, he can't do what everybody else is doing. He said, "I got to do something different. I got to do like my daddy is doing." And it changes somethings. The same thing is true on your relationship.

Some of will say, "Well, Pastor, I can't do it if they won't do it." There's an absolute truth to that. That's why I want to give you all this stuff about the PTSD.

I remember one Pastor I was talking to. I said, "How is your wife doing?" He said, "She's all right only if she take her medication." Now, see, the problem is -- he was just as serious as he could be. He said, "She has some kind of psychological disorder."

So, I got to admit, if you got your spouse and they don't have any medication for psychological stuff, you do have a more difficult challenge. So, if you got somebody with some head and PTSD disorders and all that kind of stuff, you do have a greater challenge. That's why you have to know the background and some of the stuff, so you know what you're dealing with. It will help you to at least to be able to handle it. But I have to get into that on the next message.

So, this is a doozy of a subject. I got so many people who wanted me to do deal with this because it's real, and it's real in the church, and at least half of you are dealing with it. If not more than that, at least half of you are dealing with it. So, it's real, but it can change.

People, we are about the love of Christ, and God can do anything.

00:40:01

And if we truly serve Him -- do you think God wants you in a lonely relationship? Because it is not good for the man to be alone; it's not good for the woman to be alone. Let me explain something by Genesis.

Adam was there and he had a direct talking relationship with God. I'm not talking about like I hear God, you know, I just hear it in my mind. No. He heard God's voice. He heard Him walking in garden. And God was telling him stuff audibly. So, he had a personal relationship with God that most of us will never get to, where we're just hearing an audible voice telling us some stuff. No. Adam had a relationship with God, and it wasn't just God. He said, "Let us make man in our image." And the modern interpretation of that is that God was the Father, the Son and the Holy Ghost all rolled into one. The world was (00:40:48). That's not the whole story.

But anyway, the point is, Adam had a direct physical, personal relationship with God, way closer than most any of us will ever have. And still, in the midst of all of that, God says, it is not good for the man to be alone. I'm in with Him. I'm talking to Him. He got a personal relationship with me. But it is not good for the man to be alone. So, it's great for us to have Jesus in our hearts, but is not good. Ain't no God was right there with him. It is not good for the man to be alone. You need some humans.

I like when C. Elijah, he was preaching and he was talking about his little daughter going up the steps. It was dark and he said, "Go over there, Jesus is going to be with you, Jesus is with you." And she walked up, halfway turned around and said, "I know Jesus is with me but I need someone I can see." So, people, look, I know Jesus is with you. But especially when you are married, you need some touch, you need some words, you need some -- I won't get on it, but you all understand that. And if you don't, it's going to be some trouble in paradise. It just is. So, it's going to happen, and when this stuff goes messing up, that's no good. So, this stuff is real.

So, you need some physical companionship and some love and some stroke. You need that stuff especially if you're married. Some of you all got married because "at least I won't have to be alone." And here you are years later, "I'm just as lonely as I ever was and I'm chained up." So, you need this stuff if you are married. You absolutely do. And if you don't make changes, if you don't make a concerted effort and continue it, and people --

I had a quote the other day I put on a poster and it says simply this: "Our rewards come from the things that we focus on, and our pain comes from the things that we neglect."

So, many of you, we are neglecting our marriages and pain is coming from these things. And just like the body, you neglect it long enough, and the symptoms are masked until all of a sudden, it's a big break. This stuff doesn't come up of nowhere. They just all of a sudden did or they didn't. That stuff was building the symptoms. Well, they didn't just all of a sudden. That stuff had been building.

So, we need to put the same energy and focus on taking our marriages to another level as we put on Facebook. Because I

can tell you, all in all I got 7,000 friends on Facebook. The limit is 5,000, I got about 2,000 who followed me. I can tell you this. Those are not friends. Do you understand that? I got 7,000. I got thousands on mountain range who greet me every day. Those are not true friends.

That's not what the Bible meant by friends. They don't know you. A lot of them don't give a hoot about you. They don't know you. Those are not friends. And you can't tell them your business. Those are not friends. So, don't fool yourself. That's how the devil gets us. He gives us this pseudo stuff and we think it's real. He calls it a friend, and we think it is. Well, I got all these friends. No, you don't. No, you don't. And you fool yourself with that.

The very person who you should be the closest friend with, you're distant. The devil is good, he's never changed. That boy is good. That boy is good. That boy is good. And he's got just as many people now as he ever has.

So, the married lonely. This was the message that went way longer, but this is an issue that goes way deeper. It really, really is. You know, you got nothing else better to do than hear this right now. I can tell you there right now. You have nothing else better to do than to hear this right now. Right now. And you need to hear Part Two when it comes in a couple weeks. There's nothing you have better to do than hear this right now, because that's one of those questions, have your parents ever been separated or divorced? It tears children up. And by the time the parents divorced, the strife in the house has already torn the children to pieces.

00:45:00

So, as a result, it messes up their relationships. The stats all show, that a person who has come from a divorce, their probability of divorces skyrockets because that stuff gets in the genes and you pass it right on down. So, this is not just for you. This is for your children. And people don't like to talk about this kind of stuff, but it's real. And you need to recognize the value of it just like taking pain and taking symptoms and sweeping it under the rug, and when you don't acknowledge it, you end up dying because you did not acknowledge the symptoms.

You had this pain in your chest and you just say, "It's all right." The next thing you know, you did. I tried to warn you about this thing. So, you know you got pain in your marriage, you know you have issues, so, before it kills you and before it kills the children, do something about it. Because if you don't, death is coming, and the evil one is always trying to kill, to steal, and to destroy. If he can destroy your marriage, it's a big leg up on destroying your children and your progeny and your legacy, because they will see and feel what mama and daddy are, the married lonely.

People you can go to brothersoftheword.com, you can go to onlineword.com, you can go to airjesus.com. You can go anywhere and get this message but you need to hear this message. And you need to send this to some people. We thank you for joining us today at Brothers of the Word, because brother, you need the word. Amen.

I'm going to be out of town for the next couple of weeks, but today was two whole messages, so, amen.

People, I thank you all for pleasantly accepting all of this because I know some of this stuff is rough. But you all know me. I'm going to tell it kind of like it is. That's just all. I'm not going to dress it up smoother. I'm going to tell you like it is because if we don't accurately diagnose and treat it, we die. We die. I don't want relationships to die and so many are in so much trouble. We won't listen and we won't change and we won't fix it, and it dies. I don't want death. Imagine life and miracles.

Male:

Amen. Let's give Pastor another hand for that message. That's one of the great qualities about our pastor. He will preach about subjects even if it's sensitive. But if it's something that will benefit us, he'll tell the truth about it. He won't bite his tongue or flower it up to get shouted at "it's not the truth". Thank God for the type of man that he made Pastor. He's a straight shooter. Only the truth can set you free, a message that you can just shout on "it's not the truth!" but just tickles your ears. It won't do anything. Well, he wants you to lead the wheel.

Thank God for giving us the truth and I thank you all for accepting the truth. A lot of times, people don't want to hear the truth. I remember one of the big movies. The guy was saying,

“They can’t handle the truth.” So, I thank you all for handling the truth. Amen, amen.

Those with heads, bow it right now. There’s anybody in this place going to invite you for two things. Either if you don’t know Jesus as your personal Lord and Savior or you do know Him but this message today just brought back a lot of memories, some that you may have even forgotten about, but a lot of things where talked about; post-traumatic stress disorder, things from your childhood. You just want prayer to just cleanse some of those things that you know are affecting your life now.

You know that it is part of your psychology now, that it’s causing issues now, things that happened 20 and 30, 40 years ago and you just want to just leave them on the altar today. These are one of those true in your heart. We invite you to come now. There might be things that you knew are affecting your marriage. Mama or Daddy, stepdad, stepmama, stepbrother, stepsister, uncle, aunt, guest in the home. You know things that were done. Touched inappropriately. You know you were treated wrong and it’s still bothering you today. You will ignore (00:49:32). And you just want to lay it on the altar today. Come at this time. We want to pray with you.

We’ll wait on you, we’ll wait on you. A lot of things stirred up today. Some of you had flashbacks, sitting there when you heard.

00:50:00

But you had really pushed it to the back of your mind. When heard it, you knew. Your mind flashed back to years ago, things that you’ve tried to forget about. We want to pray for you today.

(Music Playing: 00:50:17 - 00:50:52)

Madame, can you just play Break Every Chain because I believe some chains need to be broken off of somebody.

(Music Playing: 00:51:00 - 00:51:09)

Some of you, the enemy is trying to hold you in your seat right now. You know you need to be up. You know there are chains that are on your mind, on your spirit, on your relationship, on

your finances. The first break and it's just breaking the hesitation that's holding you in your seat. You have to do something. You have to make a move. Take that first. Just intercede for those that may be sitting in your room. Because the enemy is holding some of them in their seats, because they know there's deliverance when they move, and he's trying to keep them where they are, so they'll stay in the same mess. Just intercede for those around you, that God can break some things off. He is doing something right now and the spiritual, that eyes cannot see and minds cannot understand.

You have a prayer language just begin to pray in. You don't have to be loud just to your own self. Again, to bring in the spirit, right where you are.

(Music Playing: 00:52:25 - 00:52:32)

It's all right if you want to sing while we pray.

(Music Playing: 00:52:35 - 00:52:45)

Thank you, Lord. Thank you, Lord. Thank you, Lord. Lord, we thank you. Thank you, Lord. Thank you. Thank you. Lord, we just pray over this that have come oh, Lord. We pray oh, Lord for chains to be broken oh, Lord. Things that were done to them oh, Lord that wasn't their fault oh, Father. Things they may be carrying with them to day oh, Lord that may be affecting self-esteem oh, Lord. We pray oh, Lord that You will break it right now oh, Lord by Your Spirit oh, Lord. Something oh, Lord that no psychologist and no psychiatrist can do oh, Lord. Those things are the spirit oh, Lord that may have entwined themselves even with their very DNA oh, Father. Lord, you created the DNA oh, Lord. You created our minds oh, Lord. You created our bodies oh, Lord. You gave us our relationships oh, Father. And we pray oh, Lord for we know that You're the only that can break it oh, Father.

We try to deal with some of these things on our own oh, Lord. But by the power of the Blood of Jesus oh, Lord, can it be broken oh, Lord. And we sleet that blood oh, Lord, over every mind oh, Lord. Over every life right oh, Father. Things parents may have done oh, Lord. Stepparents have done oh, Lord. Molest their sons oh, Lord. Some have done to others oh, Lord.

What was done to them, but we break it right now and we draw a line in the sand and say, it shall not spread from generation to generation. But He died so that the curse might be broken. And we break it right now and pull it out. Those generational curses, we call you out right now by the Blood of Jesus. We call them broken right now. Broken, we seek freedom over these lives, freedom oh, Lord. Freedom oh, Lord and You oh, Lord. Thank you, Lord. Thank you, Lord. Even physical ailments oh, Lord, that may have been spread genetically oh, Lord. We break the chains right now oh, Lord and we call for our cleansing even of the DNA oh, Lord. Even we call your Blood oh, Lord that flow through our veins oh, Lord, that which is spotless oh, Lord. We thank you, Lord. Thank you, Lord for what you're doing right now oh, Lord. We call it broken oh, Lord. Broken, in the name of Jesus, broken in the name of Jesus oh, Lord.

00:55:04

Only you can do it oh, Lord. Only you can do it oh, Lord. So, they have been struggling oh, Father. The battle things in their own nature that they haven't understood oh, Lord. We call it oh, Lord, but by your might oh, Lord, not by our might, not by our understanding oh, Lord, but we call the mind of Christ oh, Lord (00:55:24) oh, Father. Thank you, Lord. Thank you, Lord. We call them broken oh, Lord, every chain oh, Lord. Everything that is trying to hold your people back oh, Lord, everything that is causing an issue oh, Father. In their lives oh, Lord. Things that came even not from parents, but grandparents oh, Lord. Even curses oh, Lord that may have been put from others that were jealous oh, Lord. We call them broken right now in the name of Jesus oh, Lord, broken in the name of Jesus oh, Lord. We thank you, Lord. Thank you, Lord. Thank you, Lord. Thank you, Father. Thank you, Father.

We call it broken in the name of Jesus oh, Lord. Things we haven't been able to shake on our own oh, Lord. Things oh, Lord that just may have been seeming like physical addictions that went back oh, Lord, generations oh, Lord trying to cover up something with another oh, Lord. Only you could fix it oh, Father. We just, right now oh, Lord call it broken in the name of Jesus oh, Lord. Everything that is not of You oh, Lord, we call it broken right now in the name of Jesus oh, Lord.

We need thy help oh, Lord. We can't do it by ourselves oh, Lord. Thank you, Lord. Thank you for your help oh, Lord. Thank you for your blood oh, Father. Thank you for the mind of Christ oh, Lord. Thank you, Lord for the power of the Holy Ghost oh, Father. Thank you oh, Lord for breaking yolks oh, Lord that only by your spirit can be broken oh, Lord. We thank you, Lord. Thank you, Lord for doing something on these lives oh, Lord. Thank you, Lord. Thank you, Lord. Thank you, Lord. Thank you for separating these things from us right now oh, Lord.

Things we've been carrying for 30 or 40 years oh, Lord. Thank you for breaking it up, separating it from us oh, Lord. Thank you, Lord. Thank you, Lord. Thank you, Lord. We call it broken in the name of Jesus oh, Lord. Only you can do it oh, Lord. Only you can do it oh, Lord. We thank you, Lord. Thank you, Lord. Thank you, Father. Glory to your name. Glory, glory, glory, glory, glory. Glory to your name oh, Lord. Glory, glory, glory, glory, glory, glory, glory, glory.

Those of you out there, just say I'm free. It's broken in the name of Jesus. I'm free. It's broken in the name of Jesus. Declare it out of your mouth and believe it in your heart. I'm free. It's broken in the name of Jesus.

(Music Playing: 00:57:48 - 00:58:05)

Female: You are listening to brothersoftheword.com. This was Part Five of the series titled "Overcoming Fear" subtitled "The Fear of Loneliness - The Married Lonely Part One" by Nathaniel Bronner. This message is number 5689. That's 5689. To listen to over a thousand free messages or to send this message number 5689 to a friend, go to brothersoftheword.com. Listen to brothersoftheword.com often, because brother, you need the word.

(Music Playing)

00:58:41