

# The Spiritual Exercises – Part 7, Squats on Bended Knees

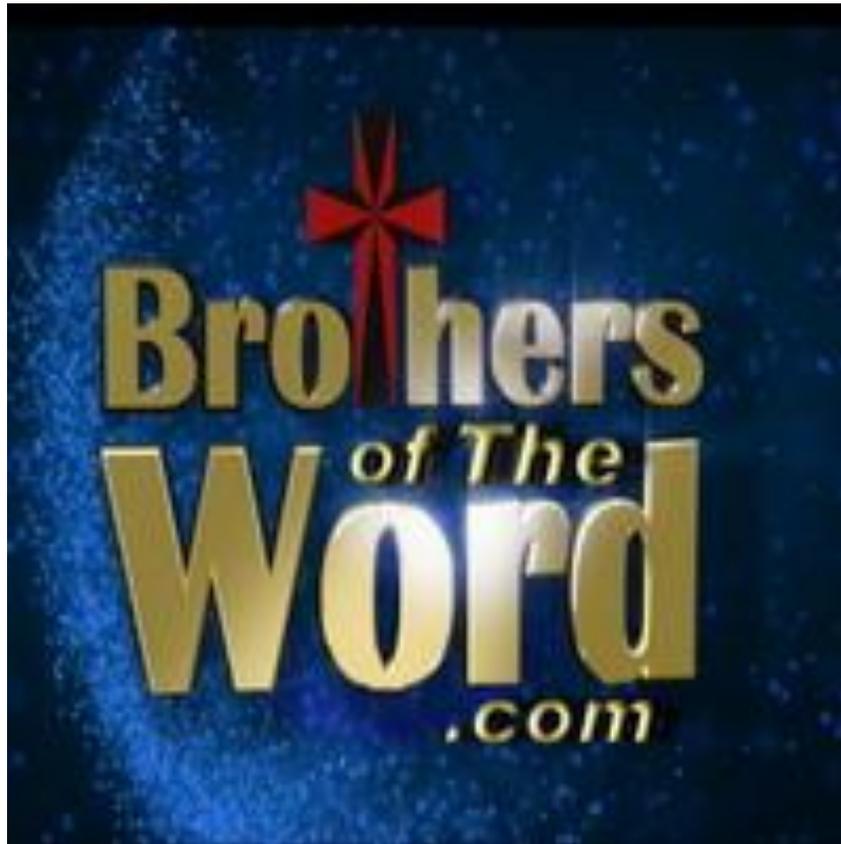
Sermon Title: **The Spiritual Exercises- Part 7, Squats on Bended Knees**

Sermon Number: **5852**

Speaker: **Nathaniel Bronner**

Link to sermon audio - <http://www.theonlineword.com/mp3/5852.mp3>

Link to sermon video - <http://theark.s3.amazonaws.com/vid/5852.mp4>



[BrothersofTheWord.com](http://BrothersofTheWord.com)

Nathaniel Bronner: Sometimes people, the breakthroughs in our lives are right on the edge and there's nothing that we can do to bring it about. It's a divine thing.

Female: You are listening to [BrothersoftheWord.com](http://BrothersoftheWord.com). This is Part 7 of the sermon titled, The Spiritual Exercises subtitled, Squats on Bended Knees, by Nathaniel Bronner. This sermon is number 5852.

(Music Playing: 00:00:22 - 00:00:35)

Female: And now for, The Spiritual Exercises. Part 7 - Squats on Bended Knees.

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

And right now, I am still in the midst of a series called, Spiritual Exercises. And today is Part 7. And we actually have dealt with physical exercises that have a spiritual counterpart. And exercising is what the medical community has rated as the number one factor of preventing you from getting sick.

Jesus came that we might have life and we might have it more abundantly and most of His miracles they were involving healing. I believe in divine healing. We have the God Heals service here at this church virtually once a month. But I'll tell you people, divine health is a lot better than divine healing because sometimes, divine healing takes a minute and not only does it take a minute, sometimes it can take some months. Sometimes it can take 12 years, sometimes 38 years and sometimes we don't ever get it.

So, you are better off with divine health. And I believe that God wants His people in divine health. So, He has me preaching these series of spiritual exercises where we actually do a physical exercise that has a spiritual counterpart.

The first one was simply called, stretching. And we went through and demonstrated seven stretches that you do to simply stretch your body. But also, when God starts directing your life, He will stretch your spirit.

The second was jumping jacks. Jump for joy.

The third was the wall sit. When your back is up against the wall.

The fourth was pushups. When life pushes you down.

The fifth was the plank, hold steady. The last message was run in place and today's message is entitled, Squats on Bended Knees.

Now, some fitness experts recommend the squat as the one exercise people should do every day if they had no time to do anything else. So, what the experts say? If you can't do anything else and there's generally not a thing, that you can't do anything else more accurately if you're not going to do anything else. If you're not going to do anything else, the one exercise that the experts recommend that you do, is to squat.

Because the squat works out the lower body, it works out the core, it works out the back. So, it works out almost from here all the way down and what the experts say is this, they said, "If you can do 50 squats a day, it will keep the doctor away."

Dr. Christopher Stepien, a sports therapist and chronic pain expert says, "Daily squats will help you mentally and will even give you a better yearly check up with your primary physicians." Other experts say, "It's the number one exercise all older adults should be doing." And the squat is the single most important exercise we do in the gym.

Now, why is that? And this is because the squat it not only works out most of the major body muscles and your biggest muscles in the body. Did you all know what the biggest muscle in the body is? Nope? Not the thigh, not the side. Your biggest muscle is your gluteus maximus. I was about to use the street name for it, but I'm not. And some of you are saying, "But where is the gluteus maximus?" You're sitting on it.

Now, what you may not realize that is your biggest muscle in your body is right here. That's the biggest muscle in your body, is your behind. Some of you all did not know your behind was the biggest muscle in your body, but it is. So, when you do squats you exercise all of the major muscle groups -- your biggest muscle being your behind then you got your quadriceps, you exercise all of these and even your back.

So, squats make a tremendous difference and if you can just do 50 squats a day. Right now, when you leave this church you got to get up out of your seat. When you get in your car you have to get in your car.

00:04:59

We do so much getting up and sitting down that that exercise becomes critical and it's critical for older adults because as we get older, one of the things that is reduced is mobility. We lose the ability to move. See generally, when you can't move, it's not your arms that's giving you the problems. None of you have heard of anybody getting an elbow replacement. You just don't hear it. What they get replaced are knees and hips. These are the things that cause you where you cannot move and a squat helps to strengthen and keeps strong knees and hips.

All of the things that help you to move and to maintain mobility. So, if you can just do 50 squats a day, that's what the experts say. If you're not going to do anything but this one thing. And sometimes it just helps just to do one thing. So, it's fine even with this moves at least we give you six apples. Because an apple a day, helps keep the doctor away in terms of your dietary intake with just the nutrition and the fiber that an apple gives you, 50 squats a day will help keep the doctor away.

Now, how do you do a squat? Squat is nothing, but just a deep knee bend. That's the old-time term for it. And basically, to do a squat all you do is, you put your knees basically shoulder width or little shoulder maybe a little wider than shoulder width. Whatever is comfortable. You just stand kind of comfortable. You make sure your feet are pointed slightly outward. What we are normally call, pigeon toed. So, you make sure they pointed slightly outward. You can put your hands out in front. You can put your hands however you want to do. You try to keep your back as straight as possible and you want to bend down so that your knees do not go over your toes and you just do 50 of them.

One, two, three, four. It doesn't take long. Five, six, seven, eight, nine, ten. One, two, three, four, five, six, seven, eight, nine. Twenty, one, two, three, four, you're already half way through. Six, seven, eight, nine, thirty. One, two, three, four, five, six, seven, eight, nine, forty. Almost there.

One, two, three, four, five, six, seven, eight, nine and—so, that's all you do. Now, if you do that, it will help to keep your knees strong and if you do it when you squat and raise up like that, it gives your ankles, your calves and all of your lower body. 50 a day. Now, how long did that take? Two minutes at the most, even if you go slow. Two minutes at the most. How many people in here don't have two minutes? You got the time and this will change your health.

Now, that's just one exercise. It has me breathing hard. So, it uses big muscles and then, you have to lift all your body weight. So, it will tax you, it will elevate your heart rate and gets you strong. 50 a day, changes things. So, now if you can do this every day and you make it a habit, it changes your health.

I know people who had to get hip replacements, knee replacements. Now, medical science has gone a long way. But I can tell you, it's nothing like your original body parts. It's just nothing like, what they call, OEM, original equipment from the manufacture. It's nothing like your original body parts. So, if you do this, your two biggest replacements, hip and knee, you will likely eliminate. And then you move better.

Now, supposed you can't do that, "Pastor, I can't do 50 though." The matter of fact, I don't think, I can do five at all." There's always an easier way. Let me show you the easy way to do that. The easier way is you just take a chair. So, you sit in the chair, can the camera follow me or if not I'll just, yeah.

So, you sit in the chair and you just lift up like this. One, two and that will help your arms too. Three-- The point is, you do something for -- you just do 50 just like this.

So, you start and this is the difference between successful people. They don't have an excuse on why they can't do something. They start where they are. So, if you can't do 50 full squats and really a full squat goes all the way down. I don't recommend that because it can hurt your knee. That goes all the way down to almost where your behind touches the floor, but that's really tough on the knees. So, I don't recommend it. You just basically go where your legs are parallel to the floor.

But if you can't do a full squat, you just get on the chair and just come two inches up and go down. And the more you do, the stronger you'll become.

00:10:03

The corollary is also true. The less you do, the weaker you become. And that's true in the physical, that's true in the spiritual. So, what I want you to do is just to start, even if you have to start with that one exercise. Start doing something every single day and it will make a difference in your life because I don't want to have to come visit you in the hospital. And I want you to have full and vibrant life, but to do that, you really need to have a strong body.

Have you ever watched how a bird sleeps on a perch? We have two sun conures at home and the bird sleeps on a perch. You know, the perch is not a flat surface. It's a little rod because birds are usually sleeping on branches and if you have ever noticed, they don't fall. You know why they don't fall? Because when a bird grasps a branch, the bird bends its knees and when the bird bends its knees, its claws automatically clamp tight and they will not let go until the bird's knees become unbent. And that's why a bird can sleep all night long on a branch and never fall off.

There's a spiritual principle in that, when we bend our knees, we don't fall. And if we can learn to pray unceasingly. 1st Thessalonians 5:17 says, "Simply pray without ceasing." And we can learn to be like this bird and stay on our knees and pray, you'll be surprised how you won't fall. It's not going to say, that nothing's going to happen to you.

You see, the fault that we make is this, often, we don't start praying to stuff could be happening. It's like, getting sick. See, exercising is good, but don't wait until you get sick to start. See, when your knees start going out, then you want to start squatting. Now, it's good to do that. It is good to do it, but once the doctor tells you your knees are shut and all the cartilage gone out, you're messed up, you're going to a knee operation. You know Pastor Nathaniel told me I need to start squatting. I think, I'm going to start squatting too late.

It's too late then. You have to go and get your operation. So, prayer changes things, but Ben Franklin was right. In that

“Ounce of prevention, is worth a pound to cure.” And when you spend time on your knees, first of all, God will breathe things into your spirit that lets you know direction. And He will tell you, “My child, what you’re about to do, don’t do that or what you’re about to do, you need to double what you’re doing because you’re going in the right direction.”

God will just breathe some things into you. But if you don’t spend time on your knees and you don’t literally have to be on your knees. I don’t pray on my knees because beyond -- I used to pray, it was called, a lotus position. Where you sit down and you’re going to fold your legs. I don’t do that anymore. I don’t spend an hour day like that because it’s hard to get in my legs. I might when I finish it. So, I had to change my prayer position, but I didn’t change my position on prayer. See, I changed my prayer position, but not my position on prayer. I don’t care how you pray. The position does not really matter, what matters is, that you spend time on bended knees.

You know, not too long ago, we had everybody getting on their knees and stayed on their knees about three minutes, it took by a little three minutes or four to get back up. So, I’m not saying that you need to spend time with your knees bent, but you do need to spend time in prayer. You can sit in a chair, you can lay down, you can lay flat on the floor. It didn’t matter. You can pray.

That’s where even C. Elijah has a daily thing called, Prayer Driving. You can pray while you’re driving. But you do need to keep your eyes wide open. Until we get the fully self-driving cars, now maybe, another three or four years, when they have full self-driving cars, then you can close your eyes and lean back and just put, but looking at.

But, if you close your eyes and listen to prayer drive saying, “My Lord, I’m trusting You, I’m trusting You and now, you’re going to run smack into a tree. Don’t you do that. But you can pray and you can communicate with God even while you are driving. And what we’ll find when we spend time on bended knees, it just changes our world.

First of all, it’s going to help you sleep. And that’s why, God has me on my program, at 10 o’clock at night, I’m just spending 20 minutes in prayer. There’s something about that spending that 20 minutes in prayer, I sleep better. I sleep just as solid, but if I don’t get my prayer and see, there’s something about prayer.

00:15:03

It just calms the spirit because most of us have hectic days. We go through all these stuff during the day that you're dealing with and sometimes at night, when you're getting ready to go to bed, you can't stop your mind because you're still dealing with all the stuff you've been dealing and you need to get attached to something that is steadfast, something that is rock solid and something that just not going all like this. So, you sit down and you close your eyes and you shut out the rest of the world and then, you begin to communicate with God and God will calm your soul down.

He will calm your spirit, He will still your minds. And see, most of our prayer time, unfortunately, the last thing we do before we go to bed is, look into the news. And by the time you look at the news, because good news is not only news. So, by the time you get through watching the news, no you can't sleep because you just watched somebody shot somebody and did some things that all these things that you're watching, all the political stuff and none of that stuff is good. So, by the time you get through watching, I know, you can't sleep. The last thing you need to do in the evening is, you need to be on bended knees, the last thing in the evening and first thing in the morning.

So, when it's the last thing you do and the first thing you do when you wake up, it ends your day right and it begins your day right. So, when you go to squat, you do your 50 squats and then, you get right down on your knees. However, you have to do it to communicate with God and it makes a difference in your world.

Some of you are waiting on stuff to happen and it hadn't happened yet. You need to spend more time praying because it would either be one of two things: it will either facilitate the thing you're waiting on or give you an understanding and a greater peace while it's not here yet. A/B department, I want you to put this is from, The Last Wheel of Faith. I want you to just see this. Sometimes, you just got to wait on something.

(Video playing 00:16:57 - 00:17:29)

See, that's the way it is in life sometimes. The very thing is going to cause our break is right there on the edge. It's right on the edge. And God is just waiting for us. When that wheel of favor

spun, the things stopped right on edge. One pop, between \$50 and she had to actually spin it again to get the \$10,000. She didn't hit the \$10,000. The second spin was a three-month supply of bread. Geez, I want that. I want that. So, she got a chance to spin it again and that spin was a thousand dollars, but it was doubled because the first spin was on the \$10,000. So, she got \$2,000.

And the difference between the \$50 and the \$2,000, it was 40-fold increase. And sometimes people, the breakthroughs in our lives is right on the edge and there is nothing that we can do to bring it about. It's a divine thing. And we were sitting there looking at it right on the edge. Nobody touched it. It didn't move. Nobody jumped up and stopped it and then all of a sudden, it just popped.

And we don't get still and communicate with God. Lord, this thing that I am waiting on, this thing that I am expecting, this thing that You have promised. And sometimes God will speak, "My child, I'm waiting on you. My child is coming. My child, you're not ready." And something that God have told me, "You're not ready for it yet." You got to go through some no development before you can handle this level."

So, there are some things, if you get quiet and still, you'll understand something or He will tell you that next level is not good as you think it is. When that thing pops, you won't have more strength. You better enjoy who you are right now. God will bring some things into your spirit even in terms of understanding and patience, but you got to get with it. You've got to spend some time on bended knees. And when we can do this, it will change us. Prayer changes things, but the main thing prayer changes is, us. It changes us.

And we spend more time playing and less time praying. Can you imagine if we spend us much time praying as we did playing the changes it would make in our world? 50 squats a day, but you need to do at least five minutes of prayer. I mean, just five minutes. Five minutes makes a world of difference in your world.

00:20:02

Just five minutes of prayer. Five minutes before you get started in the morning, five minutes before you go to bed at night. Just

ten minutes a day of prayer will make a world of difference in your lives.

But Christians have just gotten away from prayer. To be honest about it, we don't pray a whole lot and when you check the stats, Christians don't spend much time in prayer at all. See, one thing about the Muslims, five times a day. They just close up their business, pull out that little prayer rug and yeah, and you know they are Islamic because you see them praying. You know they are Islamic because you see them praying. Christians, we don't have any rug. And I'm not saying you need a rug, but it's the principle of it.

See, they have the rug, I've seen Muslim come on to praying with a rug and they were laying in the aisle in the plane, in the air at 30 thousand feet. They will be laying their prayer rug in the aisle, get down on their prayer rug and pray. So, we don't have a rug and it's not the rug, it's the principle, it's not the position, it's the principle.

We don't have a rug because we have no prayer routine most of us don't. And although it is important to keep your body in shape, it is thousand times more important to keep your spirit in shape. And to keep your spirit in shape, you need a daily dose of prayer. There's just no two ways about it, there's no substitute. You need a daily dose of prayer.

So, whether you have to get you a rug or a mat or a pad or knee pads, and you don't have to get on your knees, you can just sit in your seat and pray. You know, the only time a Christian will pray on the plane, is when they're scared that the plane is going to crash and you would see him praying all day. "Lord, deliver me from this whoo."

And when you fly to Israel, if you've ever been on El Al, which is, the Israeli Airline, every time the plane lands, they all clap. See, different cultures have different -- their attitude or gratitude which is one of those seven mindsets. It's just different from ours.

In America, you land, you don't think none of you are getting off the plane. When they land, because they have gone through so much, every time the plane, everybody on the plane go to clapping. We don't even think about it and when you spend time

in prayer. Don't have those begging prayers. God knows what you need. Don't have a begging in prayer, have a praising prayer.

Do you want somebody every time they come to you, they beg and were asking for something? What is the difference between somebody who comes to you and every time they're begging or every time they're praising? Which one do you want to be around? So, you have a praising prayer, not a begging prayer and when you go to God in prayer, you got to God in prayer not with what I want, but just thankful for what you've already given me and you'd be surprised how it'll change not only what you get, it'll change what you appreciate because joy is not a matter you have, it's what you appreciate.

So, when you go to talk about, "Lord, I am so thankful. I like the way the scene of this morning." (00:23:15) begin with just the praise of her family and appreciative her husband is sitting right there. You know a husband can sit next to wife who is appreciative of him. So sometimes when you want to sit next to the woman you don't appreciate and you understand what I mean?

So, it's just wisdom, when you go and you start praising God in that prayer, you'll sleep better, you will realize more things that He has already given and by the time you go down that list, you'll realize God has already given you just a ton of stuff. When you go to just praising Him, the time we spent on bended knees, there is no substitute. The squat on bended knees, it may be the number one exercise that experts say you need to do. But that bending knees and staying in prayer is the number one thing you need to do to get your direction from God. And when you get your direction and you get off your knees and do it and it will change your world and the world around you.

(Music Playing)

And now, for those whether you were here at the revival or not, and you have been on the fence about dedicating or rededicating your life. Some of you have gone through some rough stuff, you're going through stuff sometimes, it knocks you off of the path. The speaker even mentioned how he went through drugs, depression, divorce, he went through all that stuff and sometimes, we can go through all of this stuff. But Jesus said "I didn't come for the will;

I didn't come for the will and none of us will. None of us are perfect in the physical or the spiritual. So, He came for all of us.

00:24:58

So, no matter what you have been through and no matter where you are, Jesus is waiting on you. So, I want to ask those who want to dedicate or rededicate their lives to Christ to just stand and come forward. If you've been resting with this and worrying with this and knowing that, the time it's now. Amen, amen, amen. Amen.

(Music Playing)

Amen. God has the power to raise the dead. That's the toughest healing out there. If He can raise the dead, what is it that you have that God cannot fix? But it begins with a heart that's open to change; a heart that's open to acceptance, a heart that says, "I accept your son, Jesus, the Christ into my life and as my Lord and savior and I yield unto him."

God will begin speaking to you just like, He woke me up in the middle of the night and instantly, I knew, He'll wake you up in the middle of the night and often instantly, you'll know. And it may not be in the middle of the night, it may be in the middle of the day but He'll speak to you. Sometimes He'll speak to you through another person; through dreams and visions or just speak it through your heart.

I am delighted that we have seven who have come. We've just finished the seven mindsets and we have seven who have come today. Amen, amen, amen.

I just want you to just if you can, get on your knees, bended knees and if you can't, no worry about it. But if you can, just get on your knees. I'm going to get on my knees with you. Amen, amen. Amen.

And I want you to just repeat after me, "Dear Heavenly Father, I kneel before you as a sinner. I've done wrong. I know, I've done wrong. But Father I want to get right and right now, I stand before you and men and women and I publicly acknowledge that I accept Your Son, Jesus, the Christ, as my personal Lord and savior. I believe that You sent Him into the Earthly realm to

sacrifice Himself to shed His blood for me, for me, for me. He came for me.

Father, and right now, I accept Him into my world. I acknowledge that things may not go smooth. But I acknowledge they shall go in the right direction. And I commit to stand firm against all obstacles, against when I may want to turn and go back. I will keep this day and I will keep this moment and I will keep this commitment in mind and I will not go back. I will stand steadfast with you, Oh, Father.

In thy son Jesus' name, I pray. Amen. Amen, amen, amen, amen, amen, amen. Amen.”

We'll have some material for you after service. I thank those seven who came. God is moving as He has always moved. He moves in different ways, He moves in mysterious ways, but He moves in our lives.

I thank all of those who came to the revival and it was interesting that after he had spoken for the second night, Suzanne told me that someone from California had contacted her, who was watching the livestream and they were a head of a big school district and they said, they wanted her to come and give that presentation to all of the children there and it was interesting and they, said she only needed to do one session.

But this is how God works. I said, “They would pay him double for that one session in what we pay for all three nights.” So immediately his world was expanded and he said, “This was a dream for him to just come and stand before a church like this.” God will use you to bring about His Will, but you have to be open to hear and more importantly, you have to do it. You have to be open. But how you're going to hear, if you're not spending time listening to Him. So, you have to be open to hear and then, you have to do it.

We're on a different path, I believe we're headed up and I believe God is going to move more in our lives for we'll be able to see and know and feel than ever before.

We thank you for joining us today at Brothers of the Word. You can go to [brothersoftheword.com](http://brothersoftheword.com), you can listen to the entire series of spiritual exercises absolutely free.

00:30:04

Nathaniel Bronner: Thank you for joining us today at Brothers of the Word, because brother, you need the Word. Amen, amen.

Female: You are listening to [brothersoftheword.com](http://brothersoftheword.com). This was Part 7 of the sermon titled, The Spiritual Exercises. Subtitled, Squats on Bended Knees, by Nathaniel Bronner. This sermon is number 5852, that's 5852. To listen to thousands of free sermons or to send this sermon number 5852 to a friend, go to [brothersoftheword.com](http://brothersoftheword.com).

Nathaniel Bronner: If this message has been a blessing to you and you would like to help support this ministry, go to our [iwanttogive.com](http://iwanttogive.com). That's [iwanttogive.com](http://iwanttogive.com).

Female: Listen to [brothersoftheword.com](http://brothersoftheword.com) often because brother, you'll need the Word.

(Music Playing 00:30:52 - 00:30:58)

00:30:59