

# pt.2 - The Spiritual Exercise - Jumping Jacks, Jump For Joy

Sermon Title: **pt.2 - The Spiritual Exercise - Jumping Jacks, Jump For Joy**

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Speaker: **Nathaniel Bronner**

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Nathaniel Bronner: You have to continually jump. You have to continually move. You have to continually take yourself to a higher level.

Female: You are listening to brothersoftheword.com. This is part two of the series titled, "The Spiritual Exercise - Jumping Jacks, Jump For Joy" by Nathaniel Bronner. This sermon is number 5846. That's 5846. Listen to thousands of sermons on brothersoftheword.com.

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Female: And now for 5846, The Spiritual Exercise part two, Jumping Jacks, Jump For Joy.

Nathaniel Bronner: Welcome to Brothers of the Word because you brother, you need the word. Now, I have been in the midst of a series that God has told me to preach and it's called Spiritual Exercise and it has to do with 10 exercises that you'll be able to do. But I want to just talk for a few minutes before I go into the exercise for today, because sometimes it is kind of difficult or touchy dealing with certain subjects and I want you to understand my heart.

Sometimes people can get real offended when you go to talk about physical condition especially if you're not in good shape themselves. You know, all of us were sensitive to stuff we're doing well along. I'm that way myself. You're just sensitive about things that you're not up to par and you're not doing well along. So, it's sometimes a challenge to get a message across without offending people.

Truth is a delicate thing, it's a two-edge sword, it cuts. Jesus even told the Scribes and the Pharisees. He said, "You and your descendants, you've killed the prophets before me." When you really study prophecy of the prophets, about three fourths of that stuff was just rough. Even what Jesus see it, caused 80% of his disciples to leave. So, truth can get rough. And I want you to understand my heart, I do not want you sick.

I went and spoke at another church last week and when I got there, at the end, the pastor gave to, he said, "Pastor Bronner, I had been fasting and eating fruit for the last two weeks because I knew you were coming." So, he was trying to get in shape because he knew I was health-oriented and so, he was trying to get in

shape, but then he told me, he said, “But I’ve got to go in the hospital next week.”

That’s why I said to people, it’s not just congregations. I know so many pastors and they’re sick and there’s no real cause for it to be. I know so many people who hear from God and they’re either sick or dead, and it’s not because they don’t hear, it’s because they don’t heed.

The two prophets that James and I know who were the most accurate prophets. One is dead, had a stroke, was in a nursing home for a long time and died. His wife called me, asked me would I preach his eulogy. And I told I would be delighted to do it, but I couldn’t because I had to attend the funeral of another person who also wouldn’t follow proper health rules.

Now, this prophet knew and he’s one of most accurate prophets I’d never run across in my life, but he smoked. He knew better than that and God didn’t have to tell him, “Don’t smoke.” But I’m sure God told him. He could see into the spirit like no one I’d ever seen. I knew God told him to stop that smoking, but he wouldn’t heed until he had a stroke, stayed debilitated for years and eventually died due to the stroke.

We have another prophet who we know was just super accurate. I don’t know whether he’s still be alive now or not, but the last time James and I went to see him, he was on a totally comatose state. It was unnecessary, but he would listen to the word of God, even because I told him and he wouldn’t listen. So, I’ve seen this over and over and over again. And while I was even coming here this morning, God spoke a word to me, it wasn’t a pleasant word. But He said, “There are some serious health issues coming to the people in the Ark who will not listen.”

Now, I didn’t need God to tell me that. Somebody -- it’s like the prophet didn’t need God to tell him to stop smoking. Some of the stuff we know to do, but I’ll just be honest with you, it’s just difficult to do. There’s no two ways about it. The flesh is strong, the world is smart, they developed all of the stuff to addict us, to tempt us, it’s just difficult. I understand that without question because I battle within myself.

I just came off of a three-day fast yesterday and every one or two months, I will go on either a two-day or a three-day fast. I will eat raw for a day, then fast for 48 or 72 hours. And as I finish the fast, I go into place. They have this real good salad that I like and I heard God speak. He said, "Once you eat this salad, you can eat anything you want." I said, "Oh my goodness. That's just good." Like He was saying forever. He said, "Once you eat this salad, you can eat anything you want." So, I'm thinking to myself, "Oh my God, just don't put this anointing on me. Is it going to be supernatural, going to strengthen me?" I could eat whatever I want.

But then, there was part two. You all say, "Part two." That was the part two. He said, "Once you finish the salad, you can eat anything you want as long as you don't eat any sweets." I said, "Oh my goodness. That's why the people didn't want to hear God's voice because often God would tell them stuff, they just didn't want to do." I said, "Lord, have mercy. Couldn't you tell me something else?" And see, the problem is this. This is me. I'll say this is Pastor. This is me. I struggle with certain things and God told me even with sweets. There have only been two things he has ever limited me from, one is bread, the other is sweets. And after I went through this serious cleansing He said, "Now, you can eat bread." But the sweets, he never removed the limitations. He said, "You can eat sweets, but don't eat more than two servings an hour." Now, that may sound like a lot. Two servings an hour, but it's not.

You look at how much a serving, is it the one cookie? So, it be one cookie and the problem is I wouldn't stick with that. I don't have a problem with two cookies, I have a problem with the whole bag of cookies. Don't make eat it, I'm just talking to food just can't really eat any of this? I have a problem of eating the whole bag of cookies. So, God said, "You can eat sweets, just don't overdo it. You can have two servings an hour." So, I didn't follow that, I eat cookie, then two cookies and then I'm looking at the bag and for I just grab -- I couldn't stick with it. So, then they cut me down to one serving an hour. I couldn't stick with that.

So, yesterday what He told me, "You won't do right, but two servings an hour. You won't do right, but one serving an hour. Now, I'm taking you to none." And see, sometimes, the pain increases as our obedience doesn't get enough. The pain increases. He'll tell you to do something, you won't listen. He has

to bump that thing up to another level. So, He gave me a promise, “You could eat anything you want as long as you don’t eat any sweets.”

Now that doesn’t include fresh fruits. That doesn’t include that. I can have all the blueberries and the strawberries. I can’t just have strawberry shortcake. You understand? So, I go through these same struggles myself, but I see the results too often of those who do not listen. And I see the pain they go through. I see the inability for movement. They don’t live what’s called a full and vibrant lifestyle. They’re not full of energy. I see what happens when you don’t follow where God leads. So, He’s let me to preach these sermons on Spiritual Exercise to take those of you who need it and will heed it. Like, Jessie Jackson be rhyming, “So who need it and would heed it.”

And I understand and I said, “Lord, everybody is not going to listen.” And He says, “That’s all right. Most the folk don’t listen to me. They never did.” So, He said, “Don’t worry about it. Most of the folk don’t heed you. That’s all right, most of the folks don’t listen to me.” So, it’s that way with us, furious. I just want to kind of pour out my heart to you. I have the same problem in own house. Now, I am the oldest person in the house. The difference in ages between those in my house. I got one wife and four kinds, so six of us in the house. The shortest age gap is 11 years, the biggest age gap is 50 years. And right now, it’s three folks sick in my house, three. One got a cold, yesterday couldn’t go somewhere because he had a splitting headache and got one other one with an issue.

So, I got half the folk in my house right now sick, half the folk. Do you not think Pastor has told him how to keep from getting sick? Do you not think I have told the folk in my own house how to keep from getting sick? Folk in my own house won’t listen. Does that sound familiar with what Jesus said? So, I understand the difficulty, I understand sometimes if you may get offended. But you all please understand my heart, I don’t want to come visit you in the hospital because I said this multiple, when you’re in the hospital, there’s not much I can do for you.

Now, maybe it’s coming when I have that divine power just to touch you and get you right out of bed and you pull IVs and you could march right out with me. But right now, that’s not the case. So, you’re in the hospital, you will be in a mess and the problem

is, even in the Bible, when I look folk got sick, they suffer for decades before even Jesus' healing came. So, you're talking about 14 years, 38 years, all this time they suffer with the stuff. People, I want you healthy. I want you alive, I want you to live that full and vibrant life.

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So, try not to get offended. I am not talking to anyone in particular, but sometime it just seems that way. I don't have folks, "Pastor, you're just talking me and I know you say." "I ain't talking to you, it's stuff just hitting you." So, sometimes we feel, it is directed to us; no, it's not directed to us. It's a generalized principle and to be honest, in this country, most of the people are out of order with stuff. So, it's something that God has put on me, so I'm trying my best to relay to you and I'm telling you I have these struggles myself, so it's not just you; I have these struggles myself. There's no way I'm going to make it to 116 years living anything like everybody else doing. I got to do something different and I got live close to what God has told me to do. I mess up.

If I can get 80% on track, I'll be feeling pretty good because no matter -- he said, "You work hard six days a week, you never be sick." I missed a day last week. I worked hard five days, but at least I got that five in. But I strive for the six and I am thankful for God's mercy that he didn't strike me down because I missed one. He gives you so much grace and leeway, it's just like me with them sweets and of two servings an hour, and I can literally eat a bag of cookies; one a little slice of cake just doesn't work and I told when the lady would bring me -- once a year my German chocolate cake, I had to slice it up, freeze it and put it in baggies, so I could only thaw out one slice of the cookie. I have a challenge with some of the stuff.

Some of the other stuff maybe fried chicken. Right now, this is big bang on with the chicken sandwich. I can't find that chicken sandwich anywhere in the country and I'm going to tell you the truth, I gotten into line myself. I sure did because I want to see what it tastes like these chicken sandwich. One man has sued the company. He sued the company because he said it has caused him mental anguish and distress that he's not been able to get that chicken sandwich. He says, "A matter of fact, he paid an employee \$25 to get him a chicken sandwich. The employee

was supposed to meet him at the back door which his chicken sandwich and the employee didn't come right into the back." So, he's just suing him for anguish by this chicken sandwich.

So, I understand. I have tested that chicken sandwich, but I have seen the pictures of it and I can about tell you, that chicken sandwich is not healthy. You could see all the crushed and fried, now, that chicken sandwich are not the healthy -- it maybe, the best tastiest thing in the world, but by the super spices; it got all the salt in it. It's got all these grease on it, but I was still going to eat that chicken sandwich, I get a hold of it.

So, that's the challenges that we face and the problem is, people going to try that chicken sandwich, but is the best chicken sandwich, they're going to go back for a second chicken sandwich and a third. And the problem, they're going to eat a chicken sandwich everyday, that chicken sandwich is going to put about four ounces of weight on him everyday. And that four ounces of weight is going to come out to be about a pound a week and before they know it, it's six months, now they get 30 pounds they're trying to get rid all because of that supper tasty chicken sandwich. So, that's the stuff we deal with.

So I wanted you first to kind of understand my heart that I am -- first of all, following what God said, and if I sound harsh, I am not trying to offend or hurt you, I'm trying to keep you alive and I'm trying to keep you healthy, and I'm trying to keep you vibrant so that you don't need your health insurance or that you're not on all kind of medicine, so that you're not in all kind of pain and that you feel super.

So, let's move on into part two of Spiritual Exercise and first, I want to give you seven keys that will let you know if you're not in shape. These are seven signs if you're not in shape. This is all just sign stuff, there's nothing spiritual about this.

Number is just your upper body condition; it's just how many push-ups you can do; that checks your upper body almost from your thigh all the way up to the top. A man in his 20s in excellent condition are to be able to do over 50 push-ups. If you can do 45, that's good, 35 is average, 20 is poor and under 20 is very poor. This is for a man in his 20s. For a woman in her 20s, 48 is excellent, 35 is good, 17 is average, 6 is poor and less than six is very poor. Now, for a man who is 60 or above, if he can do

29 push-ups, that's excellent, 20 is good, 10 is average, 5 is poor and below 5 is very poor. For a woman who is 60 or older, 19 is excellent, 5 is good, 3 to 4 is average and one or less than one is very poor.

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Now, there are age ranges all between us, I just gave you someone in their 20s and someone in their 60s. So, you can easily google that find, "How many push-ups you ought to be able to do for your age" and it will tell you that category.

Second thing is, if it takes a long time for your heart rate to slow down after you sped it up; if you've done some running or climbing steps, it takes a long time for your heart to start beating fast, that means you're not in good shape.

If you have a large waist circumference, that means -- basically it's belly fat. If you have a large waist circumference; for men, if their waist is over 40, for women if your waist is over 35; now, these are generalized test. I have to tell you weight does not apply medically to African-American women, just didn't and even the doctors don't understand this. A big African-American woman can carry that weight, that's just all that is to it. And she can carry it without major health consequences as opposed to everybody else. The doctors are baffled by it, but big black woman is strong.

When you boil up through all of the science and all this stuff, that's what it boils down to, and the doctors can't understand it, but that's really what it boils down to. It does not apply to men, but it does apply to black women, what it boils down to, "Big black women, strong." So, that's what the science says, if your waist is over 35 for a woman, but they just don't apply to black women. So, let me move onto the next one.

Number four, if you are winded when you walk upstairs. You know, when you come from downstairs and you just "huh, huh, huh" if you're tired from climbing a flight of stairs, no.

Number five is if you crave sugar and there's a whole biological reason and see, that's one, I just like sweets stuff, so the better shape I'm in the less sweets I'll eat, but I still just like sweet

stuff. So, if you crave sugar, that's one of those seven potential signs that you're not in good shape.

Number six, if you're tired a lot.

And number seven, if your resting heart rate is above 100. Your resting heart rate, basically, all you can do is put your hand on your pulse and count it for one minute and see how many beats that is. The average is about 70 to 75. The better shape you're in, the lower your resting heart rate will be, if it's above a hundred, you're not in real good shape.

So, those are just seven things that you can kind of -- and my time is almost up for today, but that's all right, I'm going to go to the exercises real quick. But session number one in exercise number one was simply stretching; you are to do this over any exercise, there were seven total body stretches that I told you to do starting with your neck.

Number one, you just take your head; you take your right ear, move it over to your right shoulder. You take your right arm, put it on your left hip, pull your head down, you hold that for about 30 second. You do the same thing for the left side. Then you take your neck, take a chin down your chest, then go all the way back, look all the way back. You do that, that's the second one. The next one, you take your hands, put them behind your back and you pull down and you stretch out your shoulders; you stretch your shoulders. The next one is a shoulder rotation; you rotate it back and then you rotate forward and then you do each one of these about 30 seconds.

The next one is your spinal twist. You can sit down or stand up, basically you want to twist all the way around and then you twist all the way around. The next one is a toe touch. You can bend over; you touch your toes. You can do the standing up or sitting down and the next one is the hamstring. If you got really good balance, you can do the standing up, you grab your heel bringing all the way up and stretch that way. The final one is a toe raise and you just raise your toes like this. So, that works head to toe for stretching.

So, our spiritual exercise number two is called Jump for Joy. Acts 3:1 "One day Peter and John were going up to the temple at the time of prayer -- three in the afternoon. Now a man

crippled from birth was being carried to the temple gate called Beautiful, where he was put every day to beg from those going into the temple courts. When he saw Peter and John about to enter, he asked them for money. Peter looked straight at him, as did John. Then Peter said, "Look at us!" So, the man gave them his attention, expecting to get something from them. Then Peter said, "Silver or gold I do not have, but what I have I give you, in the name of Jesus Christ of Nazareth, walk." Taking him by the right hand, he helped him up and instantly the man's feet and ankles became strong. He jumped to his feet and began to walk, then he went with them into the temple courts walking and jumping and praising God."

Spiritual exercise number two, Jumping Jacks, Jump for Joy. Now, jumping jacks are perhaps the most universal calisthenic in schools, in government branches, military, jumping jacks are a standard because they work-out the entire body, its what's called a total body exercise.

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Now most of you already know how to do a jumping jack. I'm just going to demonstrate a real quick for those who just may not know and some of you may not able to do a regular jumping jack. A jumping jack is just like this. This is a jumping jack, so you just, hands up the top. All of you seen jumping jacks plenty time. Now some people may have a difficulty doing this because if your knees are bad or not strong, it can hurt your knees. So, there is a modified way to do a jumping jack. The modified way is to keep your one foot on the ground. That's a modified jumping jack. So, you start out, keep you left foot -- don't move the left foot, you just step right foot out. Then you do 10 of them and you switch to the other side. So, if you can't jump up and down, that's what you do.

You've got to have what I will call the elevation of mind to do this. Ringo teaches a class here. But a few years ago, I had Ringo come to the company, I had him teach a class twice a week. I pay people to attend. They got a certain amount of money for every class they attended, if they didn't miss any classes during the month, it doubled. Ringo came to me after a while. He said, "Pastor." He said, "They just in that for the money." He said, "When I get to jumping jacks, this is what they do." He said, "They won't put any heart, no soul, no effort, no energy. This is what they do. And

I realized, if a person does not want to do it for themselves, you can't even pay for it to do right."

This is something you have to want in your heart and so you got to want to have. You got to understand its value and see, jumping jacks -- the jumping part actually -- so that man was jumping -- do you know that sometimes in church when people just get real happy, when the spirit is high, they just go to jumping. They just go to jumping, jumping helps you and there's something psychological about it that jumping just boost your mood. So, when you do jumping jacks, there was a host psychology about how just opening up and spreading and just jumping up, it just makes you feel better. It boosts endorphins, it does kinds of stuff. And it's the second exercise.

Many routines use jumping jacks to actually warm up the body, but you do about 500 jumping jacks, that's all you need to do. Your body is going to be fully in shape just from doing jumping jacks, so that's number one. First you stretch, then you move into jumping jacks and all of this exercise, you don't need any equipment, you don't even need much space but what you do need is a decision.

One boy asked his daddy once. He said, "Daddy, there were three birds sitting on a branch and one of them decided to jump off. How many birds were left?" Daddy said, "Two!" His son said, "No, it's three left. One only decided but he never jumped." So, you have to make a decision and then you have to jump. See some of you right now go, "I'm going to do that. I'm going to do it Pastor. I'm going to do it. I'm going to do that. I'm going to sure do that."

So, you a make a decision that you're going to do that, but you never jump and if you don't jump, the decision is not worth anything. You have to do this thing. This why New Year's resolution, 90 some percent of them never last passed two months. They make a decision, but they stop jumping. So, you have to continually jump. You have continually move. You have to continually take yourself to a higher level.

So, I'm going to leave ten spiritual exercises and there's a spiritual principle attached to each one of them. Stretching, jumping and it changes because I don't care how much money you have, how much fame you have, you cannot feel good when your body is sick. And when you feel good -- sometimes I'll just come

out here and just scream because I so feel good, and I feel that way right now, I'm not going to scream right now, but I feel that that way. When you feel good it changes everything and I want you to feel good. It's just like I view you the same way when I do my own family. When one of my children say, "I hurts daddy." I hate to see one of them sick. But what can you do? But tell them. And some have grown and then you can't follow them everywhere. So, all you can do is show them, give them the example.

Now one thing about them, they're all in real pretty good rip shape, but sometime they won't eat the right stuff. You know what they do? They take it to the to the very edge. You're all familiar with that? You take it as far you can take it without it busting. You take it to the very edge. We got to learn and I'm struggling with this myself. I got to learn, if I want to live at this level, I have to become used to not taking stuff to the edge, but living in excellence at least six days a week. I got the one day off, I can do what I want to do.

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But six days a week, I need to live in excellence, so do you. I want you healthy. I want you well. I don't want you just fasting in a hurry trying to get in shape to impress somebody and in a minute, they leave, you go back and get you bit. Yeah, you understand what I'm saying? I want you healthy. I will come visit you in the hospital, but I would rather not have to. And you would rather not have to be there and if you don't want to be there, listen and heed.

You know, one of the biggest sports hero right now, for those who follow football, probably the biggest icon right now is Tom Brady. I'm mean quarterback to the Patrons. I don't even follow football that much. But I did watch the Super Bowl and he was just awesome, he really is. He's just awesome. Now is somebody on another team and they're going to disagree with that, but my daddy, he used to have a statement. He said, "You can't argue with success and you explain failure."

So, one thing about it, when he gets that ball, man you got money on the game, well you better put your money on Brady because he is good. But the point is this, Brady is in his 40s, still winning Super Bowls in his 40s. He has a diet and it's called the TB12. So, you all can Google it. I guess that's his niche, the "Tom Brady

12.” You all just Google TB12 Diet, and he’s got this diet that he follows. So sometimes you won’t accept stuff from the preacher, but you will from a sports icon. So just go and look at Tom Brady eat. And one this for sure, it’s working for him. But when you go and looked what he eats, it’s virtually same thing I eat.

So, it’s a principle that if you want to go to a higher level, go and look at what somebody else is doing at that higher level. And for the 40s, there’s nobody right now who can compete with Tom Brady, there’s nobody in the 20s that can compete with him in the 40s. But he eats well, he exercises well and he has mindset. So, people, I want us going to another level whether there is no sickness among them. But to do that, we have to heed wisdom that is spoken unto us.

I thank you for joining us today at the Brothers of the Word. You can go to [brothersoftheword.com](http://brothersoftheword.com) and listen to this entire series absolutely free, “Spiritual Exercise.” Thank you for joining us today at Brothers of the Word because brother, you need the word.

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