

Success Forces

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Nathaniel Bronner: When you're sick, it's hard to be successful.

Female: You are listening to brothersoftheword.com. This is part five of the series titled, "Success Forces" subtitled, "The Success Force of Good Health" by Nathaniel Bronner. This message is number 5796. That's 5796. Listen to over a thousand free messages on brothersoftheword.com.

And now for 5796, Success Forces part five. The Success Force of Good Health.

Nathaniel Bronner: Welcome to Brothers of the Word, because brother, you need the word. And today, I am in the middle of a series called, "Success Forces." There are forces in our lives and there are forces that tend to push us towards success and there are forces that tend to push us towards failure and we want to concentrate on the forces that take us to success. I talked about first, Success Forces number one to have specific goals. And the next one to have barbecue goals, basically I mean big goals but yet bit-sized and quick. Part three was Daddy's Home. How when the daddy is in the home, it's one of the most powerful success forces you will ever have. Part four, how to set goals for the life you actually want.

And today's message, the success force of good health. Now, health is something that this ministry has really emphasized a lot but it's one of the most powerful success forces you will ever have, because when you're sick, it's hard to be successful. Paul, in one of his most famous verses, it's in third John the first chapter, second verse, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." This is probably one of the most famous well known verses in the entire bible and yet, we sometimes question, "What does he mean by prosper?" When you read the NIV version, "Dear friend, I pray that you may enjoy good health, that all may go well with you, even as your soul is getting along well."

They amplified version, "Beloved, I pray that you may prosper in every way and that your body may keep well, even as I know your soul keeps well and prospers." New Living Translation, "Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit." The New English Translation, "Dear friend, I pray that all may go well with you and that you may be in good health just as it is well with your soul." The World

English Bible, “Beloved, I pray that you may prosper in all things and be healthy even as your soul prospers.” The Message Bible, “We’re the best of friends and I pray for good fortune in everything you do and for your good health that your everyday affairs prosper as well as your soul.”

One thing about this verse, sometimes people question what did he mean by “[prosper]”? But there’s no question about what he meant by “good health”. And he simply said, “Look, my brother, I hope above all things that you're doing well and that you're healthy just as your soul is prospering.” Good health is important for anything that we do and it is one of the most important keys for success. There are 37 documented miracles of Jesus in the bible. Now, he did a lot more because if words says that he did more stuff than the books of the world can't even contain it. But in the bible there are 37 specific documented miracles that Jesus performed. Three of the miracles involved food. His first miracle, He turned water into wine. His second miracle, He fed the 5,000 from a small few loaves of bread. His third miracle with food, He fed the 4,000 from a little bit amount of food.

So, we have three miracles that dealt with food. He had five miracles that dealt with the casting out of demons. Out of those five, three of those people were healed when the demons were cast out. He had three people that He raised from the dead. He raised Lazarus, the widow's son and Jairus' daughter. He calmed the sea, He walked on the water, He got money out of the fish's mouth with the temple tax(ph), He withered the fig tree, He had to miraculous catches of fish. Out of all of these miracles and of the 37, those were the other miracles but He had 26 out of the 37 involve healing.

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Seventy percent of the miracles that Jesus performed involved healing. So, Jesus even knew, even at that time – and sometimes, we like to think that they, folks will eat natural because they didn't have a choice. There were no candy bars, there were no sodas, they had to eat healthy but they were still sick. So, folks were just sick all over the place and they were crying in Jesus not so much to hear the word, they actually came for the miracles because so many of them were sick. Good health was an issue even then. “Beloved, I wish above all things that thou may as prosper and be in health even as thy soul prosper.” So, what does

it mean to really be in health? I mean, without going through any medical test. Let me just give you some keys of what does it mean to be in health.

Play the other video I have. This is one of the keys. Just let that roll. That's the first thing, it's just to feel good. And see, you can't even do all that kind of dancing without feeling pretty good. Now, one thing about the Bronners is we got a lot of qualities but dancing is not one of them. That is not one of our strengths that we are known for being good dancers. But just to be able to say, "I feel good" -- you don't even have to go any doctor, no medical test, just to be able to say, "I feel good." When you don't have pain in your body and you can take a deep breath. Even this church, it represents health because we don't have handicap access. We tried to put it in, we've looked at different ways. The way this church is built, and it's built like a fort, there's simply no convenient or easy way to make this church handicap accessible.

We've got big steps in the front. We got steps coming in the back. There's just no way to make this church handicap accessible and we've had all kinds of engineers look at it. "What can we do so that handicap -- " there's no easy way to make this church handicap accessible. So, if you are in the arc, you have to have some reasonably decent health because you can't even get in here without being reasonably mobile. So, how many of you all feel good today? There are so many hands going up. Do you understand what a blessing just to be able to say, "I feel good"? I was in Tennessee yesterday and I drove from Nashville back to Atlanta. And it's about a four hour drive if you take the express way.

I hit my GPS and I said, "Avoid freeways." I'd take back route. Took me an extra two hours but I rolled with my top down. That's why I have tan today, I was in the sun for six hours and I felt good. There's no price tag that you can put on just feeling good. And a lot of people get their priorities all twisted out. What your most valuable physical possession that you will own is your body. And when you get that out of whack, and of it breaks down, even with all of our modern medical science, some of this stuff we just can't fix. So, if you let it break down and if you let it mess up, not only sometimes can't you not fix it, you'd go through all of the pain of dealing with modern medicine.

I've only been in the hospital one time. You all remember when that was. I was in Greece, I had a motor scooter crash. I was in the hospital for two days. The most painful thing was a catheter. That thing hurt. It was 10 times worse than the crash. So, I said, "My goodness. If medical treatment is like this --" it was worse, a lot of times, going in to get treated for your stuff is worse than the stuff. So, the lady who had the issue of blood all of those years said she had suffered much at the doctors. And even though doctors, they do their best, they're there to help you but some of those procedures are just rough and you have to through all of this stuff. So, to be able to say, "I feel good", to be able to just see and to smell and just enjoy life, it makes a difference. While I was driving back, I stopped at a little country buffet restaurant, just went in and got me good plate of food.

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Do you know how a blessing it is just to be able to eat and enjoy your food? I mean just to be able to chew your food and it digests well and all -- you just get on the situation when you can't even eat. So, it is so much of a blessing just to be able to say that simple word, I feel good. So that's the first sign of when you're really in health. You just feel good.

The second side is when you have energy because you cannot be successful with no energy. You just can't be successful with no energy. We had a great entertainer, Mr. Kilgore(ph), but you got to have some energy to blow that sax. You got to have some lung power to blow that sax. You can't be up here with no emphysema. You just can't do it. You can't be up here with just even a short amount of breath because you have to be able to hold a note a long time.

And if you're ever trying to be anything -- entrepreneur, grow or to build anything, you have to have energy. You have to be able to work some long hours and it makes a difference even in your career when you have pep zip power and energy. And if you don't feel well, one of the first symptoms of sickness is lethargy. You start losing energy and you just don't feel like moving, you don't feel doing anything good or bad, you're just kind of out of it. So, energy is the second key. It doesn't require any medical tiers, you just feel good, you have energy.

The third thing is when you please with the way you look. Now, you have to be careful not to let, what I will call modern media stuff, mess up your self-image. I say, you have to be pleased with the way you look. And when you are pleased with the way you look, it gives you a certain amount of confidence that transfers even in your professional world. You don't have to look the way the world say you need to look but you do need to be pleased with the way that you look and you can be pleased with the way that you look, whether you're skinny, whether you're medium or whether you're very, very strong.

So it didn't make a difference. But you need to be pleased with the way that you look. You need to be able to go and -- I don't too much worry about how I look dress, my main concern is how I look naked. That will tell me more and if you really want to know what kind of shape you're in, just go home, strip absolutely naked and get in the mirror. You don't need to go to doctor's exam. Just go stand in the mirror just butt naked and just see what that look like. You don't have to go to the doctor.

And you'll be able to tell right then and there the general health that your body is going to correlate real close with your idea of body image and it makes a difference. And that's why I said, it makes a difference of what you want to look like, not what the world says because it changes.

If you go through history and you look at standards of beauty, it goes all over the place. I've seen standards of beauty when we were in Africa and we were back in this tribe. And their standard of beauty, it was a tribe that have these plates in the lip. So, the bigger the plate, the more beautiful the woman is. So if you'll have like a little three-inch plate, you kind of ugly. So you really need to have that lower lip a big, about a nine-inch pie plate. So if you've got a big nine-inch pie plate, you are a beauty queen. But to me, I'm saying to myself, you know, it just -- because it's a cultural thing.

And they would take the plate out of the lip. And when they took the plate out of the lip, the lower lip just hung like a rope, and there was a hole in the middle. So I'm saying, "What in the world?" But it's all cultural. So to them, a nine-inch plate in the lower lip, it just made the woman just virtually irresistible. And to me, a nine-inch plate in the -- how am I kiss this woman with

a lip like that? So I couldn't even imagine, but it's cultural. It's not absolute, it's cultural.

So, so many of our standards of beauty, they are cultural, not absolute. So that's what I said, you need to stand in the mirror and you need to look at yourself because a lot of how our health is and our body responds to our thoughts. It responds to our image of us, so you got to look the way you want to look. Not the way the world says, the way you want to look. So that's the third thing. How do you look? Are you pleased with the way that you look?

Number four is when you have clarity of mind. That's one of the things especially as you start getting older. Do you have clarity of mind? See, we're under the impression that just as you get older, your mind start getting fuzzy and foggy and you start forgetting stuff. My mind is as sharp as it has ever been.

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So if you keep your body and health, the brain, if a person falls out and stops breathing and if they are not breathing for more than three minutes, you start getting brain damage. The brain is the body's most sensitive organ to oxygen deprivation. So when you start getting out of shape and when you don't get oxygen to the tissues, your brain is the first thing that suffers.

So, one of the keys of good health is clarity of mind. So when your mind is clear, you just feel better, you think better. It makes a difference. There's a study that even shows when people start exercising three times a week. After six months, they had a 70% improvement in cognitive ability. That's basically the ability to think.

So when you get your body in shape, your brain is attached to your body. So when you get your body in shape, your brain starts working better. And when you start thinking better, you're clearer, you're less depressed. There's even studies that show when you start doing strength training. When you start building up your muscles, depression goes down.

So some of you, if you're depressed, start working out. That's why they have runner's high. It's all scientifically linked to a lot of hormones, endorphins, all of that are just released in the body.

But the bottom line is the better shape you get in, the better you look and the better you feel. Not just physical, psychologically, mentally and spiritually. The better your body gets in shape, the better you look and the better you feel. So, one of the major success forces is health.

And the last one, when you have mobility, meaning you move. Just like you saw James Brown, I can't dance like James Brown. I can't twist and do all this, but I am pretty mobile. So, I can jump up and down, I just can't jump that coordinated. But I can jump down those steps and then I can jump back up those steps. So, mobility makes a huge difference. And when you are mobile, you can just do stuff, you can just go places. You're not limited. I drive a little bitty car, it's way down on the ground, so I have to be way down to get in the car, and then I have to get up out of the car. But my mobility is fantastic. So you can be mobile and you can just do anything you need to do.

And now I see a lot of times, they said, well, you know if you get some age on you, your knees going to start cracking and your knees going to start creaking. Your hip going to start going out, you going to have this part of your back going start. No! Not if you stay in shape. Now, see I'm doing all these sit ups and I'm not even breathing hard. See it makes a difference, you do not have to be in bad shape just because you have some age on you.

And oftentimes, we are afraid of age because of the way we see older people. You do not have to be like that. So mobility is the fifth thing. You need no medical tests. So if when you feel good, when you have energy, when you are pleased with the way that you look, when you have clarity of mind and when you have mobility.

Brethren and sisters, I wish above all things that you prosper and be in health just as your soul prospers. Now, I didn't go on anything about any specific stuff with health because we've talked so much about it.

For those of you who are watching electronically, just go to brothersoftheword.com, put in health and you get a whole lists of sermons on all kind of areas that will help train and teach you about health. But you first must have the awareness that to feel good and to look good to you, to think clear, to be able to move is priceless. It's priceless and I don't care if you got a billion dollars

in the bank when you got pain and sick and no energy and can't move. Sometimes it's not worth a quarter and there are too many who are dead, who they had life cut short because they did not take care of health. And you're going to need that for success because you got have energy and it portrays to people when you interact with that.

There's even studies that show the CEOs of companies, they have three major traits. Two of them, you can't control. Some of the topnotch CEOs had and statistically significant: number one, if they're tall. If you're tall, you're going to make more money. Only 1 out of 25 men are 6'2" or over, but 1 out of 3 major CEOs are 6'2" over. So if you're tall, there's an advantage. The second one, if you have a deep voice. If you have a deep voice, statistically, you will make more money and you will do better as a leader if you have a deep voice. Now, my voice is not deep, nothing I can do about that.

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Nathaniel Bronner: But number 3 is if you are physically fit. That determines your success even in the business world it makes a difference. So you'll find that many of the major business leaders, they're physically fit and they even found that CEOs who run marathons, their companies are more profitable. And I kind of understand that, because if you got the ability and endurance to do that, you got the ability to hang in there with your company and get it profitable.

So they have found that even business success correlates with physical fitness. It's a major success force in life, because if you don't have health, you can't even enjoy when you have the other types of health. So that's part 5 of success forces, just good health and I wish you of soul prosperous. And I want your soul to prosper, I want your money to prosper and all of the areas of your life and I want to see you healthy. I want to see you coming up and down or steps with a bound in your step, the gleam in your eye and it just makes a difference in how you enjoy life. It really, really does.

I enjoy my life, but one reason I enjoy, I feel so good. When I started to be in term, I feel good I'm not joking, I really do. I just feel good. I do. I really do. And there's something about it, the better I get my shape -- I mean, I feel different when I walk, because I got more power. That's just somebody. I just feel

different and you will too when you start getting in shape and you get your body closer to way you wanted. You're going to feel different with it and there's a success all in itself with it. Brother and sister, I wish you of all things that you prosper and be in health just as your soul prosperous.

And you know one thing about all of the Bronners, all of the brothers, now we did have one who passed away, but of the once who are remained -- I don't think any of us have ever been in the hospital. I'm not the only one who's been in the hospital and I wasn't sick. I just crashed. So it's just a blessing, but my father really drilled it into us about taking care of the body. See, that you don't have to run, you don't have to do a marathon, but if you walk an hour a day, walking is phenomenal.

One of the series idea on health, it talks about walking with God and literally walking with God. It makes a difference. Walking is a phenomenal exercise. So it's no accident that none of us have been in the hospital due to sickness. That is no accident. That is by deliberant plan. A lot of people say, "We all just got a divine favor" which we do, but we got some genetic sicknesses that are serious. My daddy had a heart attack at 45. So we have some genetic weaknesses that are serious. My mother gets up and down these steps with no problem. Mama is 84, but mama rides her bicycle six days a week, so it's no accident. It is by design and discipline that we keep these bodies in shape. Jesus, 70% of his miracles was healingful. I strongly advice you stay healthy. Stay right. Stay up close.

Everybody that Jesus heal, most of them folk had been sick for a very long, long, long time and He did heal all up. So, you need to make sure we stay up, stay healthy, do the best that we can. There's a workout class, Monday, Thursday and Saturday at 6 p.m. with (00:23:26), absolutely free. You come to that class three days a week, you won't need anything else. It will keep you in phenomenal condition and it's absolutely free. Planet Fitness has a \$10 month (00:23:38) zero, but you have to get here. It's free but it cost you. So we're doing our best to keep you in health, but you have to do your part and if you do your part, God does the rest. But there's a part for man and there's a part for God. Amen.

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