

Pt. 4 -- The Spiritual Exercise -- **Push Ups When Life Just Pushes** **You Down**

Sermon Title: **Pt. 4 The Spiritual Exercise – Push Ups When Life Just Pushes You Down**

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Nathaniel: The more you deal with when you walk in Christ, the more you can deal with.

Female: You are listening to brothersoftheword.com. This is Part 4 of the series titled "The Spiritual Exercise" subtitled Push Ups When Life Just Pushes You Down by Nathaniel Bronner. This sermon is number 5848. That's 5848. Listen to over a thousand free messages on brothersoftheword.com.

(Music Playing)

Female: And now for 5848 The Spiritual Exercise Part 4, Push Ups When Life Just Pushes You Down.

Nathaniel: Welcome to Brothers of the Word, because brother, you need the word. And actually, I was in New York this morning, had an early morning flight and I was sitting in the airport at 3:45 a.m. The counters had not open, they did open from 4 o'clock, so I was sitting next to a lady and she was sitting in a wheelchair, and she raised into her pocket book and she said, "I've got all this change." I'm just doing like to take my change out going through the check out. He said, "You can have it." And she just gave me a whole pile of quarter as I said, "Lord have mercy." And sometimes, money just comes to, you just don't. The lady just handed me a pile of money and it was a good bid of money and I recognized this lady was well off financially. She appeared to be not too much older than I was but she was in a wheelchair.

And when I got off of the plane in Atlanta this morning, as I'm walking off of the plane, there in their causeway is a pile of dozen wheelchairs with folk standing behind I'm waiting to take people off the plane. And I'm saying to myself, "(00:02:18) that mean the all folk on the plane." But so many people now are debilitated and they can't move and it was interesting when the maestro spoke during his singing this morning. He says, "God has the power to heal you, and he does. But there's another level, God has the power to keep you from getting sick." And that's the level I want to take you too so that you don't have to be waiting by a pool of Bethesda. So, that you don't have to have the issue of blood from 14 long years. So, that you aren't blunt, so, that you aren't cripple and hopefully you're not crazy.

So, there is a level in God where you walk in health. And this is where I want to take you too and this is where I want to keep you.

Because, actually God -- is some major illness coming within this house if folk don't (00:03:17) him stuff. God sends warning he always does very rarely if ever have I seen stuff G is happened. Now sometimes it does, but usually specially when it comes to physical stuff in the body, you don't been warned by that stuff a long time.

I remember when we were developing the product Heart Miracle, and we actually test (00:03:41) some people in our manufacturing plant. A Bronner brothers and we took them, we took their blood pressure to test before and after because Heart Miracle would generally drop blood pressure about 20 or 30 points within 30 minutes. So, we tested the people, and one lady's pressure was like 230 over 130. And we were then give this lady -- we said, "You need to go to the hospital immediately. Blood pressure this high is deadly." She didn't listen. She didn't go to the doctor, she didn't take any medicine, she didn't do any changes and she made no changes, and two weeks she was dead.

And (00:04:21) on the divine warning, just a medical warning. Sometimes stuff on have to come to a booming boss the doctor just tell you, the doctor will tell you if you don't make some changes stuff going to happen. So, when stuff happened very rarely, is this stuff out of the blue? We've been warned over and over and over again and we don't listen and we don't make the changes and as a result, now we need a wheelchair or a casket.

So, I want to take you to where God's best is, as in God's best. To be honest there's not to be healed. God's best if are you to stay and walk in health. That's his best and that's where I want our minds get and where we want to go. And that's why God has me teaching on the Spiritual Exercises so that we cannot just have our spirits in shape, we can have our bodies in shape because I like what policy of brother, man I wish you above all things that you prosper which is not even talking about money. Just that you have sufficiency and you are in health.

And when you're in health -- my daddy used to say, "A man who has health has hope and a man who has hope has everything. But if you don't have your health, it can be a real issue and that so, so much of you." And actually New York also in much better shape in so than us. If you ever travel and you ever travel, New York is a much better shape and so then us are. But still as so, so many

people who are not advanced in age but they were advanced in disease.

So, I want to just tell you some things and take you to some places where you can walk and live and breath in health. And you see, there is without question is a grace of God, I mean, (00:06:03) talked about the traffic and I was in a motor accident when I was 14 years old by all laws of physics, I should have been paralyzed, no questions. So, I walked continually in grace. I had grace this morning again to the airport. My flight was leaving to 6 o'clock in the morning and I needed to be at the airport two hours early of four, so I was down there at 3:15 and I was going to catch up but I looked at (00:06:25) hotel was a taxi cab parklet. So, I just ask him with some of other cons, you know I'm where -- you want to go, as he I'm want to go the airport. I said, "I'm going to JFK and I'm going to a terminal D." And he said, "You sure you're not going to Laguardia?" I said, "Not, I know where I'm going. I'm going to JFK." And he said, "I don't think JFK has a terminal D." I said, "I know where I'm going, I'm going to JFK so let me pull up my boarding pass and show you here." So, I pulled out my boarding pass and my plane was leaving from Laguardia. I said, "Oh my goodness. Hell, I am called the (00:07:05) I already punched it in."

See, sometimes there's grace. And you need grace with all your stupidity and all your mess and all your stuff. Thank goodness God have a taxi pull it right that way, call past them by (00:07:18) been here because I may have missed my plane because I have been on the other side of New York sitting over at the wrong airport. And sometimes I think I'm pretty smart but we do some stupid stuff. This is the first time I have ever gone to the wrong airport but I have gone on the wrong plane. I have gone on the wrong plane before, I have gone to any vet the wrong week. I got to an (00:07:47) I was supposed to be going to a convention in (00:07:49). I'm gone -- where the stuffs, I said, "Man let next week." I said, "Oh my God." So, I'll had some stuff.

I traveled a lot of places of I have learned to kind of show up myself against what I will call stupid mistakes. When I get my hotel room, I always readily my phone. Because why you were calls that case sometime, remember what room I'm in. You travel and let you got all these rooms. Then I have to put something on my little car so I know what car it is because most of the little car

will just like you got it in the pocket and (00:08:20). What car was I? You can't remember that stuff.

So, you have to strengthen up some things, but even with the strength, I had never assumed that I was going to be going to the wrong airport. That's why even with your health, you need grace. But God gives you grace. But there's a limit to it. And after he has told you over and over and over and given you grace and grace and grace when stuff go to pop, in generally is not out of the blue. He has warned you over and over and over and over again.

So, we are dealing with Spiritual Exercises. And right now, we're at Part 4. Part 1 basically dealt with stretching as what you do before you do any exercise. And each one has a parallel in the spirit. You have to often stretch in the spirit to be able to move to another level even in God. And God will send you through some things that will stretch you. And we learned you seven simple stretches that will stretch your whole body. You start with your neck first, because a lot of attention is carried in our neck. You simply take your right, move that over to your right shoulder, take your right hand, pull your head down, and match it like this, so you stretch. Each stretch you hold for 20 to 30 seconds. You do it on that side, then you do it on this side, then you take your chin, take it down to your chest. You look all the way back, try to put your back of your head in the middle of your back. Then you take your shoulders, clap your hands behind your back, pulling back to stretch that. Then you rotate your shoulders forward, rotate your shoulders backwards. Then you're going to do your supposed to call a spinal twist, you look all the way around this way, and all the way around this way. Then you do your toe touches, you do your hamstring pulls like this.

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C. Elijah Bronner: You do your hamstring pulls like this and I think that's all up at seven but it covers everything from head to toe and you always stretch before you exercise. Our second was jumping jacks with jumping for joy. You do a simple jumping jack. It's a whole-body exercise. Every military, every educational foundation is built around jumping jacks. So, third part was wall sit. When your back is against the wall and a wall sit will allow you to strengthen your lower body tremendously.

So, part number four today is going to be called push-ups when life just pushes you down. And push-ups, it's probably the single most beneficial upper body exercise and all of these exercises, they require no equipment at all. But with the push-up, put the first picture up on the screen. And by push-up, I don't mean that. I don't mean on the computer just pushing to up key. And this is the problem that so many of us have. We're spending so much time sitting at a desk, on a smartphone, playing video games, that our bodies are becoming totally out of shape because we're sitting and spending too much time in front of a screen or we're doing this but the second, this is our routine of what we're doing.

We're starting off doing our push-ups. We're hardly doing anything that as a comedy skit but that was his workout routine for the night. He got up, got on the floor, did one push-up and got back in the bed. That's not what I'm talking about. So, first of all, I want to just demonstrate how to do a push-up. Push-ups, all of you have seen them but I want to first of all, show you one of the classy models for doing a push-up. Put the third slide on the screen. Now, if you notice, the number one has got a look of determination. You keep your back and neck straight, your legs back, your arms (00:12:00) but basically push-ups, you've already seen them.

Push-ups is nothing but you put your arms about shoulder length apart. You want your back straight and you just go down towards your chin. Come back up. This is a push-up. This is all you do and it's just as simple as that. You could make it more complicated or simpler. Women, you can put your knees down and do it this way or some men if you need to. Whatever you need to do, you just do what you need to do to start. So, whatever you need to do, you just do what you need to do to start. If you want to do among your fingertips, you can do fingertip push-ups. So, no matter what you want to do, you can do what you want to do. The point is, you need to do something and you need to start so that we don't end up with massive and major health issue.

Now, I want to give you the breakdown so you you'll understand where you are. And this is a chart based on age of how many push-ups you are to be able do in excellent, average, and poor conditions. So, excellent, good, average, and poor. If you are a man, all the men raise their hand.

So, if you are a man, if you're between the ages of 17 and 19, you are to be able to do over 56 push-ups. If you're in your 20s, you are to be able to do over 47, 30s, over 41, 40s over 34, 50s, over 31, and 60s, you are to be able to do over 30 between 60 and 65. A good condition for a man, 17 to 19, 47 to 56, 20s, 39 to 47, 30s, 34 to 41, 40s, 28 to 34, 50s, 25 to 31, 60 to 65, 24 to 39. Average condition, 17 to 19, 19 to 34, 20s, 17 to 29, 30s, 11 to 24, 40s, 11 to 20, 50s, 9 to 17, 60 to 65, 6 to 16. Poor condition, 17 to 19, you are to be able to do between (00:14:13). Now, believe it or not, a lot of teenagers cannot do 10 push-ups. A lot of them what, 18 years old, cannot do 10 push-ups. 20s, 49, 30s, 2 to 7, 40s, 1 to 5, 50s, 1 to 4, 60s, 1 to 2. Now, 0 is not even on the chart. It's not even on the chart but there are some men and they literally cannot do one single push up. Ladies, (00:14:47). All right.

For a woman who is in excellent condition between 17 and 19 should be able to do over 35, 20s, over 36, 30s, over 37, 40s, over 31, 50s, over 25, 60 to 65, over 23.

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Now, the odd thing about this chart is this, a woman in her 30s are to be able to do more than a woman in her 20s. Men, their chart just goes straight down. The older you get, the less you can do but with a woman, for some odd reason, it bumps up. So, a woman in their 30s can do more than a woman in her 20s. I don't know why that is. Maybe just going to (00:15:35) just stronger in their 30s and you see, women do live as an average 10 years longer than men so there's just something about a woman, you all just get stronger sometimes. So that's excellent.

Good, ages 17 to 19 should be able to do 27 to 35, 20s, 30 to 36, 30s, 30 to 37, 40s, 25 to 31, 50s, 21 to 25, and 60 to 65, 19 to 23. Now, my mother who is soon to be 86 in about another two weeks, she is not even on the chart because she's 86. I don't know how many push-ups momma can do. But I can bet you this, momma can do more than one so I don't know how many push-ups that momma can do but momma's in good shape.

And you see, this is why when your mind is geared to a certain level, I don't give a whoop what average is. I want to live -- that's why I wear that shirt. I will live fully and vibrantly until the last 10 seconds. I'm in that 60 to 65 range. I don't care what the average 60 to 65 a man can do. What that got to do with me?

What that got to do? I'm looking at what the average 17 and 19-year-old can do. I don't give a who. I can bet you this. Everyone of the Pastors up here right now can do more than what a 17 or a 19-year-old can do. You want to see a lie to prove it?

For a woman, average between 17 and 19 years old, 11 to 20, and the 20s, 12 to 22 and 30s, 10 to 21, and the 40s, 8 to 17 and the 50s, 7 to 14, 60 to 65, 5 to 12. Poor, ages 17 to 19, 2 to 5, in the 20s, 2 to 6, in the 30s, 1 to 4, in the 40s, 1 to 3, in the 50s, 1 to 2, and 60 to 65, 1.

Now, usually, a coach or drill instructor will actually make the students or the recruits do push-ups when they mess up. They use it as a punishment. You've seen it on line and they say, "Drop and give me 20 or drop and give me 50." They'll make them do push-ups as a punishment but the drill instructor understand something. Even though the recruit views it as a punishment, the drill instructor knows, "I'm making them stronger." And how they view it as hard, I got to do this thing, the drill instructor knows it's making them stronger.

When you have to push-up through some things in life, some of you are viewing that as a punishment but the drill instructor knows, it's making you stronger. You're looking at as weight you have to carry. You're looking at the struggles you have to deal with. You're looking at life as sometimes knock you down and you got to push back up and then knock you down again. Some of you got to push-up every day. And like there's something that comes at you every single day and you're looking at why am I being punished like this.

You view it as a punishment but the drill instructor knows it's making you stronger. And the more you deal with it, when you walk in Christ, the more you can deal with it. When you're in the world, the more you deal with it, the more depressed you get. But when you walk in Christ, the more you deal with it, the stronger you become and you get to a point where you see some other folk who are dealing with something you were dealing with a couple years ago and you say, that ain't nothing. That just ain't nothing and you're understanding your mentality begins to change that maybe God is sending you through some spiritual exercises that's only making you stronger.

More than 2 out of 3 of the 34 million, 17 to 24 year olds in the United States don't qualify for military service mostly because of physical conditioning. 2 out of 3, the army, the navy, the air force, the marines, will not accept 17 to 24 years because they're too out of shape.

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Nathaniel Bronner: And when we're that out of shape at that age, what is going to happen by the time that you're 30 and 40 and 50, it's going to be major illnesses. Because all of that stuff manifest down the road and it messes you up physically. Now, one of I think that helps in all areas of life is for you to have a partner that's on the tract of where you want to go. I work out with Ringo. And when I work out with Ringo, just even dealing with pushups, we do a workout routine, but at the end of workout routine, a few months ago, Ringo just say, I want you to start doing the 120. I said, what the 120? He says, I want you to get to the point where you can do 120 pushups in two minutes. He said, let's see what you can do. So, the first day that I did that, and Ringo had me do it. I think I may have done 85 to 100 somewhere in that range. But I couldn't do that 120, I just be flat on the floor by the time of two minutes I just couldn't breath hard. So, I would just be shock. So, we kept added and kept added so I was finally up to about where I could do a 110 within 2 minutes and then one day, Ringo said, let me see how many I can do and you time me for 2 minutes.

So, I timed Ringo for 2 minutes, Ringo did about 180 pushups. And then Ringo said, now, let's see what you can do. And the max I could do before that was a 110, after watching Ringo, I did a 130. It shot my strength up and I knew it wasn't the change in my muscles, it was the change in what I saw. So, what you see changes what you do and it makes a tremendous difference. So, this thing made a huge difference. So, if you want to go somewhere, let you on to a start as going to the top. Get you around somebody just going where you want to go and you will see some different stuff. It changes literally what your muscles can do when I'm running and if I'm in a race, it makes a difference how fast I run, based on who I'm running with. It changes your speed based on the company you keep. And that's a principle to just to all over life. But I haven't gotten to the verse that God told me to speak about today.

And I heard God speak today, I want you to talk about Jeremiah 14:2. And when I looked at Jeremiah 14:2, that is nothing to do with pushups, got nothing to do with exercise. Let me read what Jeremiah 14:2 is. It basically says, it's the chapter that deals with the draught that was occurring in the land of Judah. This is the word of the Lord to Jeremiah concerning the draught. "Judah mourns, her cities languish; they wail for the land, and a cry goes up from Jerusalem." So, when I begin to read what this chapter was dealing with. What is verse was talking about. God had shut up the heavens and their land was dry and they had no water. When they had no water back in that day, they had no food because the crops wouldn't grow. Their cattle died; they starve. It was equivalent to severe depression and they were crying because they had no water but God, he says, back in that day, I caused a draught that dried up the land. He said, but the people now are drying up their own land. One of our biggest health issues, is we're not drinking water and it's not because God had dried up the water, there's plenty of water. He said, the people now are causing their own draught in their own land.

See your body is none by dirty as earth. It's land, and he said, you are causing draught in your own land. Now, one thing Ringo and I do when we go into the gym, Ringo, what do we carry every time we go into the gym? A big can of water and you have to have water because your body is made up of 80 percent water and it so much illness is just due to not drinking water. Some of you all a cram about some issues right there in you body and because you don't drink water, you know you are not drinking that water and it's free. It is free, it is easy, it's simple but we just won't do it and the land was dry. And when you start reading what the lack of water does to the body system and because we don't have enough water. See, the pushups and the exercises are great, but if you don't have water is the lubricant, it's the fuel that gets off of the waste out of your body. If you don't have water and some of you saying, well, I can't afford that expensive bottle, you don't have to drink bottled water.

Let me put it down where you will understand the mentality of sometimes what we deal with. Sometime, we said, I don't want to drink tap water, I only want to drink bottle water. But we have no problems drinking Coca Cola or Pepsi Cola or big glass of sweet tea. You understand what I mean by mentality? I am not going to drink hat water coming out in the tap and the water coming

out of tap, we used water in our plants so we have it tested all the time, and a lot of water is actually pretty clean. And yet, there maybe some slight chemical residue in the water. Yeah, maybe so. But you know without question. When you drink a big old jug of sweet tea, you know that question if you got a teenage glass of sweet tea, you know full inches of a number sugar. Say, you got no question of Coca Cola, you wouldn't dare put it on your car because you know that eat the paint off your car. You are going to need to take tap water, you wash your car, it helps, where do you want to put Coca Cola on your car.

So, this is sometimes the mentality that we deal with. We use all of these excuses, I am not going to drink that water because it is coming out of the tap and we go and pop a Coca Cola, Pepsi and drink it all day, 20 ounces, 30 ounces, all day long. And then, when we got diabetes, then we want Lord. No. That's you. I'm just telling you like it is and people this stuff causes so much pain and suffering among his people is the draught in the land and we're wailing and we're crying and God is sending warning. He is sending word and if you don't hear it, his grace runs out. So, God is trying to get all of us and I have my own challenges with stuff and see we have our miracle lotion product and some might have takes me of the day pastor, please can I get some more of that lotion? That lotion is just doing wonders, we got all these testimonies. One lady came to me and she said, I could not wear sandals because my feet were so cracked. When I put this miracle lotion, look at them now, they're so pretty, but the feet were cracked due to lack of water.

It's just like if you dry the earth out it cracks. So, our skin is so dry, go to the lotion section and look at how much of the lotion section is devoted to dry skin. It is no big science on why skin to dry. It dries because there is no water in the body. We're drinking everything but water. And when you drink a whole lot of sweet stuff it takes pure water trying to wash all the sugar out. So, we don't drink water. Jeremiah 14:2, it dealt that the land was dry and the people were crying because the land was dry. And we are crying because our bodies are dry. But the water is free and nobody because they passed out, I just didn't get enough money to drink water. My budget is too tight to drink water. There's no excuse whatsoever. It's just our training and our mentality and what we're used to and unless we make changes. If something writing it, you're not drinking water and your land is dry and some major health issues are heading your way. So, he sends the

warning prophetically but you got to heat and stuff. The warning does no good if you don't listen. You got to heat the stuff or trouble is heading your way. God wants us healthy. I'm going to even get to the church. I'm going to bring some of the containers that Ringo and I use. We use stainless steel thermos bottles. We used stainless because I keep water in my car, sometimes, it is hot, if it is in stainless, it doesn't matter how hot it gives because if it's plastic, you get hot plastic, you get all kind of estrogenic immolators to get into the water all kind of stuff, so, the stainless steel containers are about 25 dollars for 64 ounces. So, you need containers and if you want to, you can use water filter because I already get some water filter because I'm going to get them here at the church you are going to buy. You are going to buy but we are not going to make a product we will sell them to whatever we paid for but I don't want you to have any excuse and if you just fill up one of those, Ringo was bringing a gallon to the water in and we go to one gym and they don't allow gallon jugs, so we had to cut it down to half a gallon jug, but he drinks the whole half of gallon doing this work out. We do make a whole half of gallon just doing the workout. Our land is dry. You need cap sticks because your lip is dry. Just as simple as that, the eyes be dry. Somebody was asking me, Pastor, what kind of eye drops can I use because my eye, your eyes because there no water in your body. They'll be dry to get you some (00:29:19) to get the red out, get some water in your body. We want to patch stuff instead of fixing what is actually causing the problem to begin with. So, Jeremiah 14:2. Our land is dry and the people are wailing and crying out to me but God says, I have not caused this draught, they have caused their own draught in their own land. So, today, start drinking water. Medical say, you have to drink at least 8 8-ounce glasses, that's 64 ounces, start with that. Now the health advocacy, you drink one half and your body weight in pounds and ounces. So, if you weight a 150 pounds, you drink 75 ounces of water.

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Nathaniel Bronner: Depends upon how hot it is, how much you're doing but the 64 ounces is a good (00:30:04) because folk don't drink that. and you can always tell when folk not drinking the water. When you ask, how much water are you drinking? I drink a lot. How much? I drink a whole how much you find this one bottle.

Generally, when they don't know how much, they're not drinking with the (00:30:17). And they always will overestimate but people you got to drink water. It's as simple as that. So, this word comes from God today. Do the pushups. Do the stretch and do the wall sits. Do the jumping jacks but all of that stuff without water – water is your most important food. We – we focus on a whole lot about what we're eating in dietary terms but water is your most important. You can make it without food for 40 days plus. You can't make it without water for – in a week you got major issues. So, water is critical. The people we're willing because the land was in drought.

Bow your heads. Dear heavenly father, we just first of all, we pray for heeding. And as we heed, so comes our health. And not only does that heeding restore health, it preserves health. So, father, I will pray right now just for both the preservation and the restoration. For those who are sick but yet for those who are healthy. I pray that we shall remain in health and recover from illness. Father, right now, I pray to just even the word of water for those who are dry in body. Not dry in spirit but dry in body that this day, they shall turn. And turn their faucet on and begin to let rivers of living water pour from their bellies. Father, too often we're dry in there and there is no water to pour. Figuratively or literally. I pray that a change shall come upon this day. And that we shall walk in greater and more vibrant health. In thy son, Jesus' name. We pray, amen.

Thank you for joining us today at Brothers of the Word because brother you need the word.

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