The Spiritual Exercise, Part 3: The Wall Sit, When Your Back Is Up Against The Wall

Sermon Title: The Spiritual Exercise, Part 3: The Wall Sit, When Your Back Is Up Against The Wall
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Transcribed by Tech-Synergy
Nathaniel Bronner: If God has brought you through one time, He can bring you through multiples.


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


Nathaniel Bronner: Welcome to Brothers of the Word because, brother, you need the Word.

Amy, if you will play the first audio clip.

Audio Clip: You're listening to the bible speaker from the biblespeaker.com. The Modern World English bible version of the complete Old and New Testament narrated by Troy W. Hudson.

I'll be taking you through the fantastic journey of the Holy Bible. The complete words for healing from healingcd.com is also included, audio files copyright 2016 by Mountain Wings Inc. all rights reserved.

Exodus Chapter 14. The Lord spoke to Moses saying, “Speak to the children of Israel that they turn back and encamp before Pi-Hahiroth between Migdol and the sea, before Baal Zephon. You shall encamp opposite it by the sea. Pharaoh will say of the children of Israel, they are entangled in the land. The wilderness has shut them in. I will harden Pharaoh’s heart and he will follow after them. And I will get honor over Pharaoh and over all his armies. And the Egyptians shall know that I am the Lord.” They did so.

The king of Egypt was told that the people had fled and the heart of Pharaoh and of his servants was changed towards the people. And they said, “What is this we have done, that we have let Israel go from serving us?” He prepared his chariot and took his army with him. And it took 600 chosen chariots and all the chariots of Egypt and captains over all of them.
The Lord hardened the heart of Pharaoh King of Egypt and he pursued the children of Israel. The children of Israel went out with a high hand, the Egyptians pursue that all the horses and chariots of Pharaoh, his horsemen and his army overtook and encamping by the sea beside Pi-Hahiroth before Baal Zephon. When Pharaoh came near, the children of Israel lifted up their eyes and behold, the Egyptians were marching after them and they we’re very afraid.

The children of Israel cried out to the Lord, they said to Moses, “Because there were no graves in Egypt, have you taken us a way to die in the wilderness? Why have you treated us this way and bring us out of Egypt?” Isn’t this the word that we spoke to you in Egypt saying, “Leave us alone that we may serve the Egyptians for it would better for us to serve the Egyptians than that we should die in the wilderness.

Moses said to the people, “Don’t be afraid, stand still and see the salvation of the Lord which he will work for you today, for the Egyptians whom you have seen today, you shall never see them again. The Lord will fight for you and you shall be still.” The lord said to Moses, “Why do you cry to me? Speak to the children of Israel that they go forward.” The Lord will fight for you and you shall be still.

Nathaniel Bronner: I wanted you to hear that I am in the middle of a series called Spiritual Exercise. It’s a total of 10 of them. Number one was simply stretching. And we went over seven basic stretches that will stretch you from head to toe. I’m going to this real quick. Normally, you would hold each stretch from about 20 to 30 seconds but you do this before any serious of exercise, you always stretch.

And that spiritual principle basically related to, to go to a higher level you’ve got to stretch. You’ve got to go outside of your comfort zone, outside of your stiffness. So, we do seven basic exercises to stretch you from head to toe. First is the neck.

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You simply take your right ear, move it over to your right shoulder, take your right hand, move that on your left ear, you push down, you repeat that for the other side, you hold each one
about 20 to 30 seconds and you take your chin, go down to your chest, take the back of your head, take it as far back as you can and that’s exercise number one for your neck.

Exercise number two, clasp your hand behind your back, pull back as far as you can to stretch out your chest and it stretches your shoulders. Number three, you rotate your shoulders backwards and you rotate your shoulders forward.

Number four is a spinal twist, you can sit down or stand up and do this. You look as far to the right as you can, the other direction, look as far to the left, and that’s number three. Number four, you will simply do a toe touch all the way down, touch your toes, touch the floor. Hold it for 20 or 30 seconds. Number four, you will do a leg stretcher, you need to hold on, bring this left leg up, bring it all the way back, same thing for the right leg and you will do the calf raise like this. So that basically covers you and so that’s seven.

So that’s what you do before any series of exercise and that was message number one. Message number two was entitled “Jump For Joy.” And there’s a power in just jumping but you do jumping jacks, it’s the most universal of exercises and when you do jumping jacks, it really helps to get your heart rate, loses you up and prepares you for the next exercise.

Message number three, I’m going to ask Pastor James if he would come and just bring that chair out. Message number three deals with the third exercise. I need you to sit in that chair. It’s called the wall sit. Now, this chair is actually representive of a wall. Couldn’t put a wall up here on stage, so I’m just using this chair.

And basically with the wall sit, what you do -- now if you imagine this is a wall, you start out against the wall, lean back against the wall and you’re going to just stay like this and you hold like this for anywhere from 30 seconds to a minute. And what you’re going to notice as you hold like this after about 15 or 20 seconds, you’re going to start feeling your legs and you want to have your legs parallel to the floor, you always want to make sure you’re knees are behind your toes and you don’t put your hand here but if you’re getting tired and you’re kind of weak, you can put your hand and kind of hold up. If you start shaking, you can put your hands here just to hold up.
But normally you’re going to want to hold it about right here. And this is called a wall sit. So, if you can imagine, the back of this chair is the wall. There’s always a wall anywhere. So, all of these exercises you can do easy without equipment and you stay here for at least 30 seconds to a minute. When you’re finish you want to slide up the wall. You don’t want to drop down to the floor because you may hurt your knees. That’s called the wall sit.

Pastor James, I appreciate it, that’s it. Real simple. Today’s message is that third exercise, the wall sit, when your back is up against the wall.

Sometimes in life, your back is up against the wall. The scripture that you heard, this dealt with the chosen of Israel coming out of Egypt. Their back was against the wall, now their back had been against the wall for 400 years. They had been in slavery but yet God was freeing them and he had them march out. And when you listen to that scripture, the places that they named are mountain rangers.

They were hammed in. They had a mountain range on this side, a mountain range on this side, they had to see on one side and Pharaoh’s army coming from the other side. See, what that means when your back is up against the wall, you can’t figure out which way to go. There are some times in life, when you’re just in a tough situation and you cannot figure out which way to go.

And when you listen to the children of Israel, they began to complain. Now this is the point, the children of Israel had just seen 10 plagues like no one had ever seen in the earth before. They saw the river turn blood red, they saw lies, they saw frogs, they saw fire, they saw all of this stuff and they saw the first-born die. They saw all of this stuff, they saw the Egyptians covered with boils, they just saw all of these plagues.

So, they saw and they knew without question, God was working. See, some of you all, you’re up against the wall but you know without question, God is working. And when you do a wall sit, the problem, the wall sit really doesn’t build a muscle.

It builds what’s called slow twitch muscle fibers which are not muscle fibers for strength, they’re muscle fibers for endurance.
And sometimes when you are doing a wall sit, when your back is up against the wall, what you need is endurance. Because sometimes God will lead your back up against a wall. And you're in this thing for a minute. These were the children of Israel. God had left them in slavery for 20 generations.

That's a long time to have your back up against the wall. Virtually, the identical amount of time that African-Americans were enslaved in this country, that's a long time to have your back up against the wall and even when they had been released from slavery, when they were headed out of Egypt, because it looked like there was no way they began complaining to Moses; and Moses, it would have been better for you to have left us in Egypt than to bring us out here to die.

And they've already seen all of these miracles of God. But the minute things got a little tough, they begin to wonder and they begin to question, and they begin to have what's called a fatalistic viewpoint of life. Everyone sitting here and listening to the sound of my voice, most of you have seen a miracle of God in your own life. Well I've told you this story, I've had at least a couple of situations where I should have been dead.

My first one was my motorcycle crash at 14 years -- I should have been dead or seriously paralyzed at the very least. So, no matter what happens, you all say, “No matter what happens,” I have been blessed just to walk this long. So, even if God would have strike me down right now, I have been blessed, and see, some of you had not always been as wise as you are right now.

Some of you have actually to be perfectly honest, have done some really stupid stuff. You've done some stupid stuff. I mean you've done some things that had just as prevailed. You see, even by the Bible, some of you all have even been with somebody else's husband or wife listening to me right now. Now listen, don’t get scared, I didn’t see anybody, I’m not going to point you out and say, “You right there, I see it!” No. I just know statistically.

See, I know statistically, basically about 60% of all married folk had been unfaithful and over half of those had been unfaithful with another married person. So, I just know statistically, there’s a heap of folk who are electronically listening to me right now, and one or two present in the congregation right now, by the law of God, it's death.
So, some of you should have been dead a long time ago. But, God has protected you, brought you through some virtually impossible situations, and you’re here strong in your right mind, but yet the minute things get a little rough, the minute things get a little tough, the minute we feel our back against the wall, then we do like the children of Israel, and we begin to complain and say “Lord, where are you? Why you got me in this --.” I want you to play the second audio clip. This is just the end of the first part.

The Lord will fight for you and you shall be still. The Lord said to Moses, “Why do you cry to me? Speak to the children of Israel that they go forward.”

Now, there are three of four thins just in that verse that are critical. Number one, the Lord will fight for you. Do you know vengeance is not yours, it’s the Lord’s? The battles that some of you are trying to take on, you really have no business fighting? Because the Lord will fight for you. See, the children of Israel, they weren’t able to do anything against Pharaoh. He was too strong and he had all of the military might.

God came in and God fought for them. And he said, “The Lord will fight for you, be still.” That’s why some of you got to have endurance when your back is against the wall to just sit there. And the problem is you’re in a chair. So, the thing begins to burn and it begins to tire you out, and you get tired because when you have been in a tough situation a long time, the central question become, ‘Lord, how long? How long must this -- how long must this blank, blank go on, how long?!”

So, sometimes the first problem that you deal with is the question of how long? Because you are tired. You are burning, you are hurting, and you don’t know when relief is coming because your back is against the wall.

But there are some situations where God will fight for you and he simply says, “Be still. Sit, be still.” But it’s painful. But the longer that you sit, the stronger you’ll become. Some of you will only be able to do a wall sit for 10 seconds when you start. You get it done and get up against the wall and just, “One, two, wooh.”
That's all you're going to be able to do, “One, two, wooh.” So, you start and your endurance will not be much.

But the more you go through, and the more you do, the stronger you become. The lord will fight for you. Be still. And then he told Moses, “Why are you calling unto me. Tell the people to go forward!” When your back is up against the wall, there are basically three fundamental conditions that you are likely dealing with. One of the three.

Number one is your back is not really up against the wall, you’re in a hole and there’s a difference. When your back is up against the wall, there is no logical way that you can see out of that situation. You just got to sit and you have to wait on the deliverance of the Lord. There are other times when you are in a hole, since we’re talking about spiritual exercise, and exercise relates to health, let me just put this in terms of some health terms.

There are some times when you go to the doctor and the doctor says, “I see that you have a pre-diabetic condition. And I see that if you don’t make some changes, if you don’t stop smoking, if you don’t stop eating a lot of sugar, if you don’t start exercising, if you don’t lose weight, you’re going to have full-blown diabetes, that’s a hole, but that’s not your back up against the wall. Because you’ve got a clear path through the situation. And the challenge becomes will you do what you need to do?

See, the children of Israel, they weren’t in a hole, their backs were against the wall. There was no logical path. They couldn’t go up the mountain that way, they couldn’t go up the mountain that way, they couldn’t go through the sea, and they sure couldn’t go through Pharaoh’s army. So, they were stuck in a true back against the wall situation, and they had no way out.

So, when you’re in that situation, the first question you need to ask yourself is, “Is my back truly up against the wall” or “Am I in a hole and I can do something myself to climb out of this hole.” Now, the principle about a hole is this. It’s always harder to get out of a hole that it is to get in a hole. That’s the truth in a whole lot of levels.

It’s easy to fall in the hole, but it’s hard sometimes to get out of the hole. You got to climb, dig and claw your way out of the hole,
but it’s easy falling in the hole. It’s easy to spend money. We just came back from a trip, we were in Washington, D.C. for five days and I put on eight pounds while I was gone. Do you know that’s just easy? It’s just easy.

And it will take me twice as long and I have to work three times as hard to get those eight pounds off because it was easy going on, it’s falling in the hole. Falling in the hole is easy, getting out of the hole is hard. But see, my back was not against the wall, I was in a hole, two different things. So, you have to first of all, recognize, “Is my back really against the wall, or am I just on a hole and I just don’t want to do what I need to do to get out of this hole?”

There are some situations where God places you where your back is against the wall, and the only option you have is God. Because some of mindsets is we will take any other option other than God if we can, and he’ll put us in a situation and that kind of situation is when you go to the doctor and the doctor said, “Look, you got stage four of this, and you got about six months before you’re out of here. And there’s nothing we can do.” That’s against the wall.

And the only thing you can do right then is drop to your knees and you will have to have something beyond logic to pull you through. But you always need to remember God will fight for you. So, there are situations where God places you and God, throughout the bible, he placed many people in situations where their back was against the wall. He placed Gideon on a situation in war where is back was against the wall and he had this small number of men against this huge army.

There was no way logically for him to beat them. He had to depend on God. There are some situations God will put you in that position and you’ve got to depend on God.

And a third case is when we put ourselves in a position where our back is against the wall. We do that ourselves. And when we have gotten ourselves in a situation where we cannot logically get out of it, we have to go through full repentance, full pleading and asking God, Lord if you get me out of this -- have you all ever been there saying, Lord if you just get me out of this, I will never do this again. If you can just get me out of this, this time.
We’ve got to understand the difference in those three and we have to realize God is with us through all of those scenarios, because we all fall short, we all fall down in holes, we all often put ourselves in situations and often God will put us in that situation for us to learn and for us to be trained and for us to only depend upon him when our back is against the wall. We’ve got to be in that situation often in life and our logic cannot get us out. Sometimes it’s a situation where it’s not even you. It’s someone you love and they’re in a situation you can’t help them. Sometimes it’s a child and they’re in a situation and you can’t help them. You’ve got to just pray to God, Lord, help my friend, help my spouse, help my child, help my coworker, sometimes Lord even help my boss.

We’ll be in situations where only God can deliver, because God put the walls there and he can move the walls and he had to move the Red Sea. This is the thing we have to be careful of, the children of Israel saw all this stuff, saw the sea parted, the minute they got in, they got a little thirsty. Same thing, why did you bring us out here to die? If God has brought you through one time, he can bring you to more multiples, and God had to let them folks expire in the wilderness because they still would never fully trust Him. When your back is against the wall, remember God has your back.

Pastor James: With the heads bowed right now and our eyes closed, if there’s anybody who heard the word of the Lord today, when your back is against the wall and some of you are in that situation today, you can’t turn to the left or to the right. You have nobody to depend on but the Lord to get you out of situations that you may be in and if you just want to get some prayer today and just confess unto the Lord that I need you today Lord. Nobody but You can help me get out of where I am right now.

And if you want to just surrender to His will today, this message ministered to you right where you are, I’m going to ask you to come to the altar and we’ll pray with you right now.

And even the trip that we just came from, we rode Amtrak and we had everything paid for, had the tickets and when we got to the station and got ready to board, I didn’t realize until they start getting ready to board that I had left my ticket in the hotel room and I thought it was about like the airplanes so I pulled up the
barcode on the phone and I thought they would be able to just let me in. They said no, this ticket here is like cash, we can’t reprint it and there’s no way for you to board.

You know, I had to just pray and ask God for mercy and Lord they’re saying there’s no way I can get on this train but I know that you paid it all, oh Lord. She said, you have to go back to the counter that’s on the other side of the station and see if they can do anything and I went back over there and the line was just racked through the roof.

I said oh my Lord, and I’ve pleaded with the people in line, I said my train is here, I need some mercy. They said come on through and they let me through the front of the line and got to the counter and they said, no we can’t reprint this. They said that’s the policy, that’s just like cash. And they were calling at home and saying, “We’re about to leave.” And she printed off a receipt and said this won’t get you all the way but at least it’ll show something. I went back to the conductor and I kept pleading and they finally let me on.

I tell you, sometimes you just need his mercy and his grace. Nothing you can do, momma can’t help, daddy can’t help you, money can’t help you, but you need the Lord on your side to make a way out of no way. Amen, amen.

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So, if there’s anybody and you’re in that situation, it might not be a ticket but you might not have the money to deal with some bills that you have, it might not be a ticket but your child might be in a situation that nothing you can do. They may be on another state, might not be a ticket but might be something in your body that the doctor has given up on. There’s no easy wrapping it with all of our mark(ph) in science that can bring healing to you. It might not be a ticket but it might be something in your relationship where you’ve done all that you know how. You’ve talked to them left and right and up and down and it doesn’t seem like they’ll be moved. Only God can do it.

And you need him to get you on that train, to get you moving. You’re looking at everybody else board, but it seems like you’re stuck right where you are and you know it’s going to take the line
move to get you on that train moving. So that’s for you to take. Come right now.

Nathaniel Bronner: What God did to Moses to tell the people is to go forward. There are times to sit, and there are times to go forward. So, the anointing is right now just for those who are stuck, who need a ticket to another place, whose back is against the wall. Pastor James had a testimony about his ticket. I was throwing luggage on the van and the luggage actually cut my hand, and the cut is still here but I told Pastor James, I said, “My hand is cut and it’s bleeding but I feel no pain.”

Some of you got some cut situations in life and in pain, God can take away the pain even if the cut is still there. The miracles of God, the power of Jesus is here. And for those of you who need that ticket for those who are in pain, and you just needed divine touch, when your back is up against the wall, it’s hurting, you’re tired, you don’t know what to do. He’ll fight for you.

Pastor James: He is our Divine father. Much like a loving father on the earth that when they see their child is in need and the child crawls out for help, they’ll come running. So, before we pray, we just want to open our own mouths as the children of God. Just ask him to help us, so with your own mouth, I just want you to just say help me Lord, help me Daddy, help me Father. Help me Father. Help me. Help me. Let him hear your voice. Let him hear his children calling for him and He’s faithful to us, the call of those that love him. Help us Lord. Help your children today, oh Lord.

Nathaniel Bronner: And if you’re even listening electronically, ask God to help you and do it out loud. Wherever you are, however you’re hearing this message or seeing it, help me, Lord. Help me, Lord.

Pastor James: Let him hear you. Help me, Lord. Help me, Daddy. Help me, Daddy. Help, Daddy, I can’t do it on my own. I need your help, Daddy. Help, Daddy. Just picture that thing in your mind that you need help in that area. Picture it in and I saw his help(ph). He is your father, he loves you. He cares for you. Sometimes, though, we get caught up in trying to do it all on our own. But this is a time where you’ve got to surrender and let it go.

Say, Lord, I can’t do it. I need you, Daddy. I need you right now. I need you. Help. Those in the audience, just stretch your hands towards me. Lord, we just beseech thee right now oh Lord that
hear the cries of your children, oh Father. There are situations, oh Lord, that they’re facing, that they can’t do it on their own, oh Lord. That they need thee, oh Lord. But we thank you, Lord that their trust is in one who is faithful oh Lord.

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One who will never leave us, never forsake us. We thank you, oh Lord that you’re not like an earthly father, oh Lord because sometimes earthly fathers will let us down, sometimes earthly fathers will leave us when times get hard. But Lord, you’ll never leave us, You’ll never forsake us oh, Lord. We thank you, oh Lord that if we’ll just turn, oh Lord towards you, oh Father, and we’ll will cry out, oh Lord with a humble heart, oh Father, ask for forgiveness and ask for your help, oh Lord and seek that face, oh Lord, that you’ll hear our voices, oh Lord. That you’ll heal our lands, oh Father.

So, right now, oh Lord I ask you to hear the cries of your children, oh Lord. In the area of health, oh Lord, in the area of relationship, oh Lord, the area of finance, oh Lord, then the area of loved ones, oh Lord, whatever area they need you, oh Lord, whether it’s on their jobs, oh Father, where there’s dealing with mental issues, oh Lord. We pray, oh Lord and we know that you’re able, oh Lord. Our trust is in you, oh Lord. It’s not in the government, not in the banks, oh Lord, not in the politicians, oh Lord. But it’s in the one who sits on high, oh Father. We thank you Lord. We praise it in your hands right now, oh Lord. We trust you, oh Lord in faith, oh Father, that it will be all right, oh Father.

Even no matter no how it looks in the natural, oh Lord, we place our trust in you right now, oh Father that it will be all right, oh Lord. We trust you, oh Lord. We trust you, oh Lord. Even though we don’t know how to solve it, oh Lord, with our natural minds, oh Lord. We trust you, oh Lord.

And those here just say, I trust you, I trust you, Daddy. Thank you, Lord. Thank you for being faithful, oh Lord. Thank you, Lord. Thank you, Father, for loving us, oh Lord even when we hadn’t done right, oh Lord. Even in times, oh Lord, when we didn’t do what we should have done, oh Lord. Thank you, Lord, for your grace and your mercy, oh Lord.
Thank you for loving us, oh Lord. Thank you Lord for being that wall that we can lean on, oh Father that provide us strength, oh Lord. We thank you, Lord. Thank you for giving strength to our legs to stand, to move, oh Father. Thank you for making a way out of no way, oh Lord. Thank you, Father, for being our hero, oh Lord, for being our deliver, oh Lord.

Thank you for being our loving father to give us wisdom and counsel, oh Lord, when we don’t know what to do, oh Father. Thank you for being our protector, oh Lord when the world comes against us, oh Father, to do us harm, we thank you lord that you let no weapon form against us, prosper, oh Father. Thank you, Lord, for covering us under your wing, oh Father. Thank you, Father, thank you for dispatching angels on behalf of your children right now, oh Lord.

I just pray, oh Lord, in the name of Jesus that angels will be dispatched, oh Lord to handle situations, oh Father, near and far, oh Father to handle people, oh Lord, to handle death, oh Lord, to handle sicknesses, oh Father, to handle children, oh Lord that are wayward, oh Lord. We pray, oh Lord that angels will go, oh Lord and do what we can’t do in the natural, oh Father.

We thank you, oh Lord for your delivering grace, oh Father. Thank you, Lord, for being a true and a living God, oh Lord, not one that we just read about and hear about and that’s in our traditions but we thank you, Lord, for being an ever-present help, oh Father. Thank you, Lord. Thank you and we trust you. We trust you right now, thank you, Lord. The precious name of Jesus, we pray, Amen.

Amen, this is done in the name of Jesus. Glory, walk in faith. Amen.

Nathaniel Bronner: I thank you for joining us today at Brothers of The Word, you can go to BrothersofTheWord.com and listen to the entire series, Spiritual Exercise. Thank you for joining us at Brothers of The Word because, brother, you need the Word.

Automated Voice: You are listening to BrothersofTheWord.com. This was part three of the series titled, “The Spiritual Exercise subtitled The Wall Sit, When Your Back Is Up Against The Wall,” by Nathaniel Bronner. This sermon is number 5847. That’s 5487. To listen to thousands
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