

# **part 8. The Spiritual Exercise** **Subtitled The Chair Dip**

Sermon Title: **The Spiritual Exercises Subtitled The Chair**

Sermon Number: **5853**

Speaker: **Nathaniel Bronner**

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Nathaniel Bronner: You have to do more if you are going to a level level.

Female: You are listening to BrothersofTheWord.com. This is part eight of the sermon titled, “The Spiritual Exercises, subtitled The Chair Dip” by Nathaniel Bronner. This sermon is number 5853.

(Music Playing: 0:00:16-0:00:28)

Female: And now for 5853, The Spiritual Exercises - Part 8 - The Chair Dip.

Nathaniel Bronner: Welcome to Brothers of the Word because brother, you need the word. And today, I am still in the midst of a series called “Spiritual Exercise” which is a ten-part series, it actually -- it deals with practical exercises, and each one of these exercises you can really do without any equipment except the exercise today does require some equipment.

It’s been an interesting past few days, James and I were attending a technical conference on last week and one of the keynote speakers in the conference was the president of the huge health care conglomerate, Kaiser Permanente. He was the president of their American and global operations and he gave the keynote speech on Saturday. He’s 60 years old. And on Saturday, he gave the keynote speech, on Sunday morning he died. Younger than I am. Also, on last week, Bishop Isaac Etidia, the bishop from Nigeria, he is the bishop of the church that we sent the largest donation the church had ever received. Bishop Etidia is younger than I am, and last week, he died.

Health is no joke and as John said in 3rd John in the beginning of that chapter, “Beloved I wish above all things that you prosper and be in health even as your soul prospers.” This health is no joke. So, even the president of one of the largest healthcare organizations on the planet and Bishop Etidia, I was there with his church, I saw him pray over people, I saw him cast out demons, he walked in the power of the holy spirit, but I knew he was not talking care of his body. So, people we have to be cognizant, when God has sent the spiritual exercises, God wants his people healthy. And I believe when John says, “Brother of above all things I wish that you’re doing well and that you’re in health”. Because when we’re not in health, we have a problem.

And the spiritual exercise number 1 was simply stretching. because often, God will stretch you when he is taking you to a new level. Number 2, jumping jacks, jumping for joy. Number 3, the wall sit, when your back is against the wall. Number 4, pushup, when life pushes you down. Number 5, the plank whole steady. Number 6., run in place. Number 7 squats on bended knees. And today is the only exercise of the 10 that requires some equipment. But the equipment that it requires is a piece of equipment that everyone has. And that equipment is nothing but a chair.

Today's exercise is called the chair dip. And even if I'm traveling, I can always do this exercise because every hotel room always has a chair in it. The chair dip is rather simple, all you do is put your hands here on the chair, you kick your feet out, and you dip down. And this is a chair dip. And you can go all the way down to the floor and come up, and this is the way you do chair dips. Now, if you can't go all the way down because I got to admit, going all the way down can sometimes be a tiny winy bit of strength. If you can't go all the way down then you all you do is you just go down like this. And you start where you are. So, you start with a very slight movement and as you get stronger and better and more flexible, you can go all the way down and come all the way back up. But that's just a chair dip, and everybody has a chair somewhere. And it is interesting today, in particular I believe, God has a particular message for you.

Ringo and I, we worked out at the gym three days a week. And on Monday, as we finished up, Ringo said, he said, "Pastor," -- he said "I've been listening to a series that you preached years ago, The C.H.E.F. Series." I said, "Huh?"

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He said, "The C.H.E.F. Series, remember you preached this series and you had this red chef head on." I was "I don't even remember that series." He said, "Man, that's a real good series." So, I had to go to BrothersofTheWord.com and put sermon search in and I put "C.H.E.F." in there, because I didn't remember the series. I pulled up the series, there are total of four sermons. And since Ringo said, it was so good, I started listening to them. The thing about it, when it got to the fourth message and C.H.E.F. basically meant children, about how who you marry, determines a whole lot of stuff, your children and a whole lot other stuff, The H was Health, the E was Eternity and the F was Finance.

And I even had my children to listen to the one on finance because it was something that we were talking about and I wanted him to hear that last message in The C.H.E.F In The End series.

But the thing about it, that last series had dealt with the chair, the very thing that I was to preach next on. And I want you to put up the first picture. Now, this is a picture of the chair that's in my home office. It's all torn up, go to the second where you could see it clearly. I was sitting in at Friday morning, right at my desk, right in front of my computer and the chair just collapsed. It just completely -- I never had a chair just -- see, sometimes God can speak to you and it's not in the manner in which you would think it is.

So, the chair just absolutely broke and I went straight to the floor. The good thing about it, I didn't hurt myself. I didn't even hit the floor. What happens is, I caught myself with my hands. See, when you're in good shape, this is an issue that often(ph) happens when people get older, they fall a lot -- almost one of the leading causes of accidental death of people who wants to get at a certain age has fallen. They fall and they break stuff. And there are about four reasons why you fallen and mess up stuff.

Number 1, your balance is not as good. Number 2, Your reflexes are not as good. So, if you do find yourself tripping or falling, you're slow to react. Number 3, your bones are more brittle(ph). Number 4, if they do break because they're more brittle(ph), their slower to heal. So often times, when you get older, your balance is off, your reflexes are slow. If you do fall -- we went on our last trip and C. Elijah was with us there and one of my college friends was there. How many times did he fall to C. Elijah? Four times. So, he fell four times, -- How many times did fall to C. Elijah? Zero. So, it wasn't the terrain, it was the fact that when you're not in shape, you are subject to a whole lot of other stuff.

And people, I don't want you falling, I don't want you in bad shape, I want you to be in good shape, and when your body is in good shape, even when something collapses, you catch yourself and you don't hurt yourself. So, when my chair just collapsed, I knew it was strange but I understood what God was saying and it even ties in to the song that was right before -- what's the name of the song that you sang? "Stand". I knew God was telling me "Get up out of that chair and stand."

See, at my office, I have a standing desk. I stand up all day long if I'm in front of the computer, I'm standing, I'm not sitting down. You get a tremendous amount of benefit by standing at a desk instead of sitting. One of the biggest detriment to health in the U.S. is people who work in office jobs and they sit at the desk all day long. And when you sit at that desk, and you're just sitting and sitting all day long, it causes all kind of stuff, stuffs -- stuff just not moving. And the expert will tell to get up every now and then, stretch (00:08:55) if you stand, you get a tremendous amount of exercise.

Sometimes, God will have to bust some stuff in your world to get you to move. But you need to be able to understand this is why this is being torn down because I need to do something else. So, I am now getting a standing desk and I'm getting rid of the chairs. So, even at home, if I'm in front of the computer, I'm going to be standing up and it makes a difference in your health. That was one of the things that I saw, and that's one of the things that makes a difference. But there's still some other stuff and there's still some things that I want you to see and understand.

The balcony is closed right now. The balcony is closed because we had a chunk of the ceiling to fall. So, they're getting that fixing and there's really nothing wrong with the ceiling, we believe that somebody was walking up on the ceiling and got that part loosen, as a result, it fell. So, we want to make sure we check everything else before anybody goes back in the balcony and we were talking about it, and it was another minister there and he said, "You know, God just revealed something to me about that ceiling."

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He said "your ceiling is opening up because ceilings are being removed and you're getting ready to move to another level." And I saw it just as clear, some of you need to grab what I'm about to say and show you today, because the chair is significant, and it's not just about chair dips with your exercise. It's about some places that God wants to take you in your life and you need to understand why God is doing that. And I want you to hear an excerpt from Part 4 of The CH.E.F. In The End. Because it has to do with the chair. A.V.(ph), it's about 10 minutes long so it's rather long, but you'll understand it once you hear it. Go ahead and play that clip.

Last week, I was listening to The Book of Exodus. I listened to the Bible speaker at the [biblespeaker.com](http://biblespeaker.com) even when I'm driving. And the Book of Exodus Chapter 25 was playing, and I want to just read an excerpt from that chapter, "The Lord spoke to Moses. "Tell the Israelites to take an offering from me. From every person motivated by a willing heart, you are to receive my offer." I had never seen that. God says "Take an offering from me, but only take it from every person motivated by a willing heart." He said "I don't even want money from a stingy person who don't even want to give to me. Just take it from every person motivated by a willing heart. You are to receive my offering. This is the offering you are to accept from them. Gold, silver, bronze, anything goes on with all the other stuff". Verse 8 in the 25th Chapter, "Let them make for me a sanctuary so that I may live among them. According to all that I am showing, you the pattern of the tabernacle and the pattern of all its furnishing, you must make it exactly so. They are to make an arc of acacia wood; its length is to be 3'9", it's width 2'3" and its height 2'3". You are to overlay it with pure gold. Both inside and outside you must overlay it and you are to make a surrounding border of gold over it. You are to put it in the arc the testimony that I will give you."

Next is this 15:17, "You are to make an atonement lead(ph) of pure gold. Its length is to be 3'9", and it's width is to be 2'3", you are to make two cherubim of gold." Exodus 25:21, "You are to put the atonement lead of the arc and in the arc, you are to put the testimony I am giving you; I will meet you there and from above, the atonement lead(ph) from between the two cherubim, that are all of the arc of the testimony, I will speak with you about all that I will command you for the Israelites".

Exodus 25:23, "You are to make a table of acacia wood, its length is to be 3". It's width 1'6" and its height 2'3", you are to overlay it with pure go and you are to make a surrounding border of gold for it. You are to make a lampstand of pure gold. You are to make it seven lamps and then set its lamps up on it so that it will give light to the area in front of it its tremors and its trades(ph) are to be of pure gold. About 75 pounds of pure gold is to be used for it and all of these utensils. Now, be sure to make them according to the pattern you were shown on the mountain." And God said, he said "About 75 pounds of pure gold is just for the lamps and the utensils." Do you know how much 75 pounds of pure gold -- I looked it up, gold is about \$1,250.00 an ounce. That's about

\$20,000.00 a pound. So, 75 pounds is about a million and a half dollars just in the utensils and the lamps in the church. All other(ph) stuff overlaid with pure gold. And the arc which contained the testimony, atonement lead(ph), to cherubim, the table for the bread, the lampstand and the lamps for light, God says “I will meet you there” and from above the atonement lead(ph) from between the two cherubim that are over the arc of the testimony, I will speak, I will speak. God was speaking for gold. He had all that stuff overlaid with gold.

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Now last week, we had our Rosh Hashanah service. Rosh Hashanah the Jewish New Year, it's God's calendar and we were here that evening at sunset and we had a service to bring in the New Year. And I had a major revelation after that service. It was my first revelation of God's New Year, my first revelation. I had just finished listening prior to that chapter in Exodus and I realized how much of this temple God had covered in pure gold. And my first revelation of God's New Year were the seats in the arc. God commanded the fabric on those seats. And I remember as we were doing some remodeling in the arc and I was standing here after service. and a lady named Arlene Morgan walked up and she had on a shawl or a sweater, and the sweater was made what looked like pure gold, it was shimmering with the gold specks all in it. And I heard God speak “That is the fabric that you'll cover the seats.”

Now, the problem, you all say “the problem”. That was no such seat fabric like that anywhere we could find on the face of the earth, none. We have to take the sweater and she gave me the sweater off her back. We had to take that sweater, cut it up and send it off to varying fabric makers and we had to have one after another trying to match that one after another so we can't match it, we can't match it, we can't match it, we can't match it. And finally, there was one fabric company called The Arc who could match it.

They matched the fabric and they tested the fabric. Those seats, the fabric has been on it for five years and it looks brand new. They tested it to hold up and they said “This fabric, we guarantee, will hold up at least 50,000 sitons. So, you can sit on those seats and get up at least 50,000 times before it begins to wear, But the thing that hit me is this, God commanded that the very seats

where you sit be covered in gold. And I said, “Woah, he commanded the very sits where you sit be covered in gold.” And often times when I’m talking with my mother on the phone, she’ll bring it up over and over and over again. She says “Son, that sanctuary is so beautiful. It’s so pretty and it is, this is the prettiest sanctuary where(ph) the seats are covered in gold.

And one night I was talking with my mother and I just heard God speak, “you go sit in the sanctuary and take your mother with you.” I said mother, God just said come sit in the sanctuary, she said “(00:18:14) we’ll come get me, I’m ready”. And we came in, we get sat in the sanctuary and just look how beautiful, but the seats where you seat, and the thing that shook me, I said “the seats where the congregation sit, they’re covered with that special gold fabric.” And the pastor’s couch is not. So, I called Suzanne, I said “Suzanne, if you can contact that fabric company and see if we can get some more of that fabric, I want to cover the pastor’s couch with that same fabric because I want to sit on what God is commanding you to sit on. But he’s commanded you to sit on literally gold covered seats. And I want to talk to you today when I realized where you were sitting, that you are sitting on gold. Gold spoke and he said “That’s all I want you to talk about, where they’re sitting.” You are sitting on gold.

And you don’t even realize it. Often times we’ll come into this service; now, our television cameras are geared where they only point four. We got two cameras on the left and the right and they’re on automatic motorized (00:19:34), but they will not turn around where you can see the seats. So, for those of you who are watching by television, those of you who are watching by stream, I can’t show you the seats. The only way you can even see the seats, you got to get your behind up and come in here and seat in them. So, that’s some of the first principle, some of the first principle is you have to go where the anointing is. You got to come seat in these seats and the seats of gold and I think there’s some that’ll happen when first of all, you realize where you are.

00:20:05

And when you realize you’re sitting in gold, -- see, some of us have so much, and we have so much potential. So much in us, we just don’t even realize where we’re sitting. So, that’s all I want you to talk about is where they are sitting and when you realize that, it changes some things. The dictionary definition of finance, and

that's what I wanted you to hear, that's what Ringo was listening to a series that I didn't even remember until I went back and watched it.

So, as he has me talking about the chair dip and as he destroyed my old chair, he's bringing some new stuff and he has to bring back the new revelation. And see, the gold that God had all over the sanctuary that he ordained is where you're sitting. Our roof is being expanded, because some limitations in your world, for those in obedience, those limitations are being removed.

Now, one of the things that I've talked about in that Part 4 of The C.H.E.F. In The End, I've talked about when I asked God. C. Elijah, when he asks for the offering, he always says, "Bow your heads for ten seconds and ask God what shall you give", and when I bow my head and ask God, that it's in that message, God says "You give to the level of where you want your income to be", and the level where I wanted my income to be was my divine limit. God has given me a limit, and he says "This is all the money you can make per household."

So, when you hit this limit, no more money can come into your household. My check this month hit that limit. Now, that sermon was over three years ago. So, I've been putting money in based on where I wanted to go. I got there this month. Do you realize where you are sitting? Just look at your seat.

See, some of you, you've got stuff. God has placed you in some positions and you don't realize you've got talents, you've got ability, you've got dreams, you've got ideas but sometimes, he'll put you on a gold seat, but sometimes to move you, he'll have to tear that seat down to make you stand and to make you start walking, and to make you start running, and to make you move so that you can get to the destiny where you are supposed to go. And I believe we're heading to a level.

It is not just money. Money is a factor, but it is not the factor. And do you know the two primary colors, the seats are gold, but the pulpit is green, and we're going to change the carpet to a wheat color, which is the color of harvest.

And I meet with my sons every weekend, yesterday, one of them, he went with us to the gym after we had our meeting, and he was saying, "Daddy, I see what you're talking about about keeping all

these stuff in balance, about keeping your relationships together, keeping your body together, keeping your money together, keeping your spirit.” He said, “It’s hard keeping all of this stuff together.” Yes, it is. But God wants us to keep it together, and he wants us to go to another level.

And that’s the first time Ringo has ever told me he was listening to a sermon, but it was all orchestrated and ordained. And I would advise all of you to go and listen to all four of those sermons of The C.H.E.F. In The End, every one of them is significant with relationship, with health, with your eternal life, and with your money, and with the fourth one in particular, I would suggest you watch the video, and you can go to Brothers of the Word, when you do the search, you see the video link over on the right, Just click video to watch it. Because after that, there was an anointing, and God gave some instructions with that anointing. There was the shofar blowing that’s on the video, and when you hear it, there’s something about the sound of it that carries an anointing with it, and that was an anointing for finance.

But each one of the other areas has an anointing that goes along with it, but that was the only one where the anointing is actually on the video itself. And some of you are going to see you come up on the pulpit, and God told me not to touch your hand for your money or your pocket, but to touch your ears so that you can hear God speak. And that’s why when he said, “When you put all this gold in the temple, I’ll be in the midst, and I’m going to speak to you.” And when God begins to speak to you, it changes the level of everything in your life, as long as you listen, and as long as you do what God tells you to do.

So, go and listen to that series, The C.H.E.F. In The End, not selling anything, not going to cost you a penny, but it will give you some knowledge to take you to another level.

00:25:00

And I believe God has placed the gold on these seats for purpose and for you to understand where you’re sitting and where’ you’re supposed to go.

God had to tear my chair to pieces to get me to stand. I had the knowledge, but I just wasn’t doing it because it’s comfortable sitting down, and you’re used to doing it over and over, and over,

so I'm just used to going there, sitting in my computer, just sitting down in the chair, I stand up all day at the office so, I'm just comfortable -- God just tore the chair all to pieces, and you have to do more if you're going to another level.

You're not sitting on a tin(ph) seat. You're sitting on gold. And I believe the destiny that he has for so many of us is beyond our imagination. God has you sitting in a particular place, on a particular thing, but doesn't mean for you to stay sitting. It's only to give you foundation to get up and move.

Thank you for joining us today at Brothers of the Word. You can go to [BrothersOfTheWord.com](http://BrothersOfTheWord.com) and you can listen to the entire Spiritual Exercises series, absolutely free of charge. You can also hear The C.H.E.F. In the End. Just go to [BrothersofTheWord.com](http://BrothersofTheWord.com), put in C.H.E.F. in the search bar, it'll bring up all four of those messages, you can listen to them absolutely free. Thank you for joining us today at Brothers of the Word because brother, you need the word.

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